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ISSUE 17

DECEMBER 2022

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Editor/Publisher

Tom Aikins

Associate Publisher

April Harris

Associate Editor

Amy Armstrong

Art Director

Lili Pappas

Advertising Manager

Bill Meyers

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386-237-4450 or at:
[palmcoastmagazine@
gmail.com](mailto:palmcoastmagazine@gmail.com). Palm Coast is
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Seasons greetings from Palm Coast Publishing, the company that owns Palm Coast magazine and now (well, soon) a sister publication, Flagler Business Review, which will launch in February 2023. We're jazzed about this issue because we have our Buyers Guide in it for the second year and this one is bigger and better. We're also excitedly putting together our January issue too, which will be a city yearbook for Palm Coast. Think of a high school yearbook, which is mostly photos, and picture it being for a city. We'll have photos of all of the civic organizations we can find, all of the non-profits, all of the social clubs, the schools and the police, the fire department, city hall and parks and recs and many more. If you are part of an organization, club or group of any kind please contact us using the email to the left so we can include you. We're only doing it once a year so we don't want to leave anyone out. So please enjoy this issue, have a happy holiday season, whatever holiday you're celebrating, and we'll see you again next year.

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News Of The Palm Coast World



Gerald R. Ford CVN 78

Mayor David Alfin: Don't Give Up The Ship

I am standing on the flight deck of our newest United States Navy aircraft carrier, the Gerald R. Ford CVN 78, largest warship in the world. The soles of my feet are sore from climbing up and down steel ladder stairs for several days. My clothes smell a bit like JP-5 military jet fuel. My ears are

overwhelmed by the sound of planes taking off and landing causing my body to vibrate at its core from such thunderous forces. I see a panoramic view of allied NATO ships practicing naval maneuvers. And I feel the breezes beckoning from the sea carrying my mind out to the middle of the Atlantic

Ocean.

I've never felt prouder to be an American or sensed more optimism for my country than at this moment. And I've never been more certain that I must share, no I have an obligation to share, this passion with my fellow citizens in Palm Coast.

I've spent my entire lifetime interacting with creative and well-educated professionals, government, and industry leaders, both from here and abroad. My political career is sometimes speckled with pessimism. But my Gerald R. Ford Aircraft Carrier EMBARK excursion was my own 'One Moment in Time.' It reminded me exactly why 'we must never give up the ship.'

First, just a little background. I was invited to embark on this special voyage by our own Randy Stapleford, Captain USN (Ret), Military and Veteran Affairs liaison for the Office of Congressman Michael Waltz with support from the Florida Inland Navigation District.

Seeing as Palm Coast and Flagler County are home to more veterans per capita than most other areas in Florida, it was my honor and duty to better understand a true military experience. I believed it would help me create a more durable connection in Palm Coast between our past, current, and future veterans.

The military is a pillar of our community, and nothing can be more important than for us to respect, cherish and value those who serve and put their lives on the line for us.

Back to my experiences on the trip: I was honored to be one of the last civilians to land by tailhook and depart by catapult launch on an aircraft carrier via a C-2 Greyhound COD (they are now being retired). There's simply no way to describe what it feels like to decelerate from 105 to 0 miles per hour in just seconds and depart by catapult launch while pinned to my seat with incredible force. It puts any dy-

Palm Coast Offering Cultural Arts Grants

The City of Palm Coast offers annual Cultural Arts Financial Assistance Grants. The grant program provides funding for cultural arts programs and/or events that are conducted within the City of Palm Coast by Flagler County-based non-profit organizations.

Funding has been delegated to organizations that applied for grants in August of this year, but additional grant opportunities are still available. The city is looking for grantees with events or programs taking place in fiscal year 2023 between October 2022 and September 30, 2023. As always, preference is given to first-time applicants that meet the grant requirements.

For the upcoming fiscal year, the city has updated the Cultural Art Grant into two separate tiers. One tier will be for organizations that host programs/events to generate economic impact for Flagler County. The second tier is for local non-profit organizations.

A scoring system has been established for the evaluation process. Each organization will be scored through specific criteria for the potential of 100 possible points.

Organizations that meet the grant criteria should email the

City's Parks & Recreation Senior Staff Assistant at KGAnderson@palmcoastgov.com no later than November 28, 2022. In the email, please include organization name, applicant

name, phone number, and email address. All organizations will then receive an invitation to apply for the grant. All requirements for the grant will be included in the electronic application provided in the invitation. Applications are to be completed electronically. The deadline to submit your completed application is December 12th.

The Cultural Arts Review Committee will meet on December 16, 2022, from 4:00-6:00 PM. The grant will also be discussed at two Palm Coast City Council meetings: A workshop on January 10, 2023, at 9:00 AM and a business meeting on January 17, 2023, at 9:00 AM. All meetings will take place in the council chambers in the community wing of City Hall, 160 Lake Ave.



nameric Disney ride to shame.

For those of you unfamiliar with aircraft carriers, they are gargantuan warships designed to deploy and recover aircraft. They're actually floating cities at sea. The Gerald R. Ford is the first in our newest class of nuclear-powered carriers. It houses more than 5,200 sailors and officers on nineteen floors of decks, hangars, bunkrooms, mess halls, dining rooms, a fully equipped library, a shop, a post office, and several gyms. Military technologies are state-of-the-art. Engineering is of the highest development. The Gerald R. Ford Museum is also onboard, exhibiting many of our 38th President's historic artifacts and memorabilia. I watched our sailors perform and prac-

tice with professional precision and enthusiasm, operating always in harm's way. I attended a ceremony to pin new Chiefs who serve as the very engine of our Navy. I listened, observed, and participated in several operations and exercises.

Following this experience, here's what I want to express most to my fellow Palm Coast and Flagler citizens: After witnessing the dedication and fervor of our military, all of us need to feel an incredible sense of optimism for the future of our country. Our democratic American way of life has faltered a bit and we've been torn into factions. However, the men and women of our military are simply the most outstanding the United States has to offer, pulling us together for our common

good. We must always stand proud of our Armed Forces. And, as so many veterans have found their way to live in Palm Coast, we must continue to salute their service and encourage our youth to consider the military as a career.

I delivered a proclamation and a "Key" to our Palm Coast City when I boarded the aircraft carrier. It represented the everlasting sentiments of our proud citizenry. It proclaimed the City of Palm Coast and the Gerald R. Ford Aircraft Carrier as Sister Cities, two vast communities that will continue to grow to share educational opportunities, common resources, and a connection to value, integrity, and accountability in actions and decision-making. I encourage other Florida cities to do the same.

So that's my story. My journey on the Gerald R. Ford gave me an enormously optimistic and patriotic perspective on life in Palm Coast. It encour-

...all of us need to feel an incredible sense of optimism for the future of our country.



aged me to communicate with all of you on how to live a fuller existence by navigating and appreciating all sorts of different elements in our days in this life. And to never give up the ship!

— David Alfin

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Waterfront Park To Receive Enhancements

The City of Palm Coast has received a multi-year grant through the Florida Inland Navigation District (FIND) for enhancements to Waterfront Park to build non-motorized boat access through a floating dock for a launch area. This will provide access for kayaks, paddleboards, canoes, row boats, and others, further adding to residents' recreational experience at one of Palm Coast's most treasured parks.

The main Intracoastal Waterway Trail that runs along the water will remain open and accessible until just past the pavilions and also will include access to the restrooms and fishing pier. The second paved path near the parking lot will be closed in its entirety for construction. A detour trail access will be available from the first wooden bridge near the park's entrance sign through to the

remainder of the trail (along our Children's Memorial Garden and beyond). Please note this detour just west of the parking lot will only be by the shell path. There will be signage for the detour prominently displayed at the park.

A groundbreaking event is planned for Wednesday, November 30 at 2:00 p.m. In the event of inclement weather, a rain date has been scheduled for Thursday, December 1 at 11:00 a.m. FIND Commissioner Randy Stapleford will deliver remarks on the project, as will Palm Coast Mayor David Alfin. The event is open to the public and all those who enjoy Waterfront Park.

The construction taking place at Waterfront Park may affect the viewing accessibility of the ever-popular Palm Coast Holiday Boat Parade, presented by the Palm Coast Yacht Club,

scheduled for December 3, 2022. The main entrance of Waterfront Park will be accessible to viewing the intracoastal, but space will be limited. Residents are encouraged to view the parade from St. Joe's Walkway and Canopy Walk, with parking available at European Village and under the toll bridge.

Bringing water access to Waterfront Park has been part of

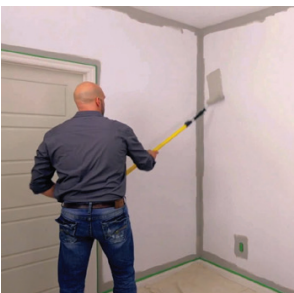
the park's master plan since 2005. The 20-acre park's amenities currently include family picnic pavilions, a playground, a fishing pier, and trails that provide the linkage to the City's entire trail system. It is also home to the Children's Memorial Garden. The launch area will be available for public use on the Intracoastal Waterway for recreational activities.



DETOUR ALERT: WATERFRONT PARK
Beginning Thursday, Nov. 17 access to the Waterfront Park trail past the first bridge will be by the shell path west of the parking lot. The restrooms, fishing pier, and pavilions will still be accessible using the waterfront path. Access beyond that will be by the shell path only. Thank you for your patience.

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Local Happenings



Making an early stop in Bunnell to sign Senate Bill 226, Florida Governor Ron DeSantis was surrounded by members of law enforcement as well as supporters of the canine community recently as he signed the "Care for Retired Police Dogs" into law.



The City of Palm Coast hosted the 52nd session of the Palm Coast Citizens Academy, which completed on Tuesday, November 1, with a graduation presentation at the City Council business meeting. Mayor David Alfin, center, presided.



The Grand Reserve Ladies Golf Association recently donated \$247 to the FC Free Clinic in Bunnell. The golfers hold a 50/50 drawing once a month to benefit the clinic. Pictured are (l-r) Joan Gray, Linda Hauanio, Rosario Alfonso, Trish Vevera and Joy Epperson.



Mayor David Alfin gets around as we see him here at the grand opening of Ash & Ale, a cigar bar in European Village, on November 4. New co-owner Kenn Klarich is pictured behind the mayor in a gray hat. The business was previously called the Humidor.



TOPS Palm Coast Chapter 0636 helped Mrs. Fran Hartman (striped sweater) celebrate losing weight and keeping it off for 50 consecutive years. Fran is a KOPS (Kept off Pounds Sensibly). The TOPS chapter meets weekly at VFW Post 8696 on Thursday's at 2:00 pm.



The Flagler-Palm Coast Kiwanis Club recently named Palm Coast Driver Engineer Anthony Pedersen as its 2022 Firefighter of the Year. Mr. Pederson (center) is a firefighter with more than five years experience who was born and raised in Palm Coast.



The Lions Club of Palm Coast inducted two new members into their rapidly growing group on November 14 at their monthly meeting held at Lohmans Funeral Home. For more information about the club you can visit their Facebook page.



The Flagler County Detachment 876 Marine Corps League held a Memorial Brick Dedication at Heroes Memorial Park on November 15, 2022 for 10 of their members who passed away over the past year. Pictured are members and family of the members being remembered.



Commandant Frank Arce presents Bill Klinkenberg with the 2022 Marine of the Year Medal at the 247th USMC Birthday Ball hosted by the Flagler County Detachment 876 Marine Corps League on November 5.



The first class of Culinary/Food Service Management graduates at the Green Roof Inn receive their certificates on October 13, 2022. Pictured (left to right) are Beachfront Grille master chef Alexander Rami, Jason Rodgers, Wilbert Hough Jr., James Halloway, FTC Director Renee Kirkland, David Connelly, Jason Schmidt, Programs Deputy Jesse O'Neil, FCSO Detention Services Chief Dan Engert and Beachfront Grille owner Jamie Bourdeau.



Four members of the Grand Haven Croquet Club traveled to Chesapeake Bay, Virginia to compete in an international golf croquet tournament from October 20-23. From left are Kathie Gamble, Nancy Crouch, Mijai Pagano and Dorothy Silliman (2nd place winner).



At the Palm Coast City Council on November 1, Erin Givens (left), President of the Florida Urban Forestry Council, presented the award for 2021 Outstanding Tree Advocate to Carol Mini (right, with daughter Sophia), City of Palm Coast Urban Forester.

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 — Kenneth Tinglum, Five-Star Google review



Palm Coast People

She Is All About Christmas Joy All Year Long, by Amy Armstrong

It's the first part of December and Kerri Henderson is long past putting up her Christmas tree, decorating the inside and outside of her home and taking on some of Santa's work in making a list and checking it twice.

To say the Palm Coast resident loves the Christmas holiday is an understatement describing the glee and joy she finds in celebrating the holiday.

"Christmas has been my thing ever since I was little," Henderson gushed. "My Mom would take down everything in the house – all the normal house décor came off the walls. And everything Christmas would go up. People used to tease her that Christmas threw up in the house."

But, as Henderson readily ad-

mits, she does the same thing.

When Palm Coast Magazine talked to her during the first week of November, she had already begun decorating.

But more importantly to her, she had already begun planning what will be the eighth round of what she calls, "Elfmass."

It is an effort by Henderson and her group of friends to bring Christmas cheer to local families in need.

She and her GFs (girlfriends) check in with connections within the local schools to identify families in need that perhaps have not been open to the more public efforts of the area's

charity groups.

It's a well-developed connection for Henderson considering she worked for 18 years in the local school district extended care program.

She knows who to ask to get

information to help a family in need with presents for the kids and a little something for the parents, especially the moms.

Then, Henderson and her friends dress up as elves and make "surprise" deliveries during the week before Christmas.

"It is just SO MUCH FUN," Henderson said. "We show up to make the delivery, tell them 'Merry Christmas,' and they cry, and we cry. Christmas is about giving to others, making other people happy and well, yes, I do really like to dress up like an elf."

For Henderson, Christmas really never ends. She is planning all year long. But it really ramps



Kerri Henderson and friend.

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up for her at Halloween, she explained.

Say what?

Yes, indeed, Halloween is the time of the year that Henderson finds the best items to add to her Christmasness.

Last year, she found a velvet green overalls and a headband and drummer boy hat that just screams merriment to her.

"All the amazing makeup is out at Halloween too," she said. "The colors, oh, the colors. I found this awesome glitter green eyeshadow."

You better bet Henderson has candy cane tights, a plethora of "ugly holiday sweaters" that she sees as beautiful and gloriously celebratory and, oh yes, gobs of glitter.

She cannot resist touching any Christmas ornament that has glitter on it, she also admits.

"I rub it (the glitter) on my face," she effuses with the same lack of restraint that characterizes tween girls first discovering

lip gloss. "Ya know, I just think you should rub it (the glitter) on yourself. Just for fun."

Continuing the theme of fun is the fact that Henderson and her cadre of "elf friends" usually do their outfits again on Christmas morning and run the local beaches handing out treats to folks they meet there.

"Mostly people that are on the beach that early on Christmas morning are people who don't have others to celebrate with," she said with a recognizable sadness. "So, we go and spread some cheer to them."

Christmas doesn't end for her on December 26.

She keeps one item up all year long. For Christmas 2021 going into and through 2022, that item was the mistletoe at the front door.

"People were getting kisses in July," she said with a laugh. "I think everyone should have Christmas in their heart all year long. It really helps when life gets busy, and we get cranky."

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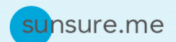
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Local Charities Welcome Help for the Holidays

There is still plenty of time to help area charities provide Christmas cheer for those in need. Here is a listing of Palm Coast/Flagler County groups that help others.

corporate offices are located at 700 E. Moody Blvd. Both locations in Bunell.

Christmas Come True

This is the brainchild of Nadine King, whose love of all things Christmas has created a group that goes all out to help at the holidays. This group interviews each family it helps to ensure that its gifting is just what is needed and wanted. The group provides a

Salvation Army

With its permanent theme, "Doing the Most Good," the Salvation Army is synonymous with giving help at the holidays. Giving to them is simple: Just go to any big box or grocery store between the day after Thanksgiving and Christmas Eve. You'll hear the ringing of the bell, possibly a carol being sung by the attendant, and you will see the Army's classic red bucket with the slot at the top for depositing dollars and coins. Call the SA at (386) 437-0029. Their store is located at 1504 Old Moody Blvd and their



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We do product pickup from Home Depot, Walmart, Lowe's, Target or anywhere else and deliver to your home. Anything from fencing, wood, building supplies, washers, dryers, fridges, grills, toolboxes, garden stuff, mowers, mulch, plants and lots more, including moves from or to storage units.



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personalized Christmas dinner, new clothing, gifts, toys and Christmas stocking stuffed with goodies and personal hygiene items. Contact them via their website: www.christmascometrue.org or by calling (386) 302-1290. They are located at 2729 E. Moody Blvd, Suite #1, in Bunnell, where one can also shop their store, "Begin Again Home Goods."

Grace Community Food Bank

Associated with the Grace Tabernacle Ministries International, this food bank provides needed food items for more than 4,000 local families per month. Donate online to this group at their website: www.gracecommunityfoodpantry.com. Phone this group at (386) 586-2653. They are located at 5400 E. Highway 100 in Palm Coast.

Live Like Cameron Foundation

This group brings Christmas to kids receiving cancer treatment during the holidays. Along with gifts (and treats if allowed), they also supply comfortable bedding for the child's hospital stay as well as decoration for the hospital room. Contact them online at: www.livelikecameron.org.

Emmanuel's Closet

Located at 1000 Palm Coast Pkwy (next to Phoenix Jewelry) Emmanuel's Closet provides good second-hand clothing for single mothers with children under 19, homeless men and women and senior citizens on fixed incomes. Donations can be dropped off any time in the metal donation box or they can also be made in person on Monday, Wednesday and Friday from 9 AM to noon. Their website is at emmanuelsclosetpalmcoast.com.

Thanks for helping local charities!

Why Buy Local?

There are many reasons to support local merchants whenever possible. It can be difficult sometimes, for a number of reasons, but putting money back into your local community will also pay dividends that you might not think about.

For example:

How much money do companies not located in Palm Coast contribute to local charities and other non-profit organizations the way local businesses do?

The answer is none.

What about the advertising that local businesses buy to support kids' sports or other school activities like bands and choruses?

The answer is again none.

These are only two examples but there are many more benefits that local communities receive from their local businesses. So this holiday season, and for the rest of the year, please do what you can to support the local businesses you see in the pages of this magazine and any other local businesses that contribute so much to our life here in Palm Coast. Thanks.

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The Holiday Storm Of 2013



It was December 14, 2013 and the Palm Coast Starlight Event and Parade was the place to be. Activities started at 2 PM and kids were having fun. A 70-foot Snow Slide (everyone's favorite), face painting, sand art, photos, food trucks, and lots of other activities were going on. Of course, Santa showed up and even the Grinch was behaving himself. At 6 PM the Starlight parade was underway with colorful lighted floats, talented marching bands and even a Starlight half marathon and 5K. Best of all was the grand marshal, our very own city historian Art Dycke with his wife Louise.

It was fun times until 6:40 PM when a man in a red suit and white beard, aka, Palm Coast fire chief, Mike Beadle, sent everyone home and quickly! At 7:04 p.m. someone spotted a twister. Quick thinking and decision-making saved lives. The event exemplified a coordinated effort between all the responder agencies in the City and County and illustrated how a community comes together to help those in need.

With winds up to 105 mph, seven homes were destroyed, and another 164 damaged by the storm. The EF1 tornado touched down in the "B" section before moving offshore.

Neighbors from far and wide stepped up to help. Mayor Netts declared the city in a state of local emergency and city agencies moved into action. As we've recently learned, mother nature is unpredictable. However, history shows us that people step up to the challenge. We should all feel better for good neighbors and knowing that our first responders are up to the task and now, as they did then, they will take care of us all. Happy Holidays from the Palm Coast Historical Society!

Editor's note: All photographs are courtesy of the Palm Coast Historical Society.



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Homeowners Corner

Raccoons, rats, and squirrels oh my! by Michael Mayland

As the weather changes wildlife is looking for a warm safe place to have their young. The changing seasons (cooler weather) kicks in the instincts of animals to begin nesting and mating. Due to so much construction going on in Palm Coast, wildlife is being pushed from their homes. We believe that the area where the animal chose to live is the problem not the animal.

Animals are constantly on the lookout for an easy food supply. The most common culprits we find are bird feeders, fruit trees, palm nuts, pet drop-

pings, or feeding pets outside. Once wildlife finds a steady food supply, they often nest close to the food supply, and what better place than your attic.

Why do they choose attics? An attic is hotter than the outside air. Because of this the attic has a positive pressure. The warm air is constantly pumping out. Couple this with the smell of food, and perfect nesting material (your insulation) and you have an irresistible nesting site.

Most wildlife intrusions into your attic starts with rats. It is estimated that approximately 20% of homes in Florida have rats in the attic and the homeowners don't realize it. But I am not hearing anything? Often you won't hear a thing. Sorry about the next part, rats don't have control of their

bodily functions, so they dribble and drop pellets as they run around. Each rat drops about 40 pellets per day. Rats run on top of the insulation, and you won't hear anything until the insulation is flat from rat urine and traveling the same paths through the insulation.

Only then do you hear the scratching, chewing, and pitter patter of little feet. And it's a lot of little feet as one pair of healthy rats can produce 2000 babies in a year. The babies start having babies at 8 to 12 weeks. Well, you get the idea. By the time you are aware of them, you may have a maternal colony and have been host to rats in your attic for a year or more.

Just put a rat trap in the attic, you think. The truth is rats avoid rat traps like the plague.

They have a human scent and rats are very wary about changes in their environment. If you have ever had rats, you know when you put a trap in the attic you catch a few but with their breeding rate there are rarely a few. Once you get rats in your attic, your attic heats up, the smell goes out and the predators show up. That's how most raccoon, opossum, snake infestations start.

But take heart, rats do not want to get into your home, and we rarely see rats in a home. Rats see you as a big predator and want nothing to do with you. If you were hungry you wouldn't go into a bear den for a meal. Again, rats want nothing to do with you. They just found a food supply and a perfect nesting ground, and don't want contact with you.

Michael Mayland has been working in animal control for many years and his company, Complete Wildlife Solutions can take care of any problem you may have. You can reach him at 386-204-2164.



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TOASTIES



What can you do? The first line of defense is to remove all bird feeders, pick up all fruit from the ground, remove palm nuts as soon as they emerge, pick up all pet droppings, (animals don't have an efficient system for removing nutrients and food from waste) and DO NOT feed pets outside.

Remove piles of wood, trim trees and bushes at least 4 feet from your house, secure gar-

bage can lids, and the best tip of all is have a wildlife company seal your house so no wildlife can gain access to your attic.

A preventative seal-up of your house is the best low-cost remediation for preventing wildlife from gaining access to your attic. A wildlife company can also show you how to prevent damage from other animals, like armadillos easily and at a low cost.

But I don't have any holes in my house that animals can enter, you think (again). I wish I had a nickel for every time I have heard that. Yes you do, so have a wildlife company check your house and you will be surprised.

When you hear something in your attic, call a wildlife company to correct the problem once and for all, and make sure they offer a guarantee that you will have no more problems with animals. If done correctly this is a once and done procedure. Just putting traps out will not correct the problem. A wildlife company will:

1) Do a thorough inspection of the entire property to determine what you are dealing with and determine the best course of action to permanently fix the problem.

2) Identify all problem areas for every property to prevent rodent access.

3) Remove all wildlife from the property, usually within 24

hours.

4) Seal-up (exclude) all entry points with ultra-durable metal, stainless steel and concrete.

4) Use an Eco-friendly anti-microbial formula to erase all pheromone trails and kill disease.

5) If the attic insulation has been soiled to a point of saturation, the insulation is sucked out and replaced back to code, R-30 or R-38.

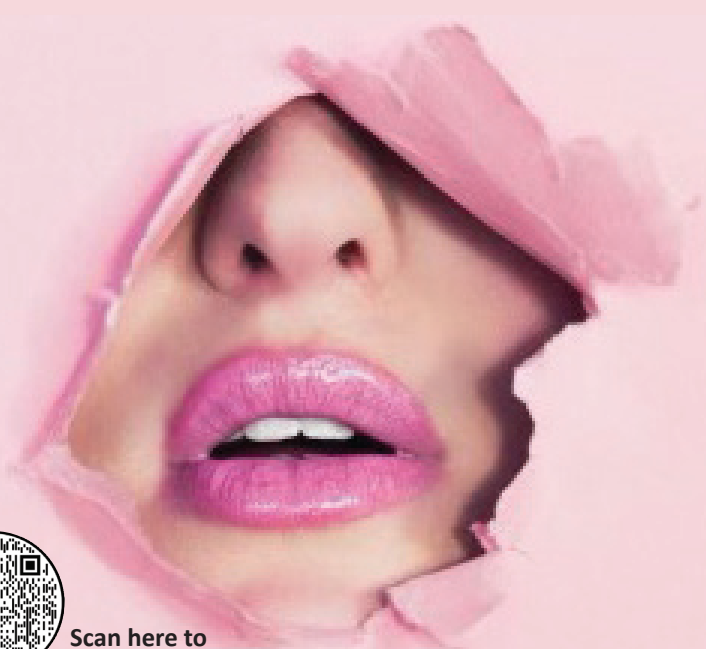
The last three actions are those that are taken specifically by our company, Complete Wildlife Solution. Other companies may or may not do the same thing but we have found these are the best methods to use after more than 20 years in business.

If you have a digging or burrowing animal going under your property, we use our Rodent wall System. It is a proven exclusion method for all digging animals to make sure they never gain access to your property again.



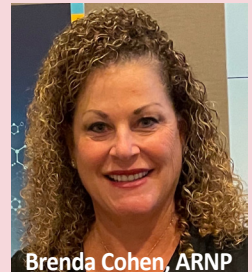
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Health & Wellness

Digestive health issues, by Amber Embers

Throughout life, we are often told to trust our “gut feeling,” but how many of us truly listen? According to the National Institutes of Health, 20-30 million Americans suffer from digestive issues every year. Excessive gas, bloating, heartburn, ulcers and other serious conditions arise from poor digestion, often leading to additional health concerns such as chronic fatigue, autoimmune problems, and frequent changes in mood.

Maintaining a healthy microbiome within the digestive tract is key to improving gastrointestinal health. Think of a microbiome as a diverse community of organisms, such as a forest, that works together to keep your body healthy. Within the microbiome resides microbes — bacteria, fungi (yeast), viruses, and protozoa. Our bodies are naturally composed of both good and bad bacteria. When an infection or illness arises, it often indicates more bad bacteria present in the body. Using supplements such as prebiotics, probiotics, postbiotics, and zeolites help the body remove waste and absorb nutrients more efficiently. Proper vitamin and nutrient absorption, coupled with a few changes to diet and exercise regimens, may help reduce numerous symptoms related to poor digestion.

It is no secret that eating better can lead to better health, but what does that actually mean? Put simply, eating better means cutting out foods that are harmful to the good bacteria naturally found within our bodies. Things like sugar, caffeine, and alcohol promote the growth of

Amber Embers is a certified Access Bars practitioner who harnesses the power of plants, essential oils, and nutrients to help others restore wellness naturally. She can be reached at 904-878-3893 if you have any questions.

harmful bacteria, which can lead to poor digestion and inflammation. A diet high in water, fiber and lean meats provides our bodies with the energy needed to properly function.

For those with chronic digestive issues, a low FODMAP diet may also help alleviate symptoms. FODMAP stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols, which are short-chain carbohydrates (aka sugars) that the small intestine poorly absorbs. A low FODMAP diet is designed to help people with irritable bowel syndrome (IBS) and/or small intestinal bacterial overgrowth (SIBO) figure out which foods are problematic and which foods help reduce symptoms. Before trying a new diet or supplement, please consult with a medical professional.

Adding pre-, pro-, and postbiotics, as well as zeolites can promote the growth of good bacteria in the gut. Prebiotics are a form of dietary fiber that act as food for probiotics, facilitating the growth of healthy bacteria. Prebiotics allow good gut bacteria to produce key nutrients for colon cells, which can lead to a healthier digestive system.

Prebiotics can be found in foods such as bananas, whole oats (steel cut is best), apples, garlic, onions, leek, asparagus, seaweed, and flax seed. It is better to consume foods high in prebiotics raw rather than cooked in order to retain the most nutritional benefits.

Once fueled by prebiotics, probiotics work to enhance vitamin and nutrient absorption, medication absorption, break down lactose, reduce inflammation, and help strengthen the immune system by

regulating cellular activity.

Probiotics are made of good, live bacteria and/or yeasts that naturally occur in the body. Probiotics can be found in foods such as yogurt, kefir (a fermented dairy drink), pickles, kombucha (fermented tea), and kimchi (fermented cabbage).

New to the holistic wellness marketplace is something called postbiotics. Postbiotics are what remains after foods have been fermented

during the digestive process by encapsulating and safely removing toxins naturally. The cage-like structure and negative charge of the zeolite molecule acts as a naturally occurring magnet for heavy metals and other impurities found in our food, water and air.

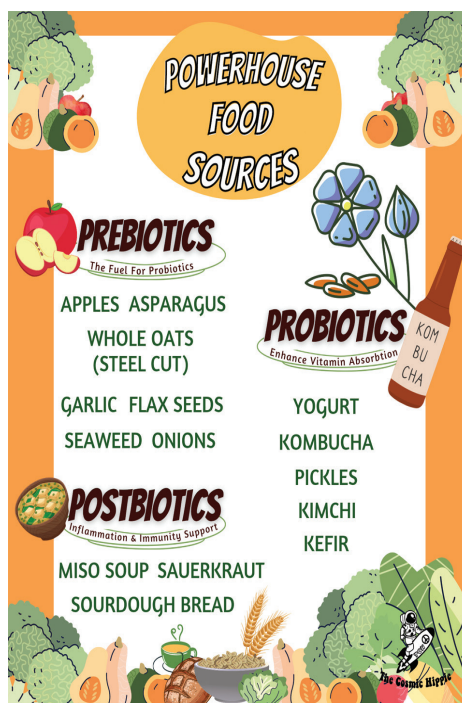
When zeolites are paired with prebiotics, probiotics, and postbiotics, the body is able to efficiently digest foods and absorb nutrients. When the body is in homeostasis, an increase in overall energy and sense of wellness can be expected. Zeolites can be found in tincture form (drops) or powder.

Equally important to diet is exercise when we look at digestive health. Aside from weight management, exercise also increases healthy digestion by promoting the movement of food and lymphatic fluid throughout the body. Closely linked to the digestive system, the lymphatic system is responsible for maintaining body fluid levels, absorbing digestive tract fats and removing cellular waste.

It is suggested that 20 to 30 minutes of exercise 3 to 5 times a week is most effective in maintaining digestive health. Gentle exercises such as yoga, tai chi, or qi gong may be practiced to promote deep breathing. A well-oxygenated body is less acidic, which helps prevent excessive bacterial growth.

Light calisthenic exercises such as sit-ups, push-ups, and crunches help digestion and muscle tone, and promote the flow of lymphatic fluid throughout the body. More vigorous activities such as walking, playing pickleball, tennis, basketball, swimming, or biking may also be practiced to help manage weight while improving digestive health.

The key to a healthy body is a healthy gut. Regardless of your lifestyle, making a few simple changes can have a major impact on digestive wellness, so give something new a try. Your body will thank you.



by bacteria. Postbiotics have been found to reduce inflammation, support immunity, and may even help prevent Type 2 diabetes. Postbiotics can be found in miso soup, sauerkraut, sourdough bread, buttermilk, kefir, yogurt, and pickles.

Although these microbes naturally occur within the digestive tract, heavy metals, toxins, and impurities found in our food and water often negatively impact how effective these microorganisms facilitate digestion, compelling us to use vitamins and supplements to maintain homeostasis (inner balance).

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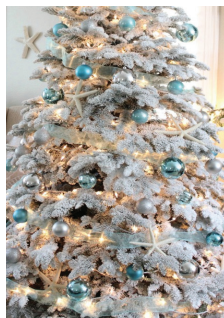


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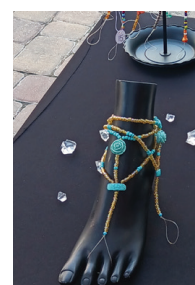
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Parks And Recreation In The City

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



Selection Of The Month

The Garden Club Of Palm Coast's monthly garden by Nancy Landoli



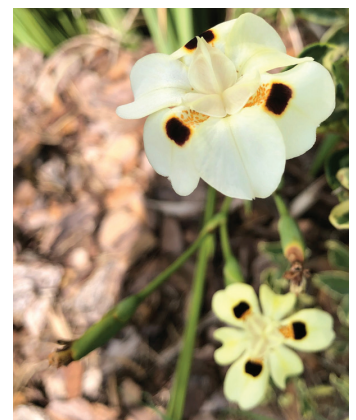
Tiare Darder of Colechester Lane, has been recognized as December 2022 Selection of the Month by The Garden Club at Palm Coast. Tiare was born in Cuba and came to the US when she was 18 years old and settled in Tampa. One day she drove through Palm Coast, fell in love with Palm Coast and felt like it was fate that brought her here. She has been living here now for 4 years.

This very attractive landscape has cement edged beds throughout the property. Most of her beds are complimented with whimsical wooden animals which she makes and paints herself. She also has a wooden rooster on top of her mailbox. She has a different rooster for each season.

In her doorway area she is very proud of her potted ponytail palm that has travelled with her for 27 years! To the left side of her yard, you find much diversity including staghorn fern, ground orchids, blue and white sage, society garlic, Brazilian dwarf morning glory, Areca palm, blue Bismarck palm, crotons, Barbados cherry tree, fig tree, spicy jatropa, multi-color amaryllis, ground roses, and her favorite plant a Tibouchina.

The back yard is on a canal with a raised brick wall bed containing assorted succulents. Another area has gardenias, milkweed, magnolias, climbing allamanda on a trellis, several varieties of fruit trees such as: plantains, lemon and lime, blood orange, grapefruits, sugar plum, three pineapples and tangerines. She also grows Cuban and Italian oregano, Cuban mint, and marjoram.

In her lanai area she propagates many of her plants from succulents, cactus, and orchids toname a few. There are many full pots as well as hanging plants to admire, making you feel as if you are in a greenhouse.





WASHINGTON OAKS GARDENS
STATE PARK
**HOLIDAY IN THE
GARDENS**
December 10th
10 AM - 3 PM

Admission is \$5 per vehicle up to 8 people.
Help the entrance line by having cash ready!

Check out what we have planned this year!

TOY & FOOD DRIVES
ARTS & CRAFT VENDORS
FOOD TRUCKS
HOLIDAY MUSIC DJ
GIFT SHOP OPEN
PLANT SALES
KIDS SECTION



Flora and Fauna

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



1. *Snowy Egret: This medium sized heron has greenish-yellow feet during the winter but once breeding season starts their feet become bright orange yellow. Surprisingly, they do breed with other species of herons such as Little Blue and Tri-colored herons. A group of herons is called a siege.*

2. *Brown Pelican: Living primarily on coastal shores, these birds can weigh up to seven pounds and have a wingspan of up to four and a half feet. They have been known to live as long as 30 years. They are very tolerant of other species but prefer to be among other Brown Pelicans. A group of pelicans is called a pod, brief, pouch, scoop or squadron.*

3. *Red Shouldered Hawk: Able to fly up to 34 mph, this medium sized hawk is listed as Least Concerned on the Endangered Species List. Mating begins in December for the arrival of two to three eggs in January. They prefer to nest in the same location every year providing their nest has survived the previous season. A group of hawks is called a kettle, boil or cast.*

4. *Laughing Gulls: During summer months, these gulls' heads are black but then become grey during the rest of the year. They are a very vocal species, always bringing to mind Alfred Hitchcock's Movie "The Birds." A group of gulls is called a flock.*

Photos provided by Kim Zechnowitz, an ardent local amateur photographer who has been shooting birds and other nature subjects for many years.

December 2022

WE TAKE HOME PROTECTION SERIOUSLY.

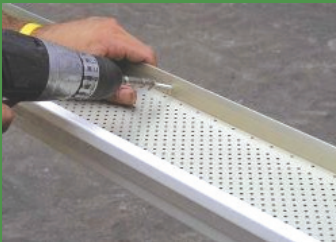
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— Suzanne M.**

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— Brad W.**

RESTAURANTS & BARS

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

Joe's NY Pizza & Pasta Serves Up A Slice of The Big Apple



Sausage and mushroom pizza

If you like pizza, as many people do, you'll find no shortage of places in Palm Coast to try this form of cuisine. And not only can you find plenty of pizza places, there are also a number of places that bill themselves as having New York style pizza, a particular variant that we are more fond of than other types.

What makes a pizza New York-style? In our opinion it's mostly the thinness of the crust although some sources also say that less sauce is typically used on a NY pie. This may be true but for us it's the

thin crust that gives NY pizza its most distinctive difference, especially when compared to other area's pizzas.

The thick crusts found in Chicago and Detroit, for instance, are examples of just too much dough. After a couple of slices of these pizzas we're pretty much done.

So where do you eat good New York pizza in Palm Coast? We've tried a few so far but our most recent stop



Bruschetta

cutting edge styles or exotic ingredients. Rather, everything here is pretty basic, with dishes that you've seen at many other Italian eateries in whatever state you left to come here.

But that's a good thing here because the dishes they served to us on our visit were all well-executed and tasty and also reasonably priced. Value for money is an important factor to consider when we write about any restaurant since in our experience (as former restaurant owners) it could be the one thing that people remember the most about any restaurant.

Huge portion sizes alone are not a guarantee of value for money since the food has to taste great also. Neither is a problem here as everything we



Antipasto appetizer

impressed us the most. This was at Joe's New York Pizza & Pasta on Palm Coast Parkway.

Our resident pizza expert dining companion of ours proclaimed that it was very good based on her long previous experience of ordering from Joe's. And we proclaimed that the rest of the food that we tried was also good.

You're not going to go here to try some

ordered was done well, starting with the bruschetta appetizer to the spaghetti and meatballs and sausage and peppers with pasta. And, of course, the pizza passed with flying colors.

With its homey decor and friendly service, Joe's offered us a good dining experience that didn't cost too much and satisfied our Italian food desires. You can't ask for much more than that these days so you may want to check it out.

Joe's New York Pizza & Pasta, 386-445-1650

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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

La Pizza Nostra

7 Old Kings Rd N, Palm Coast,

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. Bros Philly Cheesesteak: served with sautéed onions and mushrooms with the provolone cheese on a garlic butter hoagie, \$11. - Turkey burger: 8oz patty served with caramelized onions and tomato marmalade, fresh lettuce and chipotle mayo, sweet potato fries, \$13.

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

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 Hawaii's

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

TEXAS ROADHOUSE

1250 Palm Coast Pkwy
386-302-4983

Mon-Thurs 3-5 PM, \$10.99

dine-in dinner special with:

*6 oz. Sirloin Steak Dinner**

- Country Fried Sirloin Dinner

- 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

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Taco Tuesdays

11 AM-2 PM, or until supplies last

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.

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.

Entertainment

Early December Performances set the Holiday Mood, by Amy Armstrong

The first couple weeks of December in Palm Coast offer a couple of “fun” choices for those interested in theatre and comedy as well as the sounds of the holidays. Then in January, both local playhouses are back in action as well as a long list of top quality performances at the Flagler Auditorium. You won't be bored.

The Sounds of Christmas

This event is presented on Friday, Dec. 9 from 7 to 8:30 PM at the St. Thomas Episcopal Church located at 5400 Belle Terre Parkway. The free event presented by the Choral Arts Society features a variety of contemporary and religious holiday music. Donations to aid the CAS are accepted. Call (407) 474-1437 for more information. This is a popular event; be sure to arrive early to get a good seat.

City Repertory Theatre

The Palm Coast-based community theater group kicks off December with its presentation of, “A King and Two Queens.” Subtitled, “A Royal Revue.” Marie Antoinette, France's infamously wanton aristocrat of the 18th century is the play's lead character. As anyone with even the teeniest knowledge of history might expect, Antoinette makes foolish

moves and statements and is severely challenged to “understand” the plight of the average French citizen. Get ready to laugh at her audacity.

The show runs Thursday, Dec. 1 through Sunday, Dec.



4. Shows Thursday, Friday and Saturday begin at 7:30 PM; Sunday at 3 PM. Tickets are \$20 for adults; \$15 for students. CRT is located at 160 Cypress Point Parkway, Suite B207. Obtain tickets at CRT's website: www.crtpalmcoast.com. Scroll to the show on the website's main page and click on the green button with the words, “buy tickets” in white lettering. Tickets are also available via phone: 386-585-9415.

In mid-January 2023, CRT presents “Honky Tonk Angels,” which is the story of three ambitious gals with diverse backgrounds who decide to follow their country western singing

dreams and head to Nashville in hopes of becoming star of the music scene. Fans of country western music, recognizing the tunes in the musical — Tammy Wynette's, “Stand By Your Man,” from 1968, Dolly

Parton's “9 to 5” from the 1980 movie by the same name, the theme song from the “Harper Valley PTA” and many more.

The show runs Friday, Jan. 13 through Sunday, Jan. 22 with presentations on Friday and Saturday at 7:30 PM and on Sunday at 3 PM. Cost is \$30 for adults; \$15 for students. Obtain tickets at the CRT website listed above.

Flagler Auditorium

For December, there is only one show on the docket, and it is expected to bring down the house in laughter. If you need to take a break from the holi-

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, Portu-
guese

Moe's Southwest Grill

250 Palm Coast Pkwy NE, Palm
Coast, 386-585-4020, Mexican,
Southwestern

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, Euro-
pean

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, Ameri-
can, 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, Japane-
ses, 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, Japa-
nese, Seafood, Sushi

Texas Roadhouse
1298 Palm Coast Pkwy SW,
386-302-4983, American,
Steakhouse

Thai By Thai
Island Walk 250, Unit 300,
Palm Coast, 386-302-0709,
Thai, Asian, Sushi

Entertainment from page 35

day rush, this is your fix.

It is Steve Solomon's "Home for the Holidays" and the wording of its advertising graphic gives more than a hint to its side-splitting content: "My Mother's Italian, My Father's Jewish, I'm Home for the Holi-

are Uncle Willie, Stuttering Cousin Bob, Demented Cousin Kenny, Solomon's new therapist Cousin Sal and a bunch of other characters sure to remind you of at least one person from within your own family. Solomon's claim throughout



days ... The Therapy continues."

The cast of characters the audience will meet via Solomon's wacky telling of holiday happenings within his family

the show is that its cast of characters is what drove him to therapy. Audience throughout the United States and Europe have identified with Solomon's

twisted, yet compelling accurate, presentation of the antics accompanying the collision of family with the holidays.

Solomon is a gifted actor with the ability to transition quickly from different voices and sound effects.

This is a one-night only show on Thursday, Dec. 8 at 7 PM. Tickets available via the Auditorium's website: www.flagler-auditorium.org or by calling the Auditorium Box Office at (386) 437-7547. Ticket prices range from \$44 to \$54.

Flagler Playhouse

The Bunnell-based group takes a break in December but returns toward the end of January with its presentation of the blockbuster Broadway hit, "RENT."

This one really isn't kiddo-appropriate as its plot deals the grownup topics of relationship infidelity, HIV/AIDS diagnosis and young adults — specifically

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www.signgreeters.com
Sign Greeters
Palm Coast, St. Augustine, Ormond

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770-876-7271.



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artists and musicians — struggling to find their way in the world in the setting of Lower Manhattan’s East Village of New York City. Characters Angle, Mimi, Roger and Tom deal with the complications of disease. Maureen tries to use performance art to help her deal with being chronically unfaithful to her partner, Joanne, who begins to wonder if the relationship is worth all the heartache. Benny is considered a “sell-out” to the Bohemian ideals and lifestyle of the others in the group of friends as he has recently taken a job with a hefty income and Mark, who is an aspiring filmmaker, feels isolated from his friends and life in general.

The rock musical first appeared in 1993 at the New York Theatre Workshop — an off Broadway organization from which numerous on Broadway hits have made the jump from. “RENT” began playing on Broadway in 1996 earning the Pulitzer Prize for Drama and a



Tony Award for Best Musical during its 12-year run grossing more than \$280 million.

“RENT” opens Friday, Jan. 20, 2023, and runs through

Sunday, Feb. 5 on Fridays and Saturdays at 7:30 PM and on Sundays at 2 PM. Tickets are available at the FP website: www.flaglerplayhouse.com.

Flagler Auditorium All performances begin at 7 PM. Purchase tickets online at www.flaglerauditorium.org. Click on the Events tab and scroll to the performance you wish to see. Click on the Buy Tickets button on the right side of the screen.

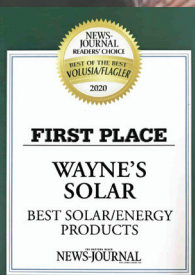
Flagler Playhouse Purchase tickets at the playhouse’s website: www.flaglerplayhouse.com and click on the logo for the Driving Miss Daisy show under the “Shows & Tickets” tab.

City Repertory Theater Tickets are available at the CRT’s website: www.crtpalmcoast.com.

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Flagler Artists

The artist as a teacher, by Amy Armstrong

Her artwork is on display in many locations around the world, but for Sherry Waldman, some of her most rewarding work is what happens at her teaching studio in Palm Coast in City Marketplace.



It's where she teaches. On a daily basis. It is where she is passing on a love for art and instilling confidence in budding artists.

"To be able to bring it (the art experience) to the local people and to have watched so many of my students become great artists in their own right to the point that many of them are now selling is incredibly rewarding," Waldman said.

She started teaching seven years ago. Some of her first roles as an instructor occurred overseas as she was completing

commissions.

About eight years ago, she and her husband took a vacation to Palm Coast.

"We went out for coffee, bought a house and never turned back," Waldman said.

After she retired to Palm Coast several years ago, Waldman decided to continue the work she did in New Jersey: hand-painting furniture. She added in personalized painting on surfboards.

And later she opened her studio with three classrooms and a big store chock full of the supplies that artists need but

often cannot find in Palm Coast. She still does her own artwork – murals, canvasses, and surfboards – but her passion these days is rooted in teaching others how to become confident artists.

She started teaching classes online when COVID-19 hit. Even though she mostly interacted with students on screen, many were coming to her home to pick up supplies she would leave on her front porch for contact-free pickup.

Once COVID-19 restrictions

began to ease, Waldman recognized she had a devoted following of students needing regular classes and a place to work.

"I've never been so busy since moving here," she said with a clear sense of purpose in her voice. "I love teaching and I love that my students get so excited about it too. I love their ah-ha moments."

lieve how well they are doing."

The master level requires students to work "for awhile" as Waldman describes it.

"They practice, they make mistakes, they learn from those," she said.

Her studio and its classes have found a local niche as well as becoming a draw for people from outside the area who



Teaching has also given Waldman an opportunity to grow professionally.

She recently organized a course titled, "M.A.P." or Mastering Art Program. It is designed to guide a beginner through the various lessons at his or her own pace. Students select which pieces – work created by Waldman – they wish to work on for each level of the program. In the first three levels or tiers, the student completes seven paintings.

"As I watch them, it is remarkable the skills they gain," she said. "They often cannot be-

come to Palm Coast for a few days to paint and learn. Her Facebook page has more than 11,000 followers.

"It's just inspiration overload," Waldman said. "This has



been a really good journey and I love the art family that has been formed here."

You can learn more about Waldman's work at her website: www.sherrysartstudio.info.



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Events, Meetings, Classes, etc.

Events

Palm Coast Farmer's Market
December 4, 11, 18, 30 @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

December 3, 1500 Central Avenue, Town Center. 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

Book Club

December 2, 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.

Italian American Club Bingo

Mondays & Tuesdays, 45 Old Kings Road, doors open at 3 PM on Monday with free dinner served. Tuesdays, doors open at 10 AM and free lunch is served. Call 386-445-1893 for more information.

Are Your Ducks In A Row?

December 2, 11 AM, Palm Coast community center, free. Presented by Lohman Funeral Home, includes the seminar with a guest speaker and a business expo and also lunch. Call 386-224-6519 for more information.

Kwanzaa Celebration

Wednesday, December 28, 3-6 PM, African-American Cultural Center, 4422 N. U.S. Rt. 1,

Palm Coast. Vendors, music, African fashions, drumming, dancing, gifts and fun for the whole family.

CPR/First Aid/AED

Saturday, December 17, 11 AM-4 PM, Palm Coast 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: \$65/person; pre-registration required at least 48-hours

The activities that we have listed here that are presented by the city's park and Recreation Department are only a fraction of the total activities that occur on a regular basis. There is a truly impressive variety of activities, classes and other events that this department produces — their catalog is 38 pages. So go to <https://www.palmcoast.gov/parks-and-recreation> or scan the QR code to see a lot more.



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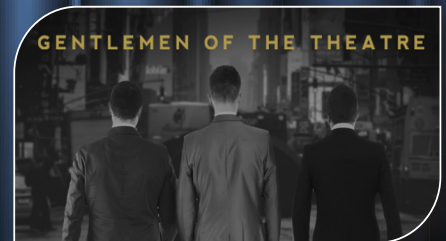
The Sounds of Soul
Jan. 15, 2023 - 7PM



The Bronx Wanderers
Jan. 20, 2023 - 7PM



The World of Musicals
Jan. 25, 2023 - 7PM



Bachelors of Broadway
Jan. 29, 2023 - 7PM

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The Return State Ballet
of the of Ukraine
Sleeping Beauty
Jan. 4, 2023 - 7PM

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Events, Meetings, Classes, etc. from page 40

in advance. Register at: park-sandrec.fun/adults

Thursdays, Dec. 8, 15, 22, 29, 10:30-11:30, 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. Fee: Free, Register: parksandrec.fun/seniors

Meetings

New Jersey Social Club
Wednesday, December 28, 1 PM, Palm Coast Community Center. Social club for former New Jersey residents with a monthly meeting on the fourth Wednesday of each month. For more information, contact membership chair Penni Knapp at 386-246-6904.

Flagler County Parkinson's Support Group
Wednesday, Dec. 14, 3-4:30 PM, Palm Coast Community Center, We are a group of people who help each other, share resources and ideas, as well as support each other in promoting awareness of Parkinson's disease. Fee: Free, Register: parksandrec.fun/seniors
Widow/Widower's Support Group

Activities

Lunch N' Lecture Series
Fridays, 11 AM-12:30 PM, Palm Coast Community Center. Presented in partnership with AdventHealth. Join professionals during lunch for discussions on topics that may affect the lives of our adult community. Pre-registration is required 72 hours before the program date and while space is available.
Sewing Studio
Mondays, 10:30 AM-4:30 PM, Cut Up And Sew, 160 Cypress Point Pkwy This is a day for you to work on all

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The Daytona Symphony will be presenting the first concert of its 2022/2023 season on January 8 at 3 PM at the Peabody Auditorium in Daytona Beach. The Budapest Orchestra is Hungary's preeminent orchestra and will feature world-renowned conductor Andras Keller and acclaimed pianist Zoltan Fejervari.

those projects you haven't had time to finish up. Come in and have fun working and sharing YOUR work, knowledge and talent with each other. Fee: \$5. Check out the website at www.cutupandsew.com for more classes and activities.

Intermediate Pickleball
Wednesdays, Aug. 17-Dec. 29, 8-10:30 AM, Holland Park Tennis Courts Intermediate Pickleball is designed to improve your game against up-and-coming players. Building upon the skills learned in Beginner's Pickleball, this program is meant to be progressive and designed for more advanced players that are looking to improve their game. 18+ years, free. Register: parksandrec.fun/athletics

Beginner's Pickleball
Tuesdays and Fridays, Aug. 16-Dec. 30, 8-10:30 AM, Holland Park Tennis Courts Do you want to learn how to play in a

fun and friendly atmosphere? Try out our Beginner's Pickleball. A minimum of 4 pre-registered participants is required to provide an instructor. Please register early. Paddles, balls, and nets are available for use. 18+ years, free. Register: parksandrec.fun/athletics

Open Gym Volleyball
Mondays & Wednesdays Session 2: Oct. 17-Dec. 21, 7-9:30 PM, Indian Trails Middle 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. 18+ years, \$30/session or \$3/drop-in Register: parksandrec.fun/athletics

Open Gym Basketball
Tuesdays & Thursdays Session 2: Oct. 18-Dec. 22,

The Garden Club at Palm Coast's Propagation Guild is having a plant sale on Saturday, Nov. 12 from 9 AM-1 PM at 200 Cedar Cove in the Hammock at Palm Harbor (off Club House Dr. near Palm Harbor Parkway). There will be a large selection of perennials, natives, bromeliads, succulents, and pollinator plants as well as garden-related items. For more information, email propagation.guild@gardenclubatpalmcoast.org.

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Events, Meetings, Classes, etc. from page 43



On January 14 the Lviv Natinal Harmonic, the Orchestra of Ukraine, will perform at the Peabody Auditorium in Daytona Beach at 7 PM. Led by the multiple award-winning, conductor Theodore Kuchar the concert will feature Ukrainian-born pianist Stanislav Khristenko, the "Poet of Piano."

7-9:30 PM, Indian Trails Middle School, Play some hoops with your friends or meet new people. This adult co-ed basketball program is a non-competitive, recreation program. 18+ years, Fee: \$30/session or \$3/drop-in. Register: parksandrec.fun/athletics

Golf
Palm Harbor Golf Club Annual Passholder Discount Card
Nov. 28, 2022-Jan. 1, 2023, Palm Harbor Golf Club
 The Palm Harbor Golf Club Annual Pass Holder discount card "Early Bird" sale starts November 28, 2022. Enjoy the

extra benefits of the Annual Passholder card early bird sale and receive a complimentary 18-hole round of golf. Card benefits begin Jan 1, 2023.

Fee: \$175, Register: Please visit the Palm Harbor Golf Club **Wood Carvers**

Tuesdays, Dec. 6, 13, 20, 27, Palm Coast Community Center, The art of woodcarving has a history that spans centuries. At its core, woodcarving transforms a piece of wood into a masterfully crafted work of art. This program is open to all levels and abilities, but please be aware that instruction is not provided. Please bring your own materials. Fee: Free, Register: parksandrec.fun/seniors
Pinochle
Thursday, Dec. 1, 8, 15, 22, 29, 12:30-4 PM, Palm Coast Community Center, Pinochle is a card game, typically for two to four players, played with a 48-card deck. Derived from the card game

Bezique, players score points by trick-taking and forming combinations of cards into melds. Fee: Free, Register: parksandrec.fun/seniors

Live Happenings

European Village Live Music
 Fri, 2nd — Southern Chaos 7-10
 Sat, 3rd — Ian Opalinski 7-10
 Sun, 4th — Chillula 3-6 PM, chili cookoff finals
 Fri, 9th — Mike & Vin 6-10
 Sat, 10th — Just Peachy Duo 7-10
 Fri, 16th — Bradley Cohen
 Sat, 17th — Bradley Cohen
 Fri, 23rd — Randy Elvis 6:30-9:30
 Fri, 30th — Clayton Sturgeon 7-10
 Sat, 31st — Glory Jax 8-12:30
Starlight Festival
Saturday, December 10, 4-9 PM City Center. Celebrate the holiday season with your friends and neighbors at the City of Palm Coast Starlight Festival. Visitors will enjoy live entertainment and performances, as well as the arrival of and

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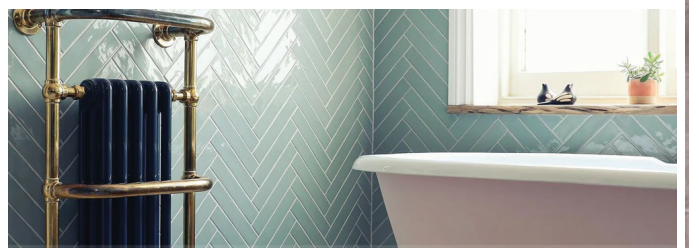
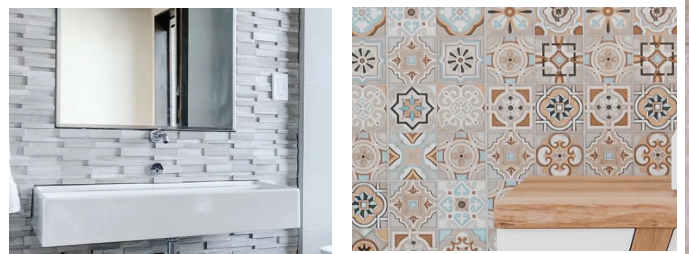
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Before the Orchestra Of Ukraine performs in Daytona (see previous page) the National Ballet of Ukraine will be performing *Sleeping Beauty* at Flagler Auditorium on January 4 at 7 PM. Tickets are available at the Flagler Auditorium box office now. Call 386-437-7547 for more information.

pictures with Santa until This year there will be a stationary parade, where guests will walk through and see the displays and floats. Live music and dancing will of course be in front of the Christmas tree. More

information is available at palmcoast.gov/events **Parents' Night Out Friday, December 16, 5:30-10 PM, Palm Coast Community Center.** Parents, are you in need of a date night or just wish for peace and

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Events, Meetings, Classes, etc. from page 45

quiet around the house on a Friday night? Let us watch your kids while you have the night to yourselves. Participants will eat pizza, play games, watch movies and have fun. Fee: \$15/child, Ages: 5-12 years, Register at: parksandrec.fun/youth

Professional Women Of Flagler County

December 8, 5:30-7 PM, Annual gala at the Portuguese Cultural Club. Call Danielle at 386-843-0443 for more information.

Boss Ladies Of Flagler County

December 5, 5-7 PM, SunBros Cafe, Flagler Beach. Networking event. Fundraiser for the Flagler Humane Society. See their Facebook page for more information.

Business Functions

Referral Diamond Network

December 7, 14, 21, 28 @ 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

December 1, 8, 15, 22, 29 @ 7:30 AM, Carrabba's Italian Grill, 160 Cypress Park Dr., Weekly networking meeting of local business owners. Call Brad at 386-283-0955 for info.

Leads Into The Future

December 6, 13, 20, 27 @ 9 AM, Carrabba's Italian Grill, Weekly networking meeting of local business owners. See their Facebook page for more information.

BNI

December 1, 8, 15, 22, 29 @ 8 AM, Weekly networking and leads group meeting of local business people. For more information see their Facebook page at BNI Prestige Partners.

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| Carrabba's | VFW Hall |
| Community Center | Palm Harbor Golf Club |
| Shell Foodmart | Cut Up & Sew |
| County Government Bldg | City Hall |
| Flagler Auditorium | Wawa, Route 100 |
| Burger Bros | Fairfield Inn |
| European Village | Days Inn |
| Pine Lakes Golf Club | Microtel Hotel |
| African-American Cultural Center | Red Roof Inn |
| Texas Roadhouse | Econolodge |
| Dominic's Deli | Best Western Hotel |
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| Palm Coast Lanes | Palm Coast Social Club |
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