

Palm Coast

ISSUE 19

FEBRUARY, 2023

Health & Wellness In Palm Coast

GARDENS • ENTERTAINMENT • HISTORY • ARTS
RESTAURANTS • EVENTS • NEWS • PEOPLE • MORE

Enhance YOUR Curb Appeal.



- Custom Concrete Curbing
- Mildew and mold resistant
- Wide range of colors and patterns
- Durable lasting beauty
- Color is in the mix!

401-862-3488

Call today for
a free quote.

MENTION THIS AD FOR A 10% DISCOUNT.



Scan here to go to our website.



We're Here To Help.



Our staff is here to help you with any heating or AC problem you may have.



BUILT TO A HIGHER STANDARD®
American Standard®
 HEATING & AIR CONDITIONING



* Free estimates on new systems

* Price Match Guarantee

* Free Second Opinion

* Proudly Serving Your Community for over 15 Years



Scan here to go to our website.

FINANCING AVAILABLE WITH APPROVED CREDIT



Subject to credit approval and available credit limit. See dealer for details.

Your Local Air Conditioning Company
www.arcticbreezeair.com
 Family Owned and Operated
 License #CAC1817213

\$125 OFF

Air Purification Device



Bring in this coupon OR mention this ad for a \$100 discount. Call Arctic Breeze for more details. Not valid with any other offers or prior purchases. Expires 12/31/22

\$200 OFF

10-Year Parts & Labor Extended Warranty on New A/C Systems

Bring in this coupon OR mention this ad for a \$100 discount. Call Arctic Breeze for more details. Not valid with any other offers or prior purchases. Expires 12/31/22

\$65 Service Call

Valid 8 AM - 5 PM Mon-Fri

Call Arctic Breeze for more details. Not valid with any other offers or prior purchases. Expires 12/31/2022.

Call 386-446-8894 today for expert service.

ARCTIC BREEZE

Contents

Issue #19, February 2023

Palm Coast

Editor/Publisher

Tom Aikins

Associate Publisher

April Harris

Associate Editor

Maureen Dowd

Art Director

Lili Pappas

Advertising Manager

Bill Meyers

You can contact us at
386-237-4450 or at:
palmcoastmagazine@
gmail.com. Palm Coast is
published the first week of
every month.

All contents copyright Palm
Coast Publishing, 2023.

Palm Coast News.....	6
Local Happenings.....	10
Palm Coast People.....	12
Area Charities.....	14
Palm Coast History.....	16
Homeowners Corner.....	18
Garden of the Month.....	20
Cover Feature.....	22
Flora & Fauna.....	28
Parks & Recreation.....	30
Restaurants.....	32
Daily Specials.....	34
Entertainment.....	35
Events, Meetings, Etc.....	40

The big news this month from Palm Coast Publishing is the launch of our second magazine, Flagler Business Review, a monthly that will be mailed to 3,000 Flagler County businesses every month. The launch of the publication will occur on February 17 with a March, 2023 issue. It will be released in the middle of each month and Palm Coast will continue to be published on the first of every month.

Flagler Business Review will contain news and articles of interest to the local business community including new business spotlights, development news, columns covering taxes and legal issues and more information that will inform and help local business owners. If you own a registered business in the county you should receive it in the mail.

And, in an effort to keep up with the latest in technology, we turned to artificial intelligence to help design the cover of this issue. The image on the cover was created by generative artificial intelligence, the newest development in a technology that promises to revolutionize the way we do many everyday things. Kind of like what the Internet did. Really.

WE MAKE YOUR TILE LOOK GREAT AGAIN.

We're locally owned and operated, but backed by a nation-wide training and support system. We've dedicated ourselves to quality work and high professional standards so that when you call your local Grout Doctor, you know you're in good hands.

WHAT WE DO BEST

- Regrouting
- Caulking or Recaulking
- Grout Cleaning
- Grout Sealing
- Grout Recoloring
- Tile Repair or Replacement
- Grout Repair or Replacement
- Grout Installation
- Commercial cleaning and maintenance

And we do cleaning and sealing of natural stone, Travertine, marble, limestone, terrazzo, slate and granite.

Call
386-202-2525
for a free
estimate.



the
GROUT DOCTOR
Since 1992
WWW.GROUTDOCTOR.COM

We service Bunnell, Daytona Beach, Deland, Deltona, Edgewater, Flagler Beach, Lake Helen, New Smyrna Beach, Ormond Beach, Palm Coast and Port Orange



Scan here to go to our website.



Buying or Selling a Home?

Make the Right Move with...

Dana Davis

lpt realty
REAL ESTATE REIMAGINED

The
Dana Davis Team



FREE Consultation or Property Evaluation

CALL ME: 386.569.4998

E-MAIL: DanaDavisTeam@gmail.com

www.TheDanaDavisTeam.com



News Of The Palm Coast World



City Receives Grant for Waterfront Park Improvements

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.

Enhancements will be com-

pleted in two phases. In the first phase, dredging, site work, shoreline stabilization, dock installation, and a concrete pad installation will occur. This work is estimated to cost \$1,200,000, split between the three-part FIND grant of \$533,000 and city funds generated by impact fees at \$462,000 and capital funds of \$205,000. The second phase will expand parking and is estimated to cost \$600,000 comprised of \$228,000 in grant funds and \$258,000 from city park impact fees and \$114,000 from capital funds. The construction of the first phase will begin this week with completion in the summer of 2023.



Lehigh Trailhead Project Work Started In January

Construction on the Lehigh Trailhead Project off of Belle Terre Parkway will commence on January 23, 2023. The project enhances the popular path by providing ADA-compliant paved parking with more than 60 parking spaces, a restroom, and a water fountain. The project also includes community gardens, a dog park, lighting, and pavilions.

The dirt parking lot at the Lehigh trailhead and the sidewalk that runs along the parking area will close starting Monday, January 23, for the duration of construction. Visitors to the area must park

across Belle Terre Parkway in the grass lot and use the designated crosswalk at Belle Terre Pkwy and Royal Palms Pkwy to access the trailhead. It is important for visitors to use the crosswalk for their own safety, as well as for the safety of others. The closure and parking arrangements are in place to allow for necessary construction and improvements to the trailhead area. Construction is expected to be completed by November 2023.

This project supports the City Council's priority pillar of safe and reliable services and promotes collaboration with

Flagler County on the Countywide Parks Master Plan. It is also a direct result of great partnerships and inter-agency cooperation by the City of Palm Coast, the Florida Department of Transportation, and the River to Sea Transportation Planning Organization. City planners worked with staff from both organizations to amend FDOT's 5-year Work Program and the River to Sea TPO's 5-year Transportation Improvement Plan to make this project a reality.

This project was made possible by a grant for \$1.24 million provided by the Florida Department of Transportation. Residents and visitors to Palm Coast also help contribute to

improvements at city amenities through spending locally, which is highlighted in the city's Be Local Buy Local campaign. A portion generated through the small county surtax and the local government half-cent sales tax comes back to the community to pay for capital improvement projects. This is another example of how shopping local helps not just the businesses, but also the community.

In addition to sales tax, recreation impact fees are also utilized. This means every new dwelling unit constructed in Palm coast pays an impact fee that is used to pay for a portion of recreation capacity improvement projects.

Rotary Rocks The Runway



Never let it be said small can't equal mighty. Though it may be a small club, the Rotary Club of Flagler Beach knows how to put on an event, and welcomed more than 500 participants to the 10th Annual Race of the Runways for Rotary on Saturday, February 20.

Held at the Flagler Executive Airport, competitive runners, joggers and walkers were launched in waves, and were able to experience the unique

A smashing success, organizers prepared early on for about 300 but as the weather held

out and turned into a beautiful cool day, the registrations continued to climb, surpassing their goal of 500.

Club president Rosanne Stocker was gratified by the response that helps support so many of the programs the beachside club oversees.

As volunteers handed out after party packs to go, Stocker summed up the evening.

"I couldn't be more proud of this small but mighty Rotary Club," said Stocker. "They've pulled off the best 5K we've ever had."



We're the Good Guys.

We can take care of all of your car needs: All service matters, including mechanical problems and all accident repairs, used car sales and, coming soon — car rentals.

Call 386-263-2723 today.

ALL ABOUT PRICE
SINCE 2014

Select Collision Center



Collision Center
FREE ESTIMATES

dm1927
Local Guide · 234 reviews · 541 photos
★★★★★ 6 months ago

Contacted this company about doing some work on my Nissan Rogue. Needed my headlights refurbished and the back hatch painted. Was given a good price for the work to be done. Dropped Rogue by on Mon and was going to get an Uber but was told that they would give me a ride home. Got a call Weds afternoon saying Rogue was done and that they would pick me up. Everything looked great.

Scan here to go to our website.



- Brake/Rotor packages starting at \$250
- 24 month, 24,000 miles warranty on parts AND labor
- Manufacturers lifetime paint warranty

1025 N. State Street,
Bunnell
www.allaboutpricefl.com
386-263-2723

Open Mon-Fri:
9 AM-6 PM, Sat: 9-4 PM

FlaglerLive Wins Award As Top Online Independent News Site

FlaglerLive won the Florida Press Club's top award as Florida's best online independent news site in all divisions. FlaglerLive also won first place in education reporting among all online sites and newspapers with a circulation of up to 40,000.

FlaglerLive Editor Pierre Tristam took second place in commentary (the top award went to The Bradenton Journal's Marc Masferrer), and FlaglerLive earned an honorable mention in the Lucy Morgan Award for In-Depth Reporting, also among all online sites and newspapers with a circulation of up to 40,000.

The awards were announced Saturday evening at the Florida Press Club's annual banquet in Daytona Beach, where the keynote speaker was Mark Lane, the Daytona Beach News-Journal's veteran columnist and



The Live Column Pierre Tristam



humorist.

For best online news sites, the award recognizes general-excellence, with sites judged "on overall content and design, local emphasis, interactivity and ease of navigation." A separate award went to sites affiliated with a print newspaper. In that category, the staff of the Bradenton Herald won the state's top honor.

"The awards bestowed on FlaglerLive by the Florida Press Club," Steve Robinson, a FlaglerLive board member, said, "are a welcome reminder of the importance of diligent,

fact-based reporting and commentary on local issues and on the actions of elected officials who make decisions affecting us all."

The FlaglerLive articles that won the education award reflected the weaponization of the Flagler County School Board by pressure groups such as the "moms for liberty" on one hand and complicitly disruptive school board members on the other, some of whom militated for book bans. The articles were written by Tristam.

For nearly 70 years, the

Florida Press Club has been honoring the best in Florida journalism from layout to photography to writing. It was originally called the Florida Women's Press Club, as no other clubs allowed women to compete when it was started. Honorees have expanded to include men and digital-only publications.

The work honored Saturday was published between June 1, 2020 and May 31, 2021.

FlaglerLive is an independent, non-profit news site established in 2010, with a readership of between 20,000 and 25,000 a day during non-emergencies. (The site has competed in journalistic contests on only three occasions over the years, and placed each time.) The site is supported by a combination of advertising and readers' direct, tax-deductible contributions.



Get Noticed... by Your CRUSH.

RevIV Aesthetics And Hydration



Scan here to go to our website.

Salt Facial \$275 • Botox \$9.00/unit
Lip filler \$475/syringe



Brenda Cohen, ARNP

BOARD CERTIFIED
RN, CEN, TNCC, BSN, MSN, FNP

140 S. Atlantic Ave • Suite 203 • Ormond Beach, 32176 • 386-248-5713 • revivaestheticsandhydration.com

Palm Coast Publishing To Launch Flagler Business Review

Palm Coast Publishing, parent company of Palm Coast magazine, will be launching Flagler Business Review, its latest magazine, on February 17. The new monthly will be a business-to-business publication that will be mailed to approximately 3,000 businesses in Flagler County.

The magazine will be released in the middle of each month while Palm Coast will continue to be published on

the first of each month. The first cover of the magazine is at the right.

The purpose of the magazine is to provide timely information about the business community of Flagler County to all types and sizes of businesses here. Editorial content will consist of features on local business people, new businesses, new business developments in the county, columns on legal and tax issues, on management and

personnel issues, and a variety of other business topics.

The publication will be mailed free to business owners and will be supported by advertising revenue. Advertising information is available and can be obtained by emailing palmcoastmagazine@gmail.com or calling Cindy Polverino at 904-669-3011 or Tom Aikins at 386-237-4450. You can also contact them about receiving the magazine every month.



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 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.

ADVERTISERS INDEX

In The Weed Maintenance

Curbing, lawn care — page 2

Arctic Breeze

Air conditioning — 3

The Grout Doctor

Tile cleaning — 4

Dana Davis Realty

Real estate sales — 5

All About Price

Car repairs, body shop — 7

RevIV Aesthetics And Hydration

Botox, collagen treatments — 8

Legacy Planning

Financial planning — 11

Wayne's Solar

Electricity generation — 13

Massage By Natalie

Massage — 13

Palm Coast Acupuncture

Acupuncture & chiropractic — 14

CJ's Canine Obedience

Dog training — 14

Complete Wildlife Solutions

Animal control — 15

Off The Hook Mobile Oil Change

Mobile oil changes — 15

Killian's

Gutters, screens — 17

Quest Construction

Roofing, contracting — 17

Relief Leaf

CBD products — 18

Senior Helpers

Senior care — 18

Puttin On The Ritz

Michael Jackson Tribute — 19

Atlantic Benefit Consultants

Health insurance — 21

Florida Skin Cancer Institute

Cancer therapy — 23

Killian's

Gutters, screens — 27

Redefined Foods

Healthy prepared food — 29

Imperial Tile USA

Tile installation — 29

Leone Screening

Screen repair — 29

Cosmic Hippie

Baked products, CBD — 32

Marina's Mobile Mixology

Bartending service — 33

Home Decorations By Robyn

Wreaths, arrangements — 36

Burger Bros

Burgers, sandwiches — 36

LCI Taxes

Tax preparation, CPA — 37

Southern Girl Consignment

Upscale consignment — 39

Alarmpro

Alarm systems — 40

Cut Up And Sew

Sewing machines, supplies — 40

Flagler Auditorium

Entertainment venue — 41

Premier Chiropractic

Chiropractic, phys. therapy — 42

Bella Spa

Facials, treatments — 42

Open Mortgage/John Reardon

Reverse mortgages — 43

Kelly Lay Cleaning

House cleaning — 43

Pedego

Electric bikes — 43

Preferred Bookkeeping

Taxes, bookkeeping — 45

Home Pride Lending

Mortgages — 46

101 Mobility

Senior accessories — 46

Sherry's Art Studio

Art creation studio — 47

Farmer's Insurance

Home, life, auto insurance — 48

By Business Category

Air conditioning — 3

Alarm systems — 40

Animal control — 15

Bookkeeping, taxes — 37, 45

Burger restaurant — 36

Cancer treatments — 23

Car repairs, body shop — 7

CBD products — 18

Chiropractor — 42

Collagen botox treatments — 8

Curbing, lawn care — 2

Dog training — 14

Electric bikes — 43

Facials, skin care — 42

Gutters, screens — 17, 27

Grout cleaning — 4

Health insurance — 21

Home decorations — 36

House cleaning — 43

Insurance — 48

Italian restaurant — 46

Live entertainment — 41

Mobile oil changes — 29

Mortgages — 46

Real estate sales — 5

Reverse mortgages — 46

Senior Accessories — 46

Senior care — 18

Sewing machines, supplies — 40

Solar power systems — 13

Tiling — 29

Upscale consignment — 37

Local Happenings



The Professional Women of Flagler County met on January 6 at Market Street in Palm Coast. Their regular meeting was also an opportunity to introduce the Executive Board (pictured above) of the group for 2023. For more information see their Facebook page.



The Flagler County Sheriff's Office Police Athletic League (FCSO PAL) recently received grants from Flagler Palm Coast Kiwanis Club and Elks Lodge #2907. The Flagler Sheriff's PAL is a non-profit youth-serving organization with the support of the FCSO.



Dr. Maria Dowling presented a talk on Building A Trusting Team on January 17 at the Florida Health office in City Marketplace. It was part of the Palm Coast Flagler Regional Chamber of Commerce series of seminars for small business owners.



The Flagler County Board of Commissioners proclaimed February 2023 as "4 Chaplains month." American Legion Flagler Post 115 will be holding its annual 4 Chaplains ceremony Saturday 4 Feb 2023 at the VFW Post 8696 Old Kings Rd.



The Palm Coast Flagler Regional Chamber of Commerce held their first morning get together of the year at Lohman's Funeral Home on Palm Coast Pkwy on January 10. The chamber will be hosting a number of events coming up and detail are on their website.



The Diamond Referral network group held their weekly meeting on January 25 at Good Vibes Nutrition in St. Joe's Village. The group is comprised of local business people who refer business to each other. For more information call Brad at 386-283-2955.



The Boss Lady, a new group of female entrepreneurs and businesswomen met at the Brown Dog on Palm Coast Pkwy on January 16. The group will be holding monthly meetings and is always looking for new members. Call Nina at 845-531-1673 for more information.



The Palm Coast-Flagler Chamber of Commerce hosted a ribbon-cutting ceremony to mark the 25th anniversary of Dick Stark's Carpet One on Palm Coast Pkwy. Dozens of people were in attendance and food was provided by Redefined Foods.



New Women United Flagler Chapter Board Members for 2023 were announced recently. Pictured are Linda Mahran, President, Lynn McCormick, Treasurer, Sheila Pillath, United Way of Volusia Flagler Counties VP Resource Development, Barb Johanson, Vice-President, Joanne Tavzel, Fund Allocations Chair. Not pictured: Ann Breidenstein, Secretary, Cindy Dalecki, Marketing Chair, Lori Gold, Socials Co-Chair, Ginny Niebauer, Socials Co-Chair, Linda Sanders, Community Engagement Chair.



The Flagler County Sheriff's Office recently announced that its first class of graduates have completed their Pre-HVAC course as sanctioned by Flagler Technical College. They received apprenticeship certificates that are intended for use in re-entering the job force once they're released back into the world.



Flagler County Detachment #876 Marine Corps League collected \$1,870.00 in donations for Toys for Tots from the generous people in Flagler County which was given to Flagler Marine Toys for Tots Foundation to buy toys for children in Flagler for Christmas.

February 2023



LEGACY PLANNING

Insurance & Financial Services

All financial crises come and go. They also often create regrets for missing great investment opportunities.

My name is John D. McGriskin, President and Founder of Legacy Planning Insurance & Financial Services, Inc. (LPFS)

I would like to offer you a complimentary Financial Checkup. My policy is to meet with my clients face to face or by telephone conference to review their accounts. This, along with phone calls, mailings and emails will help assure you that you are receiving effective communication, and together we will address your goals.



Call today to schedule your Complimentary Financial Checkup. Areas of interest that could be included.

- Surviving market corrections
- Complimentary portfolio review
- Tax-advantage investing
- Real estate investment trusts
- Annuities - fixed/Indexed/VAs
- 1035 exchanges
- IRA's - Roth/Traditional
- Rollovers/401(k) 403 (b) SEPs
- Investing for income
- Retirement planning
- Estate planning
- Policy reviews - Insurance LTC/Disability/Health/Annuities
- Precious metals - Gold/Silver
- Numismatic coins
- Disability insurance
- Long term care insurance
- Dental insurance
- Vision insurance
- Final expense insurance
- International travel medical insurance
- Critical illness insurance
- Retirement planning
- Life Insurance - term/Whole Universal
- Pet insurance

John D. McGriskin, President
Investments • Insurance • Precious Metals

386-793-3982 • Fax: 386-446-1212 • lpfs@johnmcgriskin.com

2 Weber Lane • Palm Coast, FL 32164

Registered representative of and securities offered through Berthel Fisher & Company Financial Services, Inc. (BFCFS) Member FINRA/SIPC.

Legacy Planning Insurance & Financial Services is not affiliated with BFCFS.

There are risks involved with investing which may include market fluctuation and possible loss of principal value. Particular investments may not be suitable for certain situations. Carefully consider the risks and possible consequences involved prior to making an investment decision.

Palm Coast People

Tracy Farmer goes beyond first aid, by Amy Armstrong

For Tracy Farmer, being a first responder has taken a social service type of turn.

She still responds to emergencies, but instead of solely stabilizing the situation, she now looks for solutions to prevent the emergency from occurring.

As a member of a newly emerging specialty within the world of fire and rescue workers, Farmer's current job description includes much more than first aid.

She is a community paramedic, a relatively new work classification within the fire and rescue industry that continues to provide emergency aid but looks past the immediate situation to discover its causes and provide potential solutions.

"In community paramedicine, what we are trying to do is reduce risks in the community before those risks warrant an emergency," Farmer said. "We are evolving within the fire and rescue service in that we recognize there is this social gap in health care and services provided to our community."

It got its start in rural areas where emergency response resources are extremely stretched and is now making its way into more urban settings.

It has been part of the emergency response by the Flagler County Fire Rescue department for five years. Farmer has been a community paramedic for the past two years.

She's gone from treating the injuries an older person sustained in a trip and fall incident

to searching for the cause of such and recommending a way to prevent the incident.

For example, the trip and fall could have occurred due to slippery surface or be due to dizziness related to a medical condition or from not taking prescribed medications because the individual could not get to a doctor's appointment for a refill.

The scenarios are unlimited but are tied together with one basic string: The individual in the emergency situation has a social-oriented need that is not being filled.

Community paramedics do things such as determining need for community referrals, coordinating health services, conducting a safety inspection of a home, chronic health

screening and much more.

With colder temperatures in December and January signaling the opening of area homeless shelters, Farmer and her partner, Rob Errett, took advantage of the health care opportunity presented by having a significant portion of the community's homeless population under one roof.

"We were able to lay eyes on them, do assessments on them without having to call an ambulance, to do assessments in a non-medical scenario with no drama," Farmer explained. "We get to spend the evening together, have a warm meal and convey to them that their health and their safety is important to us."

Farmer hails from a family of civil servants, but it wasn't until

MAKE YOUR KITCHEN BEAUTIFUL AGAIN.

Or any room with damaged stone surfaces.

Call 386-433-9121
for a free estimate.



Granite Repair Etc.
www.granitereparetcllc.com

Scan here to go
to our website.



We also do sink repair,
floor repair and
polishing, shower
refurbishing and
custom fabrication.

Before

After



she volunteered with the local fire department that she found her career path.

“It did not take long as I started spending time at the station being around the crews and conversations with people

there that I knew I wanted to go on and become professionally employed.”

Learn more about the community paramedic career path at the U.S. Fire Administration website: www.usfa.fema.gov

NEWS-JOURNAL
BEST OF THE BEST
VOLUSIA/FLAGLER
2020/2021

Looking for the **BEST** in Therapeutic Massage & Skin Care?

Massage
by **Natalie**
& Company

Clean, comfortable spa experience with only the **BEST** professional & skilled therapists.

4871 PALM COAST PKWY., NW, SUITE 1
386-227-7499
MassageByNatalie.org

MM#39983, MM#35183

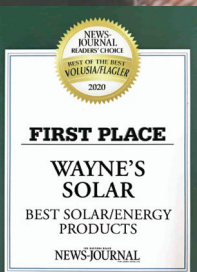
Solar Power Your Life.

Wayne's Solar is a leading solar contractor with decades of experience installing solar electric/solar panels, solar pool heating, solar water heaters, pool products, and more. We have more than 30 years of experience in the industry, and have built our reputation on the highest quality solar energy solutions for residential and commercial clients. We have a wide service area including Volusia, Flagler, Duval, Putnam, and St. John's counties.

Scan here to go to our website



Call 386-673-9720 today for complete information.

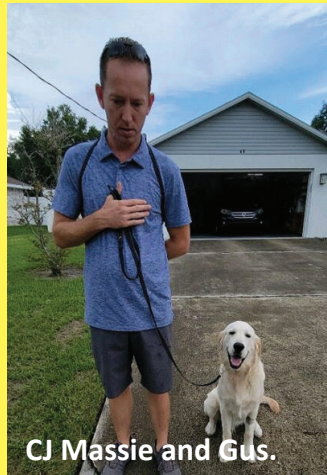


Your relationship with your dog will never be better.

FREE CONSULTATION

- Consistency
- Repetition
- At home training
- Affordable pricing
- Flexible scheduling

Scan here to go to our website



CJ Massie and Gus.

CJ'S CANINE OBEDIENCE & PEOPLE TRAINING

386-693-0304

cjmassie157@gmail.com

www.cjscanineobedience.com

Charity Provides Help For Local Homeless

When temperatures in Flagler County drop to 40 degrees Fahrenheit or lower, those without shelter can find a cot, a meal and plenty of warmth at The Cold Weather Shelter sponsored by The Sheltering Tree, a non-profit organization with its offices in the First United Methodist Church in Bunnell.

The cold weather shelter itself is held at the Church on the Rock in Bunnell.

"We are an all-volunteer non-profit with numerous teams handling our operations," explained Sue Bickings, a co-chair of the organization's board of directors. "We are 100 percent funded by donations from generous people in this community."

She's proud of — and grateful for — the extensive num-

bers of active volunteers The Sheltering Tree has. There are teams that provide meals to the shelter's guests, teams that stay overnight monitoring the guests and meeting any needs that arise and a hospitality team that sets up the shelter's cots, greets guests, verifies their identification and reads the rules to abide by while in the shelter.

It takes a lot of teamwork to effectively run the shelter, she said.

Because, "when Weather.gov — not Accu Weather or Weather Bug — but when Weather.gov indicates 40 degrees for Bunnell, we are open to shelter those who do not have a place to stay warm," Bickings said.

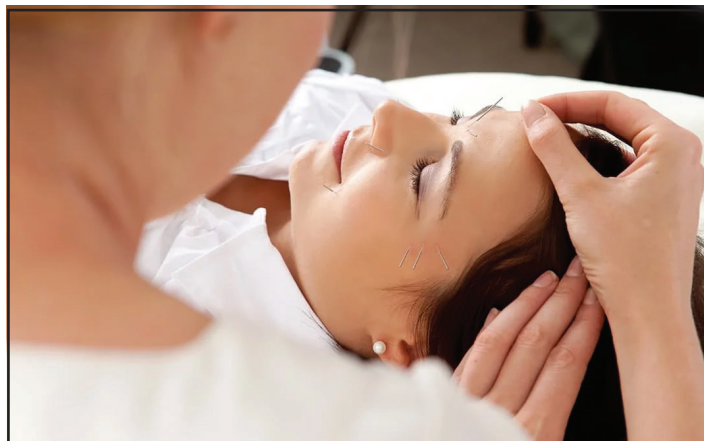
The shelter can accommodate men and women in separated sleeping areas as well

Try Our Natural Anti-aging Treatment.

Slowing down the aging process is just one of the many things that acupuncture can help treat. And on our website you'll find even more issues that we can help you with.



Dr. Heather Schuerlein is a Board-Certified Acupuncture Physician licensed in Florida and New York who holds two Masters degrees and a doctorate.



Cosmetic acupuncture is a toxin-free acupuncture technique that can help reduce fine lines and wrinkles, even out uneven skin tones, clear up breakouts/ acne, and lift and tone the muscles of the face and neck. It works by targeting internal and external factors, such as poor diet/nutrition. Cosmetic Acupuncture activates collagen and elastin production in the skin, which leads to younger looking skin. Ever wonder why a baby's skin is so soft and smooth? At that age, collagen production is at its peak. As we age production slowly declines, leading to lines, wrinkles, etc. The goal of cosmetic acupuncture is to increase collagen and elastin production!

Call 386-225-6134 for an appointment.



PALM COAST
ACUPUNCTURE & CHIROPRACTIC



4869 Palm Coast Pkwy NW, Palm Coast • www.palmcoastacupuncture.com Scan here to go to our website:



as families in a room to themselves.

The common area offers television and videos as well as board games for entertainment.

The shelter was open four times during the recent holiday season and had as many as 17 people as guests.

The Sheltering Tree also offers Tuesday hours from 10 AM to noon for those in need to stop by its office. Services offered include help obtaining an identification card from the state, birth certificates, applications for public assistance, lunch, emergency food

and supplies such as tents and blankets, clothing and hygiene products as well as bicycle distribution and repair.

Many of the area churches partner with The Sheltering Tree to supply its needs, but as Buckings explained, there is always need to be filled.

“People ask how they can get involved,” she said. “I often tell them it is as simple as making some sandwiches or buying some Gatorade.”

Learn more about The Sheltering Tree, its needs and operations at its website: www.flagshelteringtree.com or call 386-437-3258, ext. 105.

We Come To You.



Why waste your time waiting for your oil to be changed? Off The Hook Mobile Oil Change will come to you instead. Call or book an appointment on our website and let us do the rest.

Call 386-237-9617 today or go to our website and make an appointment online.



**OFF THE HOOK
MOBILE
OIL CHANGE**

www.offthehookoilchange.com

Do Any Of These Characters Look Familiar?



If so, call us today.

Seen any of these guys also...

Snakes, skunks, pigeons, bobcats, flying squirrels, pocket gophers, moles, voles and much more.

We can take care of them too.



Frayed wires and torn air conditioning ducts are only two of the problems that animals can cause inside your home.

Signs of animal infestations: holes in the yard, animal droppings in the attic, soffit torn down or missing, noise, chewing or scratching in your attic or walls.

Thanks to our prior military service we are very detailed oriented and take pride in our work. For 20 years we have worked to insure that every customer is 100% completely satisfied. We'll help you find a solution that works for you and your family or company. If you've got wildlife living in your home or building, we do everything necessary in a humane way to remove the animals and keep them out for good. We offer a rock solid, industry leading warranty on all of our exclusion work and repairs, and if any new animal is able to defeat them and gain access to your home, we will re-seal affected areas, remove the new animals, and re-apply a bio/enzyme treatment, free of charge.

Contact us for a FREE, professional whole home assessment:

386-204-2164



Complete Wildlife Solution

HUMANE wildlife removal, exclusion, insulation and remediation services.

www.completewildlifesolution.com

Hate to bother you, but...

THE DOG FOOD BOWL IS EMPTY AGAIN!



Scan here to go to our website.

Florida History Quiz

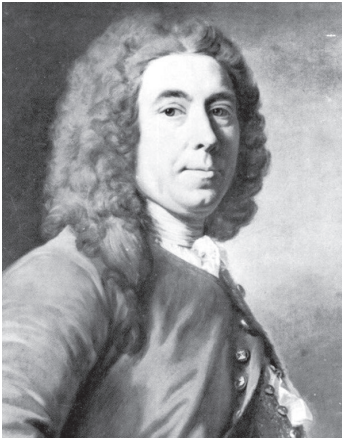
Courtesy of The Palm
Coast Historical Society



Each of these men had a significant impact on early Florida. They shaped the future. Do you know who they are and what they did?

Match the name with the picture. Your options are:

1. Pedro Menendez de Aviles - Spaniard who founded St. Augustine, Florida, Former Governor of St. Augustine and was a classic example of the conquistador—intrepid, energetic, loyal, and brutal.
2. Governor Grant - Old Kings Road was built about 1766 when Colonel James Grant was governor of British East Florida
3. Mr. Timucuan - The Timucua were a Native American people who lived in Northeast and North Central Florida and southeast Georgia.
4. Joseph Hernandez - Jose was elected Florida's first Delegate to the United States House of Representatives and was approved by President James Monroe on September 30, 1822. He thus became the first Hispanic ever to serve in the U.S. Congress. He served for six months, leaving office on March 3, 1823.
5. Juan Ponce de Leon - In 1513, Ponce de León led the first known European expedition to La Florida, which he named during his first voyage to the area.
6. Andrew Jackson - He was an American lawyer, planter, general, and statesman who served as the seventh president of the United States from 1829 to 1837. Jackson has also been criticized for his racial policies, particularly his treatment of Native Americans. **See next issue for answers.**



Flagler's Complete Screen Center.

We have all kinds of screens including motorized, enclosures and sliding.



Call 386-445-4910
For a free estimate.



Screens & Gutters

389 Palm Coast Pkwy, SW

Palm Coast, Open Mon-Fri, 9-5

www.killiansseamlessgutters.com

100 % recommend Killian's for screens. Their team was prompt, professional and did an excellent job. Thank you so much.
— Brad W.



SCAN HERE TO GO

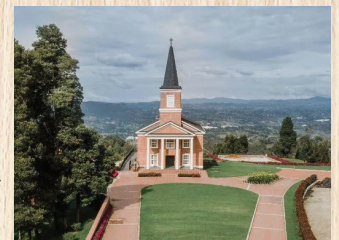
TO OUR WEBSITE.

Trust is just one of the things we build well.



We're also pretty good at new construction, renovations and our core business, roofing.

NEW CONSTRUCTION Every dream build needs a solid foundation. This is why it is our pleasure to use our expertise and integrate quality, comfort, lifestyle, and sustainability into every addition or home that we complete. Our builds are built with your dreams in mind and thinking of accommodations for tomorrow.



RENOVATIONS When it comes time to modify or expand existing living spaces, you may know what you want and need; however, we know how to get you there. With over 20+ years of experience, we collaborate with clients to strategize realistic budgets and timelines to reach our continual goal of exceeding expectations and dreams.

ROOFING We are a team of experts installing shingle roofing, but we also offer a range of other services. Our services cover an entire range of needs – from installation to building portfolio management, efficiency upgrades, waterproofing, and disaster response.



Call us at 407-912-8154 for a free estimate or consultation.

Scan here to see more of our Google reviews.



www.questrc.com

As a real estate investor, finding reliable contractors that complete work as agreed and on schedule is key. I have used QUEST ROOFING and CONSTRUCTION on all my projects the past year. Juan Carlos is a very knowledgeable roofing expert that is pleasant and easy to communicate and work with. During the roofing installation there is always a supervisor on-site to make sure everything is completed to the highest standard. The job is finished with an impeccable clean up. I highly recommend and endorse Juan Carlos. If you are a home owner or an investor and you want the best result without worry, QUEST ROOFING is the solution for you.

— Kenneth Tinglum, Five-Star Google review



Homeowners Corner

Raccoons, rats, and squirrels oh my! by Michele Collins

It's a warm summer night, there's a nice breeze blowing and it's time to relax. You head out onto your back patio to enjoy the evening and here come the bugs.

Adding motorized screens, a screen enclosure or a sliding door screen unit to your home allows you to enjoy the "outside" all year round. Investing in the addition of a screen unit will, without a doubt, allow you to increase your enjoyment of your home for numerous reasons.

- Adding a patio/porch en-

Michele Collins and her husband Patrick own Killian's Gutters & Screens in Palm Coast. If you have any questions about screens you can call her there.

closure can increase the value of your home by 4-5%

- A professionally installed screen unit or enclosure can retain up to 75% of its value over time.

- Installing screens on your patio will also increase the square footage of living and entertainment space.

- There are solar screens that can absorb a minimum of 50% of the heat and can go up to 75% depending on the type of screen that is installed.

- They allow you to open your doors and enjoy the fresh air.

- They can protect your furniture and patio floor from pollen and debris.

- And, the best reason, they will keep out the bugs.



Anyone with an open porch quickly learns how often they have to clean. Pollen that coats your floor and furniture, leaves and lawn trimmings, and not to mention the dead insects and rodents. A screened porch will still need cleaning, just as any room in your home does, but the screens will block much of the debris and save you a lot of cleaning time.

If you don't want to fully enclose your patio, the addition of motorized screen units may be for you. Motorized screens are extremely simple to use. Once installed, they can be raised and lowered with the simple push of a button. This option gives you the best of both worlds — an enclosed space when you want it and an open space the remainder of the time.

How Can CBD Help You?

Some of our clients have experienced relief from:
Arthritis • Pain • Anxiety • Stress

Using our:

CBD Tinctures • Gummies
 Creams • Anti-Aging Creams
 CBD Flower • Delta 8 Gummies

Check out our sale on CBD Dog Chews, Delta 8 Carts, Delta 8 Gummies, CBD Gummies



Come in and talk to us to see how we can help you using our ointments, teas and supplements.

386-585-4408

Relief Leaf • 5 Utility Dr #18 • Palm Coast



Now Hiring • Now Hiring • Now Hiring

Senior Helpers is looking for compassionate, kind, and responsible individuals to join our family of caregivers.

352.323.6232 • seniorhelpers.com

Serving Volusia, Flagler & St. Johns Counties

HHA # 299994577



Premier Provider of In-home Senior Care



Don't lose the use of your patio just because the weather changes. Motorized screens offer a variety of options for any season. Use them to enjoy the summer breeze without irritating pests., lower them for privacy as you soak in the hot tub on cold winter nights. Retractable screens are as close as you get to being able to control Mother Nature. Enjoying the comfort of your patio is as easy as pressing a button.

There's also the option of a sliding door screen unit. You see these often in garages, but they can also be easily installed on your back patio. Whether you opt for a 2, 3 or 4 door unit may depend on the size of the opening where it is being installed. Each of the doors operates on its own track so you can open one door, slide them all the way to one side or keep them closed. The best part is that once they are all closed, you can lock them so that they can not be opened from the outside. The sliding door unit is the most affordable of the patio screening options.

A full enclosure would be your other option. An enclosure gives you a whole new room for relaxing and entertaining. You can enjoy a beautiful day or evening with family, friends or just by yourself and you don't have to worry about the bugs driving everyone indoors. A screened porch does the important job of keeping pests out, while still letting you take advantage of being outside.

Each of these options requires that you have a slab, a roof, and pillars for installation. If that is not the case, you still have the option of shading your patio with a motorized awning. Easily installed, an awning allows you to enjoy your patio area in most weather.

Awnings help to limit direct sunlight so that you can get more enjoyment from your patio space, they can protect your patio furniture and flooring from sun damage and supply the shade you need to really enjoy our outdoor space. When they are not in use, they can be retracted until you are ready to use them again. Awnings can also be installed over windows to block the sun, over your AC unit to keep it cool and inside your pool enclosure to give you a shady area.

As you can see there are multiple options available that give you the opportunity to enjoy the great outdoors. All you need to do now is decide which you like best.



Sliding screen door units are the most affordable of patio screening options.

PUTTING ON THE RITZ PRESENTS

DANNY WARE

A Michael Jackson Tribute with guest performance by Randy Elvis Filippi

April 15, 2023
DOORS OPEN AT 6:00PM
SHOWTIME AT 7:00PM

SOCIAL CLUB OF PALM COAST
51 North Old Kings Rd, Palm Coast

FOR TICKETS VISIT
www.eventbrite.com/e/michael-jackson-tribute-tickets-498693855747
OR CALL 440-666-7019
VIP \$37 • General Admission \$29

Selection Of The Month

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



Kathleen Bolanos, of Bayside Drive, has been recognized as the February 2023 Selection of the Month by The Garden Club at Palm Coast. She lived in Tennessee before moving to Palm Coast in 2019. In Tennessee she owned 79 acres of farmland near the Tennessee River

She moved to Palm Coast because of her love for Washington Oaks Gardens State Park, where she volunteers at the greenhouse. She is an organic gardener, pulls her own weeds, uses no chemicals, and grows food crops and concentrates on providing a suitable environment for pollinators. She enjoys growing many plants from seed, particularly her vegetables.

The front entrance has several potted succulents, bromeliads, jade, red dragon flower, ground orchid, bird's nest fern, aloe, flapjack, and lipstick plant. The center island has several bromeliads mounted on a palm tree and other bromeliads planted in the ground as well as a princess flower.

The front yard contains blue and coral porter weed, several shrimp plants that she propagates and has in several gardens, along with mint for a ground cover. There are pagoda plants, lipstick plant, small potted ponytail palm, bougainvillea, bleeding heart vine, assorted baby sun rose and thornless crown of thorns.

Native plants abound with Carolina jasmine, scarlet sage, button sage, lantana, scorpion tail, creeping sage, Maypop passion vine, coral bean, salt bush, and beauty berry. Several beds have her hand made beautiful pottery planters, pottery dolls and fountains. At night she has lighted wine bottles for her edging.

The large back yard has various bromeliads, variegated lirioppe, several fruit trees, red maple, Chinese fringe tree, and an orchid tree to name a few. She had an impressive vegetable garden with tomatoes, lettuce, kale, arugula, peas, beans, asparagus, onions, peppers, beets, cucumber, watermelon, and plantain.



Your Medicare Resource Center Is Right Here In Palm Coast.

We're ready to help you answer all of your Medicare questions.



Contact us from 9-5, Monday through Friday and we'll compare plans side by side so you can make the best decision for your coverage. We can enroll you while you're in our office or over the phone.

We are your local Medicare and Health Insurance Broker with a Palm Coast office and 12 insurance companies to choose from. We can review your Medicare and Health Insurance Plans. Our services are always free to you.

Call us today at 386-585-4691

Atlantic

Benefit Consultants



50 Leanni Way, Unit E3 • Palm Coast

386-383-3101 • www.AtlanticBenefitConsultants.com

When you call Atlantic Benefit Consultants LLC Florida License # L088821, owned and operated by Debra Sephton Licensed Broker, you will be speaking with one of our local licensed health insurance agents. We are not affiliated with the U.S. Government or Federal Medicare Program. This is a solicitation for insurance. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-Medicare to get information on all of your options.

Medical Care in Palm Coast Reduces the Need to Travel

By Amy Armstrong

Used to be that Palm Coast and Flagler County residents had to travel to a large city such as Gainesville, Jacksonville or Orlando to receive more advanced or specialized medical care.

Palm Coast didn't have a cancer or heart specialist in town just a couple decades ago. Even family doctors doing routine care were sparse in the late 1980s, the 1990s and into the 2000s.

There was one physician, Dr. John Canakaris, who did "everything," said Casey Ryan, a Palm Coast resident since the mid-1980s.

He was legendary for his doctoring of everything from a basic cold or flu to delivering babies to performing minor surgery, when necessary. And he didn't limit his medical knowledge to helping humans.

"He was also known for being a doctor to animals," she recalls. "He was 'the' doctor here long before any specialist was established in this county. He was the 'one and only' and he did it all."

Not anymore.

A quick browse through the physician's listings on WebMD.com document a wide array of

medical care services now offered in Palm Coast.

According to the online guru of all things medical, Palm Coast has 119 family physicians, 20 pediatricians, five geriatric specialists, 29 orthopaedic surgeons, and 20 cardiac specialists. Healthgrades.com lists 74 family physicians.

So, while we cannot vouch for the exact number of "doctors" in Palm Coast, we can confidently state there are a lot more physicians and specialists than during the time frame that Dr. Canakaris was pioneering health care in Flagler County. And this addition of physicians and services means that today more locals can and do receive services right in town.

After all, Palm Coast has something a bit unique for a town of its size with just shy of 100,000 residents: Not just one, but two cancer treatment facilities.

Both AdventHealth (formerly Flagler Hospital) and Florida Cancer Specialists (FCS) offer a wide array of cancer treatments right in Palm Coast. Today, most cancer patients in Palm Coast don't have to drive an hour and half west on I-4 to Orlando or an

hour plus north on I-95 to Jacksonville.

FCS has in-house pathology laboratories as well as pharmacy — two key support services for cancer treatment available under one roof eliminating the



need to schedule appointments at another facility and also the additional travel time necessitated.

As per information on its website, FCS treats 64 types of cancer at its Palm Coast location. External-beam radiation therapy is available here. This type of radiation treatment is given daily over the course of weeks or months, depending on the patient need.

Having this available in Palm Coast also eliminates longer travel times to get treatment.

"As a community-based oncology practice, our patients benefit from receiving exceptional quality care, close to home, without the added expense and discomfort of travel," FCS states on its website.

Ditto for reducing the need to travel out of town for patients using AdventHealth, Palm Coast's largest medical provider. Advent is expected to retain that distinction with the addition of a

100-bed hospital currently under construction and expected to open in spring 2023. The four-story building is located off the Palm Coast Parkway near Bridgehaven Drive on the opposite side of town from the location

of its first Palm Coast hospital at 60 Memorial Medical Parkway dominating the intersection of US 95 and E. Highway 100. The new \$100 million AdventHealth hospital marks the largest medical investment in Flagler County.

"We will be opening that brand new hospital as a stand-alone facility that extends the level of service that AdventHealth provides in Palm Coast," explained Denyse Bales-Chubb, the president and chief executive officer of AdventHealth Palm Coast. "One of the things we recognized here in Palm Coast is the growing need for access to additional physicians. Thus, we made a big push for new primary care and family physicians as well as specialists such as orthopods (orthopaedic doctors/surgeons) and cardiac doctors so that we can continue to meet the needs of this community."

Bales-Chubb also highlighted

Continued on page 26

February



Coming Summer 2023!



Your Friend against Skin Cancer

OUR MISSION STATEMENT

To help people with skin cancer and keloids continue to have a positive outlook on and balance in life as they go through treatment, with healthy and vibrant skin awaiting on the other side.

CONTACT DETAILS



Email Address:
info@floridaskincancer.com



6029 Old Kings Road South
Palm Coast, FL 32137



Website:
www.floridaskincancer.com



OUR SERVICES

Florida Skin Cancer Institute is your trusted community cancer center, delivering quality treatments for non-melanoma skin cancer and keloids. Let us fight against skin cancer together.

- ✓ **Superficial Electron Therapy (SET)**
- ✓ **Ozone Therapy**



Scan here
to go to our
website.

Palm Coast Health & Wellness Providers

Below is a listing of some of the area's different health and wellness service providers in various disciplines.



AdventHealth

While Palm Coast awaits a new hospital facility from this health group, AdventHealth does already provide a variety of services locally. Aside from a menu of standard health care services, AdventHealth's Palm Coast offerings include a senior services program with extensive experience in what seniors need: geriatric medicine, on-site filling of prescriptions, rentals of medical equipment, rehabilitation services, home-health care, hospice, and primary and specialty care. AdventHealth in Palm Coast also offers a cancer center with oncologists who are experts in the treatment of a variety of cancers including lymphoma and lung, prostate and skin cancers.

60 Medical Memorial Parkway • 386-586-2000

www.adventhealth.com/hospital/advent-health-palm-coast

Halifax Home-Health

This is the continuing care/hospice arm of Halifax Hospital, which is based in Daytona Beach, but also provides end-of-life care in Flagler County. Halifax offers a specialized team of registered nurses, licensed social workers, spiritual care counselors, hospice aides as well as complementary therapists and screened volunteers. At patient request, Halifax prepares advanced directives and living wills, which are documents in which the care wishes of an individual patient are documented. Casey Ryan is the liaison for Flagler County.

57 Town Center, Suite 216 • (386) 316-9421

www.halifaxhealth.org/services/continuing-care/hospice-care/

American Health Associates

This clinic specializing in laboratory services advertises itself as a place where the foundations for patient's health outcomes is created. Its owners describe its various laboratory services as being patient-focused, fast and accurate. Patients come to American Health as referrals from private physicians, hospitals, drug rehabilitation centers, home health agencies, community health clinics, skilled nursing home and assisted-living facilities. This clinic is open 24 hours per day seven days a week – including all holidays.

9 Pine Cone Drive, Suite 103 • 386-206-9998

www.americanhealthassociates.com

Oceanside Medical Center

This is a direct care clinic in which members receive 24/7 access to the provider as well as same day appointments via a variety of formats: In clinic, telehealth or email. Unlimited provider visits as well as discounted laboratory services and medication. Members pay monthly: Children ages zero to 17, \$35. adults ages 18 to 49, \$60; adults ages 50 to 64; \$75, and adults 65 and older, \$80. Lauren

Williams, a nurse practitioner with a master's degree in nursing is the medical provider.

5915 N. Oceanshore Blvd • 386-866-9393

www.oceansidemedicalpr.org

VITAS Healthcare

This firm's website offers a significant amount of information regarding hospice and palliative care services designed to help family members and caregivers make appropriate decisions for each patient and to access services and supplies as necessary. Palliative services are often linked to hospice but are not limited to such and is used in a comprehensive treatment approach to a variety of medical conditions. Palliative care became a board-certified specialty in the United States in 2006, but its work of reducing patient discomfort has been around for centuries.

4 Old Kings Road, Suite B • 386-225-2000

www.vitascare.com



Brooks Rehabilitation

This outpatient clinic offers a long list of services and treats nearly 20 different conditions that typically require rehabilitation work. Ongoing recovery is customized to the needs of the patient and can include, but is not limited to, things such as driver rehabilitation, fall prevention and school re-entry programs. The Palm Coast clinic is designated as a clinic site for the post-doctorate Orthopedic Residency Program for Physical Therapists and also staffs an Occupational Therapist who is a Certified Hand Therapist.

9 Pinecone Drive, Suite 104B • (386) 446-9716

www.brooksrehab.com

Flagler Health & Rehabilitation Center

The mission here is to provide post-acute rehabilitation and long-care via skilled nursing that is designed around the needs of each individual. Recover in Comfort is one of this center's slogans: a home-inspired surrounding that provides clients and patients with a cheerful environment and an atmosphere promoting happiness, healing, and hope. Specialized care programs such as a secured memory care unit and a wound care unit as well as short-term rehabilitation for post-surgical care and other therapies are also here.

300 Dr. Carter Blvd, Bunnell • 386-437-4168

www.flaglerrehabilitation.com/

Vitality Senior Fitness

This firm offers a team of certified senior fitness personal trainers with extensive clinical background in occupational and physical therapy whose goal at Vitality is to help seniors become and stay

more active in a safe manner. This group specializes in helping patients with medical conditions such as Alzheimer's disease, chronic obstructive pulmonary disease, Lou Gehrig's disease, multiple sclerosis, and Parkinson's disease recover their physical abilities and strength as much as possible. Improving strength, balance. **813-395-3746 • VitalitySeniorFitness@gmail.com**
www.vitalityseniorfitness.com



Drs. Brian and Heather Schuerlein

Palm Coast Acupuncture & Chiropractic

Acupuncture and chiropractic are time-tested, clinically proven, holistic medicinal approaches that reduce pain, increase mobility, and restore proper function to the body. They are systems of medicine that take into account the whole body, not just part.

Acupuncture is also helpful for internal conditions, such as digestive problems, constipation, allergies, sinus issues, and much more. Chiropractic is more than just for neck pain, low back pain and headaches. In fact it is great for most muscle pains, shoulders, hips and ankles/feet too!

To find out if you're a candidate for Acupuncture and/or Chiropractic therapy, an initial consultation is needed. If you are determined to be a candidate for Acupuncture or Chiropractic, treatment can be provided on the day of your consultation.

4879 Palm Coast Pkwy NW • 386 225-6134
www.palmcoastacupuncture.com

First Coast Hearing

This clinic's website boasts that it has the best hearing aides in Palm Coast, St. Augustine and Ormond Beach. Services provided here include treatment of tinnitus, which is a debilitating medical condition characterized by a ringing in the ears that can range from a low pitch buzzing or pulsing sound to high pitch hissing and whistling that is only heard by the affected person. This clinic offers hearing diagnosis and a variety of styles of hearing aids. Styles range from fully in ear or behind the ear and ones made specifically to work with iPhone. Ashley Espinosa, an audiologist, is the provider in the Palm Coast office.

50 Cypress Point Parkway, Suite B3 • 386-246-8805
www.firstcoasthearing.com

Excel Sports Medicine

Founded by Dr. Betsy Kreymer, Excel is built on a team-based approach in which she collaborates and communicates with the variety of medical professionals working with each patient. She works with professional athletes, amateur athletes and anyone wanting to improve their physical outcome post a healthcare event such as an injury or surgery. Her professional background includes work in general orthopedics, pre- and post-surgical care, chronic pain and sports performance among other disciplines.

Various locations; phone or text to contact • 954-562-1333
Website: www.excelsportsmed.com

JE Foot & Ankle Associates

This podiatry clinic provides comprehensive foot and ankle care treating a wide range of general podiatric concerns including Achilles tendinitis, bunions, hammertoes, heel pain, ingrown toenails, flat feet, foot and ankle surgery, plantar fasciitis, toenail fungus and wart removal. Fitting for custom orthotics, which can decrease foot pain by reducing the amount of pressure placed on areas of the foot affected by calluses or corns, is available here. Providers here are Emily Ernst and Jeffery Jackson. Both hold a doctorate of podiatric medicine. The clinic's website offers a fact-filled blog addressing a range of foot and ankle topics including types of ankle sprains and the relationship between foot care and electrolytes.

17 North Old Kings Road, Suite D • 386-445-4345
www.jefootandankle.com

First Coast Medical & Dental Supply

Specializing in the needs of incontinent adults, First Coast Medical & Dental Supply offers a variety of options to handle this need. Via its trademark program, Assured Confidence, FCMSD delivers supplies to private homes and living facilities in a discreet manner. The store's website acknowledges that selecting adult diapers or adult pull-ups can be a confusing process and offers guidance on how to make that selection as well as a blog addressing common questions. Options include adult briefs, bladder control pads, gender specific protective underwear and underpads. Other products available include dental disposables and needles, garbage liners, gloves, housekeeping supplies, infection prevention supplies, personal care items, protective apparel and sterilization and disinfection supplies.

140 N One Drive, St. Augustine • 904-460-2549
www.firstcoastmedicalsupply.com



Dave and Desiree Challice.

Peak Fitness & Rehab of Palm Coast

The theme of this fitness clinic is helping its clients maximize their active lifestyles. Recognizing that injuries and muscle loss accompany aging, the team at Peak employs comprehensive and individualized workout programs designed for clients by a combination of physical therapists and strength and conditioning specialists. Peak is owned by Desiree M. Challice and Dave Challice. Both are certified strength and conditioning specialists. They describe themselves as "movement specialists" and use a combination of equipment-based Pilates, personal training, golf fitness, concierge physical therapy and lifestyle nutrition to help clients build their body's core.

19 Old Kings Road North, Suite C-107 • 386-445-2348
www.peakfitnesspalmcoast.com

Continued from page 22

the inclusion of an emergency department at the new facility makes access to that type of service much closer for people living in the southern end of Palm Coast.

“The ability to get to an emergency department in minutes can mean the difference between life or death for our patients,” said Paul Mucciolo, chief of staff at AdventHealth Palm Coast, in a recent press release announcing construction of the new hospital. “I’m thrilled that even more families will be just a few minutes drive from our world-class care.”

Palm Coast has a predominantly older population — 30 percent of residents are age 65 or older according to the U.S. Census Bureau. Even though families are moving here, retirees still dominate the scene. With aging comes greater health troubles including a significant increase in the possibility of experiencing a heart attack or a cardio vascular failure.

Fortunately, a big part of the expansion of health services in Palm Coast is centered on heart health. AdventHealth pretty much leads the way for heart care in Palm Coast offering care and specialists for acute and chronic conditions including atrial fibrillation and arrhythmia.

Dr. Dean Mehdi Abtahi is an interventional cardiologist who is now approaching his fifth year of practice. He came from a residency in Charleston, South Carolina — a city much larger than

Palm Coast; a city with a much larger medical presence.

Yet, there wasn’t much difference in the level and types of cardiac care being offered in Palm Coast as compared to Charleston or even to Gainesville, Florida, where he attended the University of Florida, he told Palm Coast Magazine.

“I believe patient outcomes improve when their comprehensive treatment is close to home as it is here,” he said.

Non-Traditional Approaches

Direct care is also part of the medical scene in Palm Coast. It is an emerging form of health care in which the doctor-patient relationship extends beyond just the care to include the financial aspect.

After paying a one-time initiation fee, patients participating in a direct care program pay a standard monthly fee to receive health care 24/7. Each direct care clinic has a specific list of medical services included in the monthly fee and offers discounted rates for services - such as lab work - that is not included.

The Oceanside Medical Center located at 5915 N. Oceanshore Blvd operates under this mode.

Lauren Williams, the center’s lead provider, is a nurse practitioner. She works under the direct care model because she said it provides patients with greater access to the medical care she provides. Her patients see her within 24 hours — and often times sooner — when a medical



Dr. Betsy Kreymer doing physical therapy with a client.

need arises.

“I went to medical school to provide patient care; not to do paperwork,” she said in reference to the ever-growing amount of paperwork insurance companies are requiring from medical providers.

Members of her direct care service receive her cellular phone for needs that arise outside of regular business hours. When a patient has a need requiring specialization outside her expertise, Williams refers them to the same physician she would see.

Physical Therapy’s Role

According to WebMD.com, Palm Coast has 41 physical therapists. Again, the aging factor in Palm Coast explains the significant presence of professionals whose work involves getting the human body back to its best possible level of performance post an injury or surgery.

Enter Dr. Betsy Kreymer, a physical therapist who laughs at the joke that PT is physical torture. What she does know is that older people don’t want to feel old. Many want to stay as active as possible.

Sometimes, physical therapy can make that happen.

“Clients will tell me that they have this pain and that pain,” she said. “But they have a golf game this weekend.”

Her professional goal: Help

them strengthen themselves to be able to play that game. Or perhaps it is pickleball.

“Since moving here to Palm Coast, I have learned what pickleball is,” she said with a chuckle. “And it’s great. I tell my clients that if playing pickleball is your goal, then let’s make that happen. I don’t talk to them like they are geriatric. I tell them they are strong, and they can do it.”

Coming Full Circle

Perhaps it is fitting that we are now back to Casey Ryan as we take a look at end-of-life care.

Ryan, who has had a front row seat to the development of the medical community in Palm Coast and whose father played a crucial role in securing land for the county’s first hospital in Bunnell, is now the Continuing Care Liaison for Halifax Health-Hospice.

In her role, Ryan coordinates medical services such as home health hospice, palliative care, speech therapy and wound care.

It’s another part of health care that has grown in Palm Coast.

“Flagler County now has five choices for hospice care and two dozen for home health care,” Ryan said. “Our county has grown so much and it is fantastic to have lived here, to work and play here and to now get such a wonderful amount of services right here in town.”

We think perhaps that Dr. Cnakaris would approve.



The Oceanside Medical Center in Palm Coast is a direct care facility.

WE TAKE HOME PROTECTION SERIOUSLY.

Seamless gutters and screens from Killian's will help protect your home for years.



Killian's installs 6" and 7" seamless gutters and gutter guards. Voted "Best Around" for 15 years, at Killian's we pride ourselves on customer service and satisfaction. We use the finest materials to ensure that the gutters we have installed will last for years to come.

Killian's is also the leading expert in the installation of Motorized Screens, Sliding Screen doors and Motorized Awnings. Our expert crew installs only top of the line screen products - Universal Motorized Screens, Custom Window Solutions sliding screen doors and Rainier awnings.

Voted The Best Gutter business for 17 straight years!



BEST OF THE best
The Official Community Choice Awards
THE DAYTONA BEACH
NEWS-JOURNAL
news-journalonline.com

Call 386-445-4910 For a free estimate.



Screens & Gutters

389 Palm Coast Pkwy, SW, Palm Coast
Open Mon-Fri, 9-5

www.killiansseamlessgutters.com
SCAN HERE TO GO TO OUR WEBSITE.



"I had my gutters installed by Killian's in 2002. I've not had a single leak in those gutters and they've been through massive hurricanes."
— Suzanne M.

100 % recommend Killian's for screens. Their team was prompt, professional and did an excellent job. Thank you so much.
— Brad W.

Flora and Fauna

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

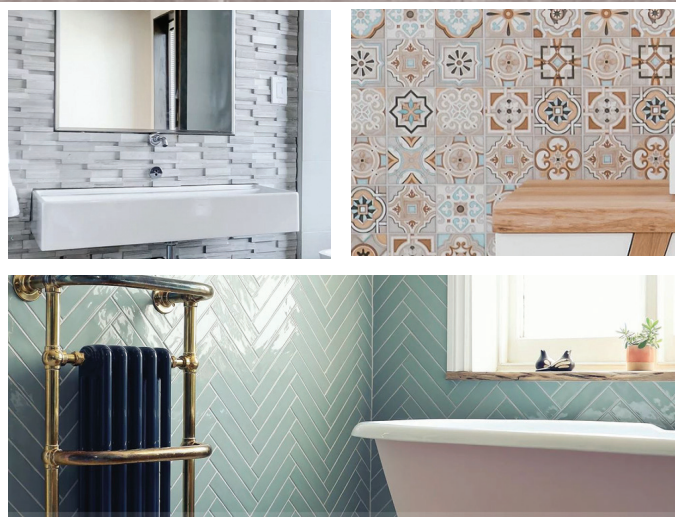


1. RING-BILLED GULL: This non-breeding adult is having a difficult time biting off more than it can swallow. Ring-billed Gulls nest on the ground in groups of two to tens of thousands. An extremely adaptive bird, it can be seen at beaches, ponds, rivers, parking lots and dumps. Their average lifespan is three to 10 years with one on record living to 27 years. 2. Little Blue Egret: Born and remain white until 1 year old then turn blue. They prefer to hunt solitary but will nest in large groups with other Egrets for protection. Not having similar breeding feathers to other Egrets helped them survive being killed for women's hats. Little Blue Egrets have an average lifespan of up to 7 years. 3. Red Shouldered Hawk: Not known as picky eaters, these hawks will dine on small mammals, large insects, snakes and even other birds. A way to tell a Hawk from a Falcon is their wing tips, Hawks tips look like fingers, Falcon's wing tips come to a point. Known for their very distinctive call keep in mind you may be hearing a Blue Jay which is perfect at imitating the Hawk to help stave off predators. Their average lifespan is three to four years. 4 & 5. Great White Egret: Egrets are a type of Heron and can be distinguished by the color of their legs. Egrets have black legs; Herons have yellow to orange legs. Extremely graceful when walking and flying they are also very territorial and aggressive. A friend that fishes calls them shrimp-stealers. There is much symbolism attached to the Egret such as grace, purity, travel, transformation and divinity.



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

You Can Tell When Tiles Are Done Right.



Call Nino at
386-276-5631
to get a free quote today.

Scan here to go to our website.
www.imperialtileinc.com

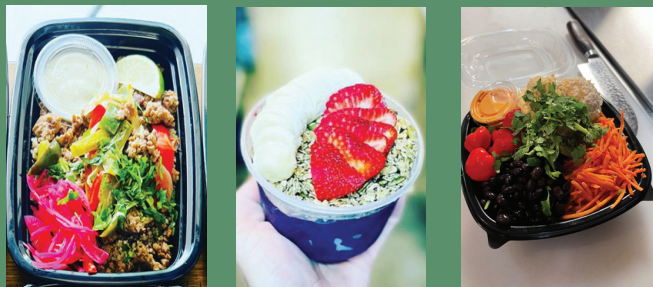


Serving Healthy Food Is Why We're Here!

WWW.REDEFINEDFOODCO.COM

Order online and pick up at our City Marketplace location, 160 Cypress Point Pkwy, #A106

Follow us on Social Media for specials @redefinedfoodco



- Gluten free menu
- Fully cooked healthy meals
- Juices
- Acai bowls and smoothies
- Vegetarian and vegan options
- Catering

386-627-8885

Visit us Mon-Wed from 5-8 PM for gourmet grilled cheese sandwiches.



Screen repair? We have you covered.

Please call for these services and much more.
Veterans and active military get a 10% discount.

- | | |
|--------------------|---------------------|
| Screen Repair | Hinges |
| Complete Rescreen | Key Locks |
| Pet Doors | Bug Sweeps |
| Door Hardware kits | Cables • Thresholds |
| New Doors | Tapcon Replacement |



LEONE SCREENING

Scan here to see our website.

570-484-1350

leonescreening@gmail.com

Monday-Friday: 8 AM – 6 PM



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



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,

Redefined Food Offers A Healthy Dining Alternative



Pick your own ingredients for a Buddha Bowl.

The emphasis we've all seen in recent years on healthy eating options for people has raised many people's awareness of what they have been consuming over the years. Redefined Foods in City Marketplace has taken the concept of healthy eating and managed to create a number of interesting menu items that will make you forget you're eating healthier food.

This is because, unlike many "health food" outlets, either retail or dining, their food also tastes great. I know, from personal experience, what it was to try to find vegetarian food in Chicago in the mid-80s. It wasn't easy there because everything is beef, pork and sausage for the most part.

The point is, the food wasn't good, there wasn't a lot of flavor to it, there were hardly any choices and it was relatively expensive. That's why what Redefined Foods has managed to do is worth checking

out. There's real flavor and they use ingredients that are both fresh and flavorful.

They say that necessity is the mother of invention and that applies to Joey Soltes, the chef here, who runs the business with his mother Jodee. When Joey was diagnosed with an intestinal disorder it was imperative for him to find a way to eat healthy foods all the time.

He became a chef and took control of his daily menu and



Grilled cheese and tomato soup.

BEGINNING FEBRUARY!!!

LOCATED ON SR 100 IN THE EXISTING FARMER'S MARKET LOT

COSMIC LANDING

OPEN AIR ARTISAN MARKET
FRIDAYS & SATURDAYS 11AM - 6PM

NOW ACCEPTING APPLICATIONS
PARTNERS@THECOSMICHIPPIE.ROCKS

904-878-3893


THE COSMIC HIPPIE

Pain ★ Digestion ★ Energy ★ Sleep ★ Mood

Let's Connect On LinkedIn

EDIBLES

MUST BE 21+ TO PURCHASE 904 875 3893





Carnitas street tacos.

opened a restaurant where he could offer the same healthy food to customers.

Joey and Jodee have done some interesting things here and offer their customers a wide variety of foods to choose from. First, they offer a five-day meal prep plan with a different menu each week. Their website has the weekly menus on it and they extend for several-weeks in advance.

A recent weekly menu contained, for example, Chzy Quinoa Stuffed Peppers, Chicken Parm, Blackened Mahi, Buffalo Chicken Mac & Cheese and Honey Sriracha Turkey Meatballs.

This is a very popular program for people who want to eat healthy but don't have the time to cook a lot. These meals must be ordered in advance and picked up at the restaurant. When you visit the restaurant there's also a good selection of foods

that you can order there to eat on premise or take away. They also have delivery options.

You can get what they call a Buddha Bowl, for example, which allows you to create your own healthy bowl of salad-type ingredients. There are a number of juice options and combinations and these can also be used to go on a juice diet for a day or longer.

There are plenty of baked items including cupcakes, cherry cobbler and cookies among many others.

And there's a good

selection of smoothie ingredients and toppings for them to make smoothies or use a base, or for one of the bowls.

And Joey's latest wrinkle is serving gourmet grilled cheese sandwiches and tacos on Monday to Wednesday nights from 5-8 PM. This has already proved to be very popular. Joey jokes that this night-time menu is the unhealthy one although the ingredients in the whole restaurant are always gluten-free and low fat. Feeling hungry? Stay healthy and go to Redefined Foods.

Redefined Foods, City Marketplace, 160 Cypress Point Pkwy, 386-627-8885



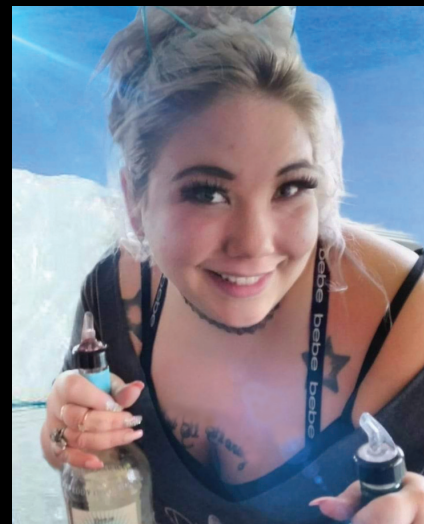
Some of the meal prep entrees that are on the menu.

- 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

Having A Party?

Who's pouring your drinks?

Marina and her highly trained staff will make your party a hit. Relax and have fun and let Marina take care of your guests.



CALL 904-439-6305 TO BOOK YOUR BAR STAFF TODAY.

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 Colorao

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. 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 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

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

REDEFINED FOODS

160 Cypress Point Pkwy
386-627-8885

Monday thru Friday

Build Your Own Buddha Bowls during our store hours

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

Entertainment options abound in town and on the road, by Amy Armstrong

The Flagler Auditorium brings four high-energy musical acts to Palm Coast during the month of February. The City Repertory Theatre based in Palm Coast presents a culturally sensitive production for February, which is Black History Month. Thus, there is no reason to leave town to answer your quest for high quality musical entertainment and to participate in an opportunity to be immersed in the realities of being African-American. But if you do feel the need for a road trip, options north and south are also available.

Flagler Auditorium

If you are still mourning the Nov. 30, 2022, death of Christine McVie whose smoky vocals highlighted the romantic lyrics produced by the band Fleetwood Mac, the Aud's first performance of February ought to provide some therapy.

Rumours

The Atlanta, Georgia, based Fleetwood Mac tribute band has a reputation for presenting an authentic show that sells out at most of its scheduled venues. Many reviewers have stated that Mekenzie Jackson, Rumours lead vocalist, is able



to duplicate McVie with such accuracy in conjunction with the performances by other members of the band that audiences are transported to



the height of Fleetwood Mac's success. Expect to hear your favorite tunes: Don't Stop, Go Your Own Way, Leather and

Lace, Stop Draggin' My Heart Around, You Make Loving Fun and many more from their parade of hit songs.

Performance is Friday, Feb. 3.

Ted Torris Martin

Ted Torris Martin as Elvis won the 2016 "Images of the King" worldwide competition and is officially recognized by the Elvis Presley Enterprises. Now he brings a hunk of burning love to Palm Coast for audiences to hear his remarkably "close to Elvis" vocals perform for Valentine's Day.

Performance is Tues., Feb. 14.

The Modern Gentlemen

This quartet recently featured on the PBS documentary, "Doo Woop Generations,"

honed their group musical abilities as members of The Four Seasons under the leadership of Frankie Valli finally tuning their signature sound to be that in the style of Frank Sinatra. Now as a foursome touring the world, their four-part harmony supports their own unique take on hits from a variety of musical genres.

Performance is Friday, Feb. 24.

The Hit Men

The members of this group share a common distinction: Each was in backup mode either as an instrumentalist or a singer or both for major



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, 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



1980s rock stars/bands in-
 cluding Billy Joel, Cheap Trick,
 Cream, Elton John, Foreigner,
 Journey, and Wings. Their per-
 formance at the Aud features the
 songs on which they were back-
 ups either in studio or on the
 road. Except now, they are the
 front men of the headliner –
 also telling many fascinating,
 never before shared, backstage
 stories. The performance is Sun.,
 Feb. 26.

Note: All Flagler Auditorium
 performances begin at 7

PM. Doors open at 6:30 PM.
 Tickets available online at
www.flaglerauditorium.org.
 Search under the 2022-2023
 Season Page and click on the
 blue button with white lettering,
 "Buy Tickets." Prices range from
 \$44 to \$54. Tickets also avail-
 able by phoning the box office
 at (386) 437-7547 on Monday
 through Friday from 10 AM

to 4 PM.

City Repertory Theatre

Presentation of "The Colored
 Museum" takes the stage Thurs.,
 Feb. 16 through Sun., Feb. 19.
 Written by George C. Wolfe, an
 American playwright having won
 two Tony Awards, "The Colored
 Museum," is a series of 11 thea-
 trical sketches based on 11 exhib-
 its representing aspects of African-
 American culture and life in the
 United States. The various exhib-
 its feature dance, drama, poetry,
 and song as the cast takes on the
 journey of ex-



We Got The Burgers.



And that's not all. We have specialty burgers, Angus beef, hot dogs, chicken sandwiches, Cuban sandwiches, corned beef, Caesar salads, milkshakes, Hershey's ice cream, chicken tenders, handmade fries, onion rings, AND where else can you get a great cheeseburger for \$6.35?




Order online or call 386-585-4640

Now Delivering!

Sun-Thur, 10AM-8 PM
 Fri-Sat, 10 AM-10 PM

1475 Palm Coast Pkwy NW, Unit 102, Palm
www.burgerbrospc.com



Scan to go to our website.



Beauty Is In The Eye Of The Beholder.



Call today for our catalog of arrangements and wreaths or email us at rrheincrew5@gmail.com. We love to do custom orders too and can design pieces for weddings, events, etc.

904-545-6432

Home Decorations
By Robyn



#shantytownvillage

ploring the colored experience in America.

Presentations are Thursday through Saturday at 7:30 PM. Sunday matinee is at 3 PM at the CRT's playhouse at 160 Cypress Point Pkwy, Suite B207, in Palm Coast. Tickets are \$30 for adults; \$15 for students. Obtain tickets online at www.crtpalmcoast.com by clicking on the green button with white lettering, "Buy Tickets"

or by calling the box office at (386) 585-9415.

Road Trip North

The St. Augustine Amphitheatre located at 1340C A1A South in St. Augustine on Amelia Island has two American icon performers slated for the end of February.

Country legend Willie Nelson is scheduled for Fri., Feb. 24 at 8 PM and Sun., Feb. 26 at 7:30 PM.

The Beach Boys are scheduled for Sat., Feb. 25 at 7:30 PM.

Purchase tickets online at www.staugustine.amphitheatreflorida.com. Click on the blue button with the word, "Tickets," in white.

Road Trip South

The Daytona Beach Symphony Society presents Puccini's Madam Butterfly at the Peabody Auditorium located at 600 Auditorium Way in Daytona Beach on Fri., Feb. 17 at 7 PM.

Madam Butterfly is one of the opera world's most cherished love stories. A young Japanese girl falls in love with an American naval officer. but their love is doomed. The Daytona Beach presentation is scheduled to be sung in the original Italian with English subtitles.

Tickets ranging from \$56 to \$76 are available online at www.dbss.org/tickets.



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

The Brass Tap

250 Palm Coast Pkwy NE #201, Palm Coast, 386-585-4551, American, Bar, Pub

Tomahawk Tavern

U.S. Rt. 1, Bunnell, 386-313-6002, American, steak, bar, axe-throwing

Tram's Cafe

101 Palm Harbor Pkwy, Palm Coast, 386-276-9002, Vietnamese

Vida Restaurant

European Village, Palm Coast, 386-302-0002, Latin cuisine, full bar

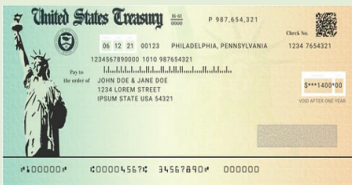
Village Market Pub & Deli

European Village, Palm Coast, 386-225-4500, Sandwiches, Deli, Pub

Woody's BBQ

99 Flagler Plaza Dr. Palm Coast, 386-439-5010, American, Bar, Barbecue

We're Open For Tax Season NOW.



We do all kinds of business functions for our clients but during tax season we focus on helping as many people as we can pay the least amount of taxes they are legally entitled to, so let us know as soon as you can how we can help you. The sooner you see us, the sooner your refund check will arrive.

Chris helped me set up my company and spent a good amount of time explaining and helping me understand the tax savings for my industry in being an S-Corporation. He is also going to be helping with my taxes.

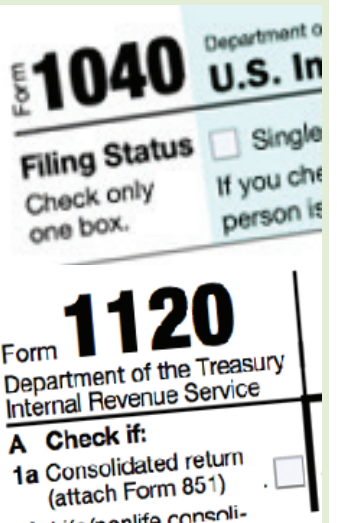


Matt K.

Thank you, Chris, for taking the time to help me understand what is going on with my tax return and understanding that I like to know what I am filing and why.



Ann S.



LCI TAXES

Call Chris Kocher, CPA today at 386-586-3976 to have your taxes taken care of by an expert.

406 E. Moody Blvd. • Bunnell • www.lcitaxes.com

Flagler Artists

“Selfish” painter creates beach landscapes, by Amy Armstrong

He readily acknowledges, or should we say, admits, that the motivation behind his current artwork truly does come from a selfish place, yes, inside himself.

Yet that statement doesn't translate that Mike Magnus is an egotistical guy.

He's just transparently honest about his relationship with the artwork he creates. For the past five years, Magnus has concentrated on producing beach landscape scenes. He enjoys that setting. He is also motivated by

“Probably does sound selfish,” he started, continuing on after a short pause, “But really it is more about self-satisfaction with my artwork.”

At age 70 with four years of retirement under his belt, Magnus combines his previous wage-earner work in the computer industry with his passion for art.

“I draw everything from scratch online using a stylus as a pencil and I just keep drawing

until I get what I like,” he said.

Then he starts to paint on-line adding color and shading. Sometimes the process from blank screen to a project ready to print can take a couple days or a couple of weeks or a few months.

“It just depends on what I am drawing,” he said.

At times he draws from his own photographic memory; sometimes his inspiration is derived from photos he has taken.

Often, Magnus shared, he secures permission from photographers whose work he admires and uses those to guide his artistry. He'll select a sunrise or sunset from one photo drawing his own interpretation of it and pick a portion of a beach from another photo repeating the process as he creates a new picture from the elements of other images.

He's a big fan of clouds. Magnus said he used to lay in the pool at his home and stare up at the clouds capturing their essence in his mind to rely on



later when drawing.

Yet for all of his focus of outdoor elements in his work, there is one thing you won't find him doing: Painting outside.

“I tried plein air with my computer,” Magnus said. “But I wasn't experiencing success with that. Could be my lack of patience,” he added in a joking yet speculative tone.

He doesn't display his work in the traditional sense at brick and mortar galleries. He doesn't even have his own website. Instead, interested patrons connect with Magnus by word of mouth or by spotting his work on his Facebook page.

He's particular about how his work is presented.

He sends completed images to a specialized print shop that uses giclee paper/printing to produce what Magnus sells to his customers.

Giclee is more expensive than other types of paint print-

ing, but its color retention and longevity makes it the go-to for Magnus.

Giclee prints which use pigment-based inks retain color vibrancy much longer than other types of paint using dye-based inks, according to CanvasVows.com, a website specializing in home décor that claims giclee-produced artwork can last from 100 to 200 years before fading.

Even though he worked in the computer industry because of its economic stability, he said, Magnus earned a bachelor's degree in fine arts from Georgia State University. Throughout his computer career, he dabbled with art building upon the skills he gained as a young boy drawing hot rod cars.

Even with his collegiate training, Magnus adds self-taught skills. He'll research new methodologies: he'll take classes online.

He's constantly looking for ways to improve his artwork.

It's almost parental, he jokes.

“Sometimes I take my art so personal, it is almost like each piece is a child to me,” he said. “I make sure that they each have a special home.”



We've Got Something You'll Fall In Love With.



210 Old Kings Road S. #600 • Flagler Beach • 386-693-4704 • Open Mon-Sat, 10 AM-4 PM
Email us photos of your items for sale at southerngirlconsignment@gmail.com

Events, Meetings, Classes, etc.

Events

Palm Coast Farmer's Market
February 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
February 4, 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
February 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.

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 386-931-5976 for more information.

Strawberry Fest
March 11-12, 10 AM-5 PM, City Center. Annual festival featuring numerous strawberry creations as well as arts and crafts, food, wine, Frisbee dog show, classic cars, free bounce houses, axe throwing pony rides, face painting and a lot more. Admission is \$6. See more at www.PalmCoastFest.Com

Art Opening
Friday, Feb. 3 to Sunday, Feb.

5, 10 AM-5 PM with artist reception on Saturday, Feb. 4 at 5:30 PM, Pineapple Gallery, Flagler Beach. Photographer Berdella Gibbs, known as Birdie, presents her show entitled "Birds and Beaches; Photography as an Artistic Expression." No cost, open to the public. At the Feb. 4 reception Birdie will give a talk about her art.

Unique Boutique
Saturday, February 11, Santa Maria del Mar Church Hall, 915 N. Central Ave, Flagler Beach, 1 PM to 3:30 PM. This will be a casual setting where customers can leisurely browse through select clothing items, purses, and jewelry (available for purchase) from The "Nearly New" Thrift Store, while enjoying light refreshments, wine and homemade desserts

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.

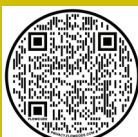


HERE TO PROTECT WHAT YOU LOVE MOST FOR OVER 30 YEARS!

CALL TODAY (386) 445-7936

FREE ESTIMATE AND 1ST MONTH OF MONITORING FREE.
WHEN YOU BECOME A NEW ALARMPRO MONITORED CUSTOMER.
 NOT VALID WITH ANY OTHER OFFER
 MUST PRESENT COUPON AT TIME OF SERVICE
 OFFER EXPIRES 3/31/23.

Scan here to go to our website.



Palm Coast's #1 Sewing Shop!

Check out our monthly classes, clubs and events at Cutupandsew.com. We offer sewing classes for all ages and skill levels.

We offer Baby Lock sewing machines, repairs on all brands, fabric, patterns, classes and more!



High End Products, Locally Owned Vibes



Call 386-447-1103.



City Marketplace, 160 Cypress Point Pkwy • Palm Coast

Scan here to go to our website.

www.cutupandsew.com



Flagler

AUDITORIUM
DENNIS FITZGERALD
PERFORMING ARTS CENTER

Experience the thrill
of quality, LIVE performances.



The Modern Gentlemen
Feb. 24, 2023 - 7:00 pm



The Hit Men
Feb. 26, 2023 - 7:00 pm



Hotel California
A Salute to the Eagles
Mar. 1, 2023 - 7:00 pm



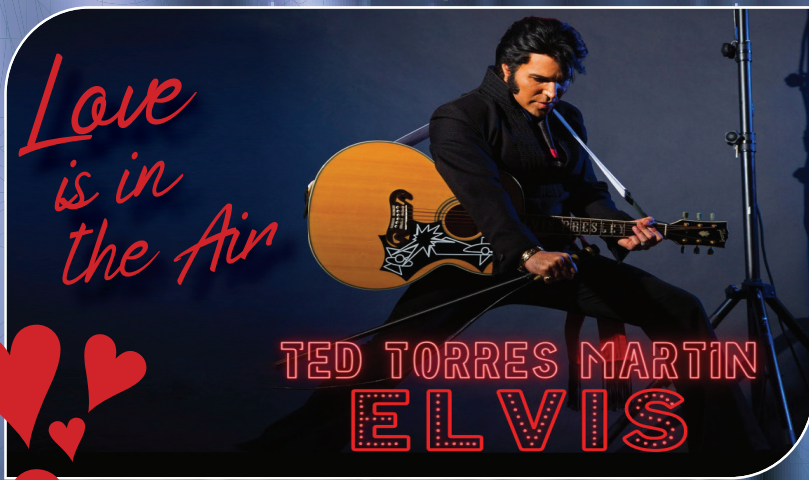
The Beat Goes On
Cher Tribute
Mar. 7, 2023 - 7:00 pm



Swingtime - The Jive Aces
Mar. 12, 2023 - 7:00 pm



The New York Bee Gees
Mar. 21, 2023 - 7:00 pm



*Love
is in
the Air*

TED TORRES MARTIN
ELVIS



TED TORRES MARTIN AS
ELVIS

Feb 14th, 2023 - 7PM

The Perfect Valentine's Date

THANK YOU TO OUR SPONSORS



386.437.7547
FlaglerAuditorium.org
5500 EAST HWY 100 • PALM COAST

Let The Experts Help You.



With decades of medical experience behind them, Kara King and Becky Bush have the background and knowledge to help you make your skin look and feel as great as possible. They offer a wide array of aesthetic services, as well as pharmaceutical grade products. They are also proud to offer FDA approved SkinPen microneedling and the popular VI Peel for the face, and now for the body.

**Acne management • Maturing skin • Facials
Chemical peels • Microneedling**



KARA KING
esthetics



KARA KING ESTHETICS AT BELLA SPA
4 OFFICE PARK DR
SUITE #103
PALM COAST
386-559-0820



[Scan here to go to our website.](#)

Events, Meetings, Classes, etc. from page 40

made by The "Nearly New" Thrift Store volunteers. For more information, call the store at 386-439-0071.

Ocean Resin Pour Serving Set. \$295.00.

Mon, Feb 6, 11 AM, 12" Sea Glass Resin Fairly Heart Wreath. \$75.00.

Thur, Feb 9, 11 AM, "I Choose Joy" Large 12x36 Canvas in Acrylics. \$150.00.

Mon, Feb 13, 11 AM, Journal Entry 3, "Empowerment." \$35.00.

Tue, Feb 14, 11 AM, Large 12" VALENTINES Stain Glass/Sea Glass/Resin Suncatcher. \$75.00.

Fri, Feb 17, 2 PM, Glitterific Sea Turtle Wine Glasses. \$45.

Sun, Feb 19, 11 AM, Large 22" Rustic Pallet Sign "Ride into 2023." \$65.00.

Mon, Feb 20, 11 AM, Glitterific Mermazing Martini Glasses, Using multi surface paint, glitters, rhinestones. These are dishwasher safe. \$65.

Fri, Feb 24, 11 AM, Special set of 4 Resin Pour Coasters. \$35.00.

Meetings

New Jersey Social Club

Wednesday, February 22, 1 PM, African-American Cultural 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.

Classes

Art Classes

All classes at **Sherry's Art Studio, City Marketplace, 2nd floor, 160 Cypress Point Pkwy.** Call 732-997-9516 for more information.

Sun, Feb 5, 11 AM, SPECIAL RESIN WORKSHOP, 13-piece

We Care About Your Health.

Premier Chiropractic & Wellness provides effectual care for the entire family with years of experience. As a boutique chiropractic clinic, from prenatal to newborns, adults to seniors, we care for your whole family. See us for these reasons and more:

Auto Accident • Slip and Fall • Pediatric • Prenatal • Wellness

386-585-4441

City Marketplace, 160 Cypress Point Pkwy, #A113, Palm Coast

The Importance of Your Health

Our team puts your specific needs first. We provide a high quality level of health care services in a family environment, with a commitment to improving the health of all patients.

A Place For The Whole Family

We are parents, treating parents... we get it! During your treatment your children can play in our kids area to pass the time, or remain with you. All family members are always welcome here.

Chiropractors Who Care

Not only will our team treat your existing conditions we strive to prevent pain and illness from reoccurring. We are passionate about helping you improve quality of life, achieve wellness goals, and to live your best life possible.



f Scan here to go to our website.
www.premierchiropc.com



Mon, Wed & Thur: 8:30 AM - 5 PM • Tue: 8:30 AM - 7 PM • Fri, Sat & Sun: By Appointment Only



Mavis Staples

The Fort Mose Jazz & Blues Series will return to Fort Mose Historic State Park, the site of the first legally sanctioned free African settlement in the United States, from February 10 to February 19, 2023. Performers include Mavis Staples, Gladys Knight, Rhiannon Giddens and a number of others.

Sun, Feb 26, 10 AM, SPECIAL WORKSHOP 13pc Ocean Resin Pour Set. \$295.00.

Sun, March 12, 11 AM, Come create our newest painting on a 4 1/2 foot Shutter Canvas in acrylics. \$125.00.

Activities

Beginner's Pickleball
Tuesdays and Fridays, Jan. 3-May 30, 8-10:30 AM, Holland Park Tennis Courts.
Do you want to learn how

Discover All Of The Benefits Of A Reverse Mortgage.

Contact me today for complete information.

904-982-2210



John Reardon



NMLS #2975

1452 US 1 N. Suite 109
Ormond Beach, FL 32174
www.openmortgage/john-reardon
johnreardon@openmortgage.com

Reverse Division

Get \$50 off your first cleaning with us.



- Fully Insured
- Locally owned in Palm Coast
- Great prices
- Reliable

Call 386-283-7915 for a cleaner house today.

Make Riding More Fun!



An electric bike is just like a regular bike — *only better*. You can pedal normally (or not) and get power when you want it. You have the freedom to go farther and faster, and to conquer hills and headwinds with ease. *It feels like being a kid again.*

HOW FAST?

All Pedego electric bikes are governed at 20 MPH in accordance with federal and state regulations.

HOW FAR?

Range varies between 15-60 miles depending on the battery, rider weight, terrain, weather, speed and level of pedaling.

CHARGING TIME?

Our battery takes 2-5 hours to charge from a standard wall outlet. Your pedaling conserves the battery but doesn't charge it.

EXERCISE?

Pedego owners actually get more exercise because it's so much fun that they ride more than they ever would on a pedal-only bike.



hello, fun...
PEDEGO[®]
ELECTRIC BIKES

250 Palm Coast Pkwy #403 • Island Walk Mall • Palm Coast
386-627-8400 • www.pedegopalmcoast.com

Events, Meetings, Classes, etc. from page 43



The Beach Boys

You can capsize most pop music acts by reciting how many hits they've had and how many millions of albums they've sold. But these conventional measurements fall short when you're assessing the impact of The Beach Boys. See them at The Amp in St. Augustine on February 25.

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. 18+ years, free. Register: parksandrec.fun/athletics

Intermediate Pickleball
Wednesdays, Jan. 4-May 31, 8-10:30 AM, Holland Park Tennis Courts. 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

Welcome to Tennis
Saturdays, 12-1pm, Session 1: Jan. 7-Mar. 11, Session 2: Feb. 11-Mar. 18, Session 3: Apr. 1-May 6, Session 4: May 13-June 17, Palm Coast Tennis Center. Thursdays, 9:30-10:30am, Session 3: Mar. 30-May 4, Session 4: May 11-June 15. New to tennis? Each week a PCTC certified professional will teach a 60-minute instructional clinic that will focus on the game's fundamentals. Loaner racquets are available at no additional cost. 18+ years, \$60/session. Register: parksandrec.fun/tennis

Round Robin Tennis
Singles Round Robin, Fridays, Jan. 6-May 26, 6-8 PM, Palm

Coast Tennis Center. Doubles Round Robin, Sundays and Tuesdays, Jan. 3-May 30, Sundays, 9:30-11 AM, Tuesdays, 7:30-9 PM, Palm Coast Tennis Center. In round-robin tennis, everyone has a chance to play against each other. It's a great way to experience a variety of games. All ages and abilities are welcome! 18+, \$6/class Register: parksandrec.fun/tennis

Learn the Basics of Your Computer
Tuesdays, Feb. 21, Mar. 21, Apr. 18, May 16, 10-11:30 AM, Palm Coast Community Center. Want to learn more about your computer? These classes teach you basic care of your computer, different programs you may need to use, and the importance of internet security. 18+ years, free. Register: parksandrec.fun/adults

Dance with Me! Ballroom Dancing
Tuesdays, Jan. 3-May 30, 6:30-7:30 PM, Palm Coast Community Center.

Don't just sit and watch Dancing with the Stars, be a part of the action with instructors, Tom and Jo Sanders. A partner is not required and beginners are welcome. Weekly pre-registration is required to guarantee class each week. \$10/class Register: parksandrec.fun/adults

Horticulture Workshop Series

CASINO NIGHT

ROULETTE CRAPS BLACKJACK POKER
 DJ DOOR PRIZE SILENT AUCTION CASH BAR

SATURDAY, MARCH 25, 2023
PALM COAST COMMUNITY CENTER 5:30-9:30 PM

Purchase tickets at: [Eventbright.com](https://www.eventbrite.com) or scan the QR code
 Your \$80 donation includes:

Hors d'oeuvres \$2,500 in Casino Fun Money Door Prize Ticket

Krewed of the 13 thanks our fabulous sponsors:
 Sharp Media Consultants Rodie's Place Ann O'Malley's Pub The Baily Group
 American Print & Graphics Beach Haven Investment Group Flourish Wealth Advisors

Italians Eat Steak Too.

Open At 11 AM Every Day • Sun-Thu til 9 PM, Fri-Sat til 10



Willie Nelson

With a seven-decade career, Willie Nelson has earned every conceivable award as a musician and amassed reputable credentials as an author, actor, and activist. He continues to thrive as a relevant and progressive musical and cultural force. See him at The Amp in St. Augustine on February 24 and 26.

with UF/IFAS Agricultural Extension

Fridays, Feb. 24, Mar. 24, Apr. 28, May 26, 10-11 AM, Palm Coast Community Center. Join Master Gardeners from the UF/IFAS Agricultural Extension Office for these monthly workshops. **Feb. 24 — Florida Gardening for New Residents:** Learn the basics of gardening in the Sunshine State. Adjusting to the Sunshine State's climate, seasons, soil, and species can be challenging for gardeners who have recently moved to Florida. The variety of ornamental, edible, and native plants that happily grow in Florida is incredible.

Gentle Yoga

Tuesdays, Jan. 3-May 23, 10:30-11:30 AM, Palm Coast Community Center. Start experiencing the many benefits of yoga through this safe and gentle modified chair version. Led by certified instructor Michele Cotto. No floor work. Please bring your own mat, towel, and water bottle. \$5/class Register: parksandrec.fun/adults

Tai Chi

Tuesdays and Thursdays, Jan. 3-May 25, 9-10 AM, Palm Coast Community Center.

Tai Chi is a gentle form of fluid exercise that develops strength, balance, agility, and flexibility. The movements are slow and gentle and easy to perform. Qigong is a mind-body-spirit practice that improves one's mental and physical health. Every class is suitable for beginners. 18+, \$5/class. Register: parksandrec.fun/adults

Live Happenings

European Village Live Music

- Fri, 3rd** — Mike & Vin 6:30-9
- Sat, 4th** — Ian Opalinski 7-10
- Fri, 10th** — Mike Hynes 6-10
- Sat, 11th** — Ataraxis Experience 7-10
- Fri, 17th** — Clayton Sturgeon 7-10
- Sat, 18th** — TBA
- Fri, 24th** — Kary Adams and On Island Time 7-10
- Sat, 25th** — Chubby McGee 6:30-10

Concerts

- St. Augustine Amphitheater, 1340C, A1A S., St. Augustine, 904-209-3746.**
- Feb 10** — Fort Mose Jazz & Blues Series: Mavis Staples
- Feb 11** — Fort Mose Jazz & Blues Series: Christian McBride's "New Jawn"
- Feb 16** — Fort Mose Jazz &

NEW TO THE AREA?

Looking for **TAX** Services?
Our Team Can Help You!



RACHEL VELEZ
EA, CA



ANDREIA DA SILVA
TAX PROFESSIONAL



KEILA SAKER
TAX PROFESSIONAL

*Hablamos Español
y Falamos Portugues*

**Individual & Business
Tax Representation**

Small Business Solutions • Bookkeeping • Payroll

OVER 25 YEARS EXPERIENCE



**PREFERRED
BOOKKEEPING &
TAX SERVICES, LLC**

609.805.2055 preferred-books.com

IMPROVE THE QUALITY OF YOUR LIFE OR YOUR LOVED ONE'S, WITH 101 Mobility

We provide solutions that give you the freedom that you need to live comfortably. Our goal is to allow you more independence inside your home and community!



FREE IN HOME CONSULTATION

We offer affordable **Sales**, and short- & long-Term **Rentals** of the solutions below:

- Scooter
- Power Wheelchairs
- Ramps
- Power lifts Recliners
- Bathroom Remodeling
- Stair lifts
- Pool lifts
- Auto lifts
- Platform lifts
- Ceiling lifts

RENT TO OWN

WITH 101 MOBILITY YOU CAN OWN YOUR RENTAL AFTER

12 MONTHS

That's one of several ways that 101 mobility offer for clients who are in need a Scooter, Stairlift, FordLift or Power Wheelchair but don't have the money at moment to afford one.



Experts in Mobility and Accessibility Solutions

CONTACT US TODAY AT

386.585.4433

www.101mobility.com/daytonabeach



Scan the QR-CODE to go to our website

CHECK OUT OUR SOCIAL MEDIA

f /101MobilityDaytonaBeach

101mobility.daytonabeach

15 HARGROVE LANE, BLDG. 5, UNIT E - PALM COAST, FL 32137

Your Jump Into Home Ownership Shouldn't Be This Scary.



Call **386-866-1112**

Scan here to go to our website.



NMLS # 228111
THE FLORIDA MORTGAGE CENTER.COM

(WITH ANE LENDING, LLC NMLS# 1999497)

Events, Meetings, Classes, etc. from page 44

Blues Series: Valerie June

Feb 17 — Fort Mose Jazz &

Blues Series: Gladys Knight

Feb 18 — Fort Mose Jazz

& Blues Series: Rhiannon

Giddens

Feb 19 — Fort Mose Jazz

& Blues Series: Christone

"Kingfish" Ingram with special

guest Tinsley Ellis.

Feb 24, 26 — Willie Nelson &

Family

Feb 25 — The Beach Boys

Mar 03 — Koe Wetzel - The

Road to Hell Paso Pt. 1

Mar 11 — Joe Bonamassa

Palm Coast Business Professionals Network Meeting

February 2, 9, 16, 23 @ 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.

Professional Women Of

Flagler County

February 3, 8:30-10 AM,

Market Street, 2 Corporate

Dr. Networking breakfast. Call

Danielle at 386-843-0443 for

more information.

Boss Ladies Of Flagler County

February 21, 5-7 PM,

Bartlett's Landing, 5368 N.

Oceanshore Blvd. Networking

event. See their Facebook

page for more information.

Leads Into The Future

February 7, 14, 21, 28, @ 9

AM, Carrabba's Italian Grill,

160 Cypress Park Dr., Weekly

networking meeting of local

business owners.

Business Functions

Referral Diamond Network Meeting

February 1, 8, 15, 22 @ 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.

Just So You Know...

Palm Coast magazine comes out the first of every month and is available at these locations:

Carrabba's

Community Center

Shell Foodmart

County Government Bldg

Flagler Auditorium

Burger Bros

European Village

Pine Lakes Golf Club

African-American

Cultural Center

Texas Roadhouse

Dominic's Deli

Garden Club

Portuguese Club

Palm Coast Lanes

Elks Lodge

VFW Hall

Palm Harbor Golf Club

Cut Up & Sew

City Hall

Wawa, Route 100

Fairfield Inn

Days Inn

Microtel Hotel

Red Roof Inn

Econolodge

Best Western Hotel

Hampton Inn

Italian-American Club

Palm Coast Social Club

Imaging Center

Hilton Garden Inn

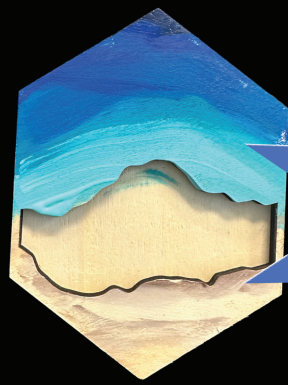
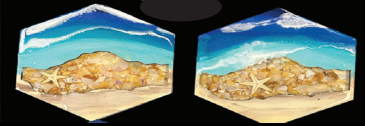
Sherry's Art Studio

Sherry Waldman is a published international artist bringing over four decades of art experience to Palm Coast. Her studio is a place where reality and fantasy meet and greet. 4,000 sqft of unbridled creativity. 3 classrooms, art supplies, murals, custom work, daily workshops and Open Studio.



Monthly Craft Corner

What are we making in February?
Beautiful resin seascapes.



Basecoat: Blend top half dark blue, then medium teal and then light teal. Base coat the bottom half beige and wash some brown through.



Put Coquina and starfish into the river area. Set all coasters up on a base.

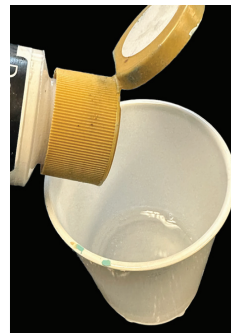


Mix 6 oz. of resin (follow instructions in kit on how to mix resin.) Pour a tea-spoon into a separate small cup.

Resin kits for the February seascape project are available in the studio.



Pour resin into river area. Let it overflow a bit and use a pusher or resin brush to pull over the rest of the coasters.



In the small cup with resin add a few drops of white paint. Should have the consistency of whole milk. Using a straw, manipulate the white to make sea foam.



Refunk Your Junk.



Bring in a piece of furniture and turn it into a piece of functional art.



Craft Supplies Store Premier Retailer for:



Call us at
732-997-9516.

Scan here to go to our website.



160 CYPRESS POINT PKWY • CITY MARKETPLACE • WWW.SHERRYSARTSTUDIO.INFO

NOBODY OFFERS MORE DISCOUNTS THAN FARMERS

- Homeowners insurance
- Automobile insurance
- Recreational vehicle insurance



Michael Zeeff

Your Local Agent

1 Hargrove Grade Ste 3

Palm Coast, FL 32137

MZEEFF@FARMERSAGENT.COM

Call 386.276.9130 today!

Let me help you get the most value out of your insurance coverage.



Restrictions apply. Discounts may vary. Not available in all states. See your agent for details. Insurance underwritten by Farmers Insurance Exchange and other affiliated insurance companies. Visit farmers.com for a complete listing of companies. Not all insurance companies provide insurance in all states. Coverage is not available in all states.