

Palm Coast

ISSUE 21

MARCH, 2023

Homeowners Issue

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As we mark the 20th anniversary (monthly) of Palm Coast magazine and also mark the launch of our second magazine, Flagler Business Review, we would also like to take a moment to thank the loyal readers of this magazine. Every month we publish 6,000 copies of Palm Coast and every month they're picked up and taken home. You, the readers, are what make this magazine possible. You patronize the advertisers (quite a few advertisers here see a lot of you in their places each month), you read and respond to the articles and you show interest in the community and the news about it that we print. But, as always, we're striving to do more all the time. We're going to be printing more copies soon, we're going to be offering paid subscriptions soon so that you can have the magazine delivered to your door and we're planning on doing some fun events for the community too. So, from everyone here to all of you — thanks for being part of our dream.

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News Of The Palm Coast World



Parks & Rec Master Plan Will Allow for Residents' Input

The City of Palm Coast and Flagler County Government have partnered to develop a Parks and Recreation Master Plan for the entire community. The goal is to hear from residents, business owners, special interest groups, and any other interested parties on what they would like to see included in future planning for Flagler

County.

Palm Coast City Manager Denise Bevan said, "We are thrilled to collaborate on our new Planning Our Parks initiative and we are inviting you to get involved and bring us your ideas, feedback and foresight."

An engagement website is now live to accept resident input on the parks master plan.

The results will be utilized to determine the priorities for the City and County's recreational facilities and activities desired by residents, what use patterns currently are, what barriers exist to usage, identify potential partnerships, and how best to support the recreational needs of the community.

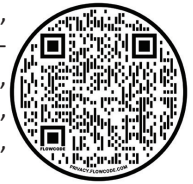
The interactive site gives residents a variety of options to interact with to let the City and County on current feedback on existing programs or activities and what they would like to see in the future. Residents can submit suggestions, feedback, and identify gaps in recreational amenities through the ideas wall.

The trail system forum is available to discuss current barriers to access and explore ways to improve the existing trail system. Users can also use the mapping tool to visualize trails within the County's boundaries and leave com-

ments in real time. And lastly, a budgeting tool for users to prioritize where spending should be directed.

Flagler County Administrator Heidi Petito added, "As residents, you can help us navigate the direction we take as our county continues to grow and evolve, and with that growth, so does the need for new recreational amenities."

The Master Plan will look at the existing parks, recreational facilities, programs, and services, and determine the current and future level of services for the community based on public input. The plan will prioritize the needs and desires for upgrading and improving parks, recreational facilities, amenities, programs, and services.



Scan to go to the website.

Spring Festival and Plant Sale to be Held April 8 at FPCHS

The Garden Club of Palm Coast will be holding their Annual Spring Festival & Plant Sale Saturday April 8, 2023 at the Flagler Palm Coast High School from 9 AM to 4 PM. Spring is coming and this will be the Garden Club of Palm Coast's 10 Annual festival. Mark your calendars and be sure to come because there is fun for the entire community. Rain or shine, booths are set up in the gym and outside in surrounding ar-

reas of the high school grounds. The Garden Club of Palm Coast starts propagating plants for this sale in February.

This year the Propagation Guild will sell creative items for your gardens so come and check us out. The Garden Club's Selection of the Month and the Arrangers' Guild will each have booths highlighting their creative goals. There will be lots of arts and craft vendors as well as specialty plant grow-

ers. The event will have educational exhibits throughout the day along with fun activities for children. Also, several food trucks, live music and raffles complete the venue.

Denise Garcia, the Club's president and the Festival committee chair, has worked hard and endlessly along with other members of the Garden Club to make this a great fund raiser every year for the Club's Scholarship Program. Over \$47,000 has been awarded to community recipients through the years. This event is the Garden Club's major fundraising event for the students of Flagler County. The scholarship program benefits students at both high schools and continuing college students who pursue a career in agriculture, horticulture or environmental sciences.



For the younger children in Flagler County the Club offers scholarships to Wekiva Youth camp, an Art and Plant camp held at Hammock Gardens Nursery, the Junior Garden Club at several of the local elementary schools and special projects in the community creating gardens. All proceeds after expenses will be donated to the scholarship program.





Gratitude America Raises \$25,000 at Hammock Beach

Hammock Beach members hosted the 3rd annual golf outing on December 17th for Veterans Charity Gratitude America.

The money raised supports the activity that GratitudeAmerica uses to help veterans and their families. GratitudeAmerica hosts 12 military support retreats in Marineland and Amelia island.

Military Support Retreats are a no-cost 4-day immersive

experience that helps combat Veterans and their supporters make peace with their past and plan for their future.

GratitudeAmerica also conducts a program called WAR-RIOR PATH. WP is an intensive and immersive 7-day program, followed by 90 day guidance at no-cost to the Vet.

County Commissioner Greg Hansen, a 27 Year Navy Vet, was the guest speaker at the event.

Strawberry Fest Comes To Palm Coast March 11-12



Buckler Promotions is bringing its popular Strawberry Fest back to Palm Coast on March 11 and 12. The two-day event will take place at City Center and will offer guests a variety of events and attractions that have been warmly received by Palm Coast residents over the last six years.

The event features everything from strawberry shortcake to free bounce houses for the kids to many different arts

and crafts, a free frisbee dog show (see above), sack races, face painting, live entertainment, classic cars, axe throwing, a pie eating contest and a lot more. Admission is \$6 or \$5 if you bring a can of food which will be donated to the Food Pantry of Palm Coast. A portion of the proceeds will also go to the Boys & Girls Clubs. The fest starts at 10 and ends at 5 PM each day. For more information you can go to www.palmcoastfest.com.

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Palm Coast Community Center Introduces New Support Group for Visually Impaired

The City of Palm Coast's Community Center will continue its new programming trend in 2023 with the newest addition to its roster – a support group designed specifically for the visually impaired, starting January 31.

Nearly 20 million Americans live with some form of visual impairment, and the condition continues to be of the leading causes of loss of independence among people over 65. With this in mind, the new support group aims to be not only a place of encouragement and support but also a respite from the isolation and difficulty that can often



Program Founders Ellen Pagner and Kate Mingin.

come with living with a visual impairment.

"It can be challenging dealing with the day-to-day challenges that having a visual condition brings, so we are very thankful to have a place to address the goals we have for

residents with visual impairment, including transportation, access to the braille library, companionship, support, and mobility training," said group co-leader Ellen Pagner. "Visual impairment affects many residents here

in Palm Coast, so we are happy to offer this program where we are hopefully able to address their needs as well as a place for support from other members of the community that endure the same challenges," added Community Center Supervisor Carrie Todd.

The visually impaired support group is set to begin next Tuesday, January 31, at 11 am. Meetings will occur on the last Tuesday of every month, and new participants are free to join the group anytime. To register for the program, call the Palm Coast Community Center at (386) 986-2323



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Waterfront Park to Close March 6-8 for Construction

Construction enhancements at Waterfront Park will require a temporary 3-day closure of the shell path from March 6 to March 8. The shell path will be closed at the trail entrance on Waterfront Road and at the bridge that leads to Children's Memorial Garden. During this time, there will be no alternate route to reach the trail.

This closure is required for the project to continue and is paramount for the safety of our trail users. The shell path will reopen on March 9. An electronic message board sign will be displayed regarding the closure.

During the closure, contractors will:

- Grade the retention area to the needed elevation.
- Conduct underground pipe-work across the path for drainage.
- Add additional shell material to raise the path.

• Install sod to protect the new retention slopes.

The City of Palm Coast has received a multi-year

grant through the Florida Inland Navigation District (FIND) to enhance Waterfront Park by building non-motorized boat access through a floating dock for a launch area. This will provide access to kayaks, paddleboards, canoes, row boats, and others, further adding to residents' recreational experience at one of Palm Coast's most treasured parks. 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
- Trails connecting 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. This project is expected to be completed in mid-August 2023.



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.

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Local Happenings



The Professional Women of Flagler County held their monthly meeting on February 3 at Market Street in Palm Coast. Rene DiVincenzo made a presentation on organizational efficiency for small businesses. For more information see their Facebook page.



Members and friends of the Flagler County Detachment 876 Marine Corps League visited the residents of Emory Bennett Veterans Nursing home in Daytona Beach on February 4, 2023. This was the first visit since March 2020 due to Covid concerns.



The Boss Lady club held their monthly meeting at the Brown Dog in Palm Coast on February 20. The group meets to help empower women in the workplace and help each other succeed. To learn more about the group you can call Nina at 845-531-1673.



Pedego Electric Bikes held a ribbon-cutting to mark the opening of their retail store in the Island Walk Mall on February 22 in conjunction with the Palm Coast Flagler Regional Chamber of Commerce. Michelle Easton, co-owner, is shown cutting the ribbon.

Let's Party!

That was the theme at Palm Coast Publishing's first-ever event that celebrated the launch of the company's new magazine, Flagler Business Review and thanked the advertisers of Palm Coast magazine for their support over the past 20 months or so. Lots of food was eaten and lots of wine and beer was drunk (I know, I paid the bill.) and it was worth every penny. Everyone seemed to have a great time, the food was delicious, the beer was cold and we were so encouraged by the turnout of over 100 people that we're going to do it again sometime soon. — Tom Aikins





Atlantic Benefit Consultants celebrated the opening of their new office at 50 Leanni Way with a ribbon-cutting ceremony on February 16. The move was necessitated by the expansion of the company as they now have seven agents in their office.



The networking group Leads Into The Future held their weekly meeting at Carrabba's on February 13. The group meets to refer business leads to each other and to help members as they grow their businesses. For more information see the group's Facebook page.



The Flagler County Detachment 876 Marine Corps League swore in two new members at their February 21 meeting. They are Joe Holt and Garrett Decker. Meetings are held the third Tuesday of the month at 1800 at VFW post 8696.



The Referral Diamond Club held their weekly meeting on February 15 at the Coldwell Banker Office in St. Joe's Village. The group meets to refer business leads to other members. For more information call Brad at 386-283-0955.

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Palm Coast People

Cathy Heigher keeps trying to help veterans, by Rachel Dolezal

In July 2003, Cathy Heigher heard a knock at the door. A knock that no military family ever wants to hear. She opened the door to the news that her 20-year-old son was killed in the line of duty in Iraq.

"I truly did not understand what it meant until I got the knock on my door. In that moment, I understood what 'Thank you for your service' meant," Heigher said.

That grim day forever changed Heigher's perspective. Not wanting pain and tragedy to define her, Heigher decided to channel her grief into helping other families through charitable work.

"It's the way I live my life. It is my passion. If I can help someone along the way, then my living is not in vain," Heigher said.

Since then, she has rallied for change in military death benefits, funded college scholarships and founded a local charity. She wants other families to "understand that we can heal."

Heigher was recently elected to Palm Coast City Council. She hopes to be a voice for the community.

She would like to see more activities for young people and more affordable housing for working-class families and senior citizens

"There's such a need to make it where people can afford to buy a home for their families and also to achieve some of that American Dream," said Heigher.

Heigher realized the need for increased death benefits for service members when her son

only received a \$10,000 death benefit and \$3,333 for funeral expenses. His funeral cost was more than \$9,000.



"They were brave enough to serve their country and lay their life on the line to serve American people. This country

owes our heroes, our troops, a debt that can never be repaid," said Heigher. "It took me having to lose my son to understand that."

With the encouragement of her congressman, she submitted a bill named The Raheen Tyson Heigher Life Insurance for America's Troops Act. She even rallied George W. Bush's support for the bill when she met him twice in 2004. Although Heigher's bill sparked the movement, the death benefit for service members was eventually increased through the Heroes' act.

Heigher's son joined the armed forces with plans to use the educational grant to pursue a future in investment banking. To honor his memory, she funded a scholarship and has

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REMEMBERING HEROES

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awarded thousands of dollars to graduating seniors.

In 2015, Heighter co-founded a local charity. Initially named Remembering Vets, the foundation was later changed to Remembering Heroes. The charity's mission is to support veterans, retired and active-duty armed forces members, Gold Star military families, first responders, and other local hometown heroes.

Remembering Heroes offers mentoring services and is involved with local Veteran Courts. They installed the Invisible Wounds Memorial at Heroes Memorial Park in Palm Coast in 2016. The charity also has a "Quilt of Honor" program

that presents patriotic quilts to local heroes in honor of their service and sacrifice.

On Sept. 30, Remembering Heroes will hold its 3rd Annual Fall Festival at Town Center Central Park in Palm Coast. The charity will also host a Pig Roast on April 29 and a Creative Wellness Day on June 10.

Heighter hopes to soon open a health and wellness ranch for local heroes. She has purchased land in Bunnell with plans to develop it.

"I could not imagine living my life any other way than I have over the last 20 years – to keep my promise to my son, to honor my son and other service members," said Heighter.

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Charity Provides Help For Local Homeless

Making dreams into reality is nothing new for Flagler Habitat for Humanity. They have made the American Dream of owning a home come true for 124 families in Flagler County since 1992. Beginning April 3, 2023, they are opening a new application cycle giving even more Flagler families an opportunity for home ownership.

The new application cycle begins April 3 and will remain open until May 1, 2023. Applicants may begin the process

by completing a pre-screening form at www.flaglerhabitat.com.

Habitat for Humanity's mission is that "every man, woman and child should have a decent, safe and affordable place to live. We build and repair houses all over the world using volunteer labor and donations. Our partner families purchase these houses through no-profit, no-interest mortgage loans or innovative financing methods," according to their website.



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PALM COAST ACUPUNCTURE & CHIROPRACTIC



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The charity is able to achieve this mission through volunteer labor and monetary donations. The homes are built with the help of the homeowners-to-be and other volunteers. Once built, they are sold to families with a no-interest mortgage. In turn, the mortgage payments are then used to help build houses for other needy families.

To be considered for the program, participants must meet three criteria: need, ability to pay and sweat equity. All applicants must be residents of Flagler County and demonstrate a housing need. They must also meet the financial criteria and prove their ability to pay the monthly mortgage payments. The sweat equity requirement can be met by volunteering for the program.

Once selected, participants are able to become partner families. As a partner family, they will help in the construction of their own home as well

as in the construction of homes for others. Participants are required to complete 250 hours of volunteer work which can include homeowner courses, construction help, painting, clearing lots, office work or other tasks.

Beyond helping local residents become homeowners, Flagler Habitat for Humanity also supports the children of partner families through their Prep Club. The Prep Club, which was formed in 2018, is a program that rewards children of partner families for good grades. Students receive awards each quarter for As and Bs in core classes. Students are also able to earn bonuses for perfect attendance or increasing their letter grades. The program provides scholarship opportunities for graduating seniors.

Flagler Habitat for Humanity is governed by a volunteer board of directors composed of local community members.

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BUSINESS
Review

Celebrating Women's History Month



Alana Fitzgerald - The Arts



Bettie Eurbanks - Artist



Sarah Ullis -
PCYC Boat Parade



Fanny Herrera - Cultural - ITT



Nancy Willis - Education



Linda Mahran - United Way



Jane Villa-Lobos - Nature - Garden Club



Amy Carotenuto - Animals - Human



Elaine Studnicki -
Palm Coast Historical Society

*Women who give to
others touch the world.
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every day.*

Photos of Palm Coast women who are making a difference are courtesy of The Palm Coast Historical Society
Palm Coast March 2023

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professional and
did an excellent
job. Thank you
so much.
— Brad W.

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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



Health & Wellness

Can massage therapy help you?

You might think that massage therapy is a modern trend that natural healing practitioners are pushing. That's partially true. The medical benefits of massage therapy are certainly being touted these days, but it's not new. Massage therapy is part of a traditional holistic system of healing methods that began about 5,000 years ago.

The history of massage therapy dates back to 3000 BCE (or earlier) in India, where it was considered a sacred system of natural healing. Used by Hindus in Ayurveda "life health" medicine, massage therapy was a practice passed down through generations to heal injuries, relieve pain, and prevent and cure illnesses. Promoters of Ayurveda believe that illness and disease are caused when people are out of sync with the environment. Massage is believed to restore the body's natural and physical balance so that it can heal naturally.

Fast forward hundreds of years to the early 1800s when Swedish doctor/gymnast/teacher Per Henrik Ling created a method that became known as the Swedish Movement Cure to help relieve chronic pain. As much medical gymnastics as massage therapy, it was the precursor to what we now know as Swedish massage — a style that involves stroking, pressing, squeezing and striking.

Whereas Ling's method used massage in his movements, 19th-Century Dutchman Johan

George Mezger is credited with incorporating techniques that are used today:

- Effleurage, which uses long, gliding strokes from the extremities inward at various levels of pressure.
- Petrissage, a technique that is rhythmic and may include



kneading, skin rolling, lifting or a push-pull movement.

- Tapotement, a beating/tapping administered with the side of the hand, a cupped hand or fingertips used in Swedish massage.

- Friction, a technique that is physically demanding, consisting of deep, circular or crosswise movements with the thumbs, fingertips, palms or elbows, designed to penetrate deep tissue.

Fast forward again to today and you can see where massage has taken us. There are literally dozens of different massage disciplines from various cultures around the world although most have been derived from the essential basics of Swedish massage.

Here in Palm Coast there are a number of practitioners of the art of massage and we recently visited with two of them, Sophia Mascarella and Christine Brinker, who work out

of a space in the West Point office complex on Palm Coast Parkway.

Both women practice massage but both have their individual preferences when it comes to exactly how they treat their clients based on their years of experience

(they've both been involved with massage for many years) and the clients' needs.

Christine, for example, does more in the way of muscle balancing which is designed to counteract harmful muscle imbalances that result in poor body posture. With the repetitiveness of occupation and daily activities, pain occurs due to imbalances created by overuse of certain muscles and under use of others.

Sophia, on the other hand, characterizes herself as someone who works more with deep-tissue techniques. Both work with clients that have ongoing issues and Sophia also specializes in helping people recover from accidents and other physical ailments.

One thing that both stress when working with clients is the need for good communication between them and their clients. Always maintaining a comfort level for the client in

terms of how much force is used is one of the issues that is always important. And getting feedback from the client before every session helps the therapist to assess the progress that is being made in the case of a rehabilitation effort or the increase in overall well-being resulting from continuous treatments.

How do you pick a massage therapist that's right for you? After speaking with these two women in detail about how they structure their treatments for clients it became obvious that there is a factor that's important and that shouldn't be overlooked and that's compatibility between the therapist and client. Some people will naturally feel more comfortable with some therapists more than others for any number of reasons. Personality may play a role as well as perhaps the physical surroundings themselves.

One important thing to remember is that without the client being completely relaxed, the treatments will probably not be as effective so this is not something to be overlooked if you are going to start massage therapy. So just finding someone you feel comfortable with is a good first step in choosing a therapist.

And after you start any treatments it should become obvious soon whether or not your program is working for you. And with both of these experienced therapists, adjustments and tweaks to your specific regimen will be made as needed as you progress over time.

Is massage right for what ails you? Or if nothing in particular ails you will massage just make you feel better as you go about your everyday routines? There's one sure way to find out.

Massage therapists Sophia Mascarella and Christine Brinker can be reached at 386-864-2686 and 386-503-4300 respectively for more information and appointments.

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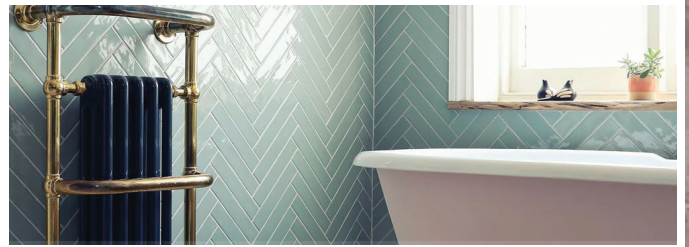
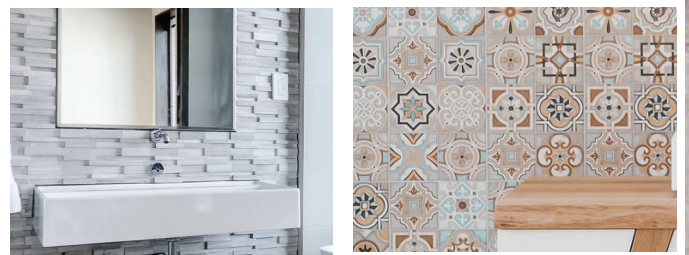


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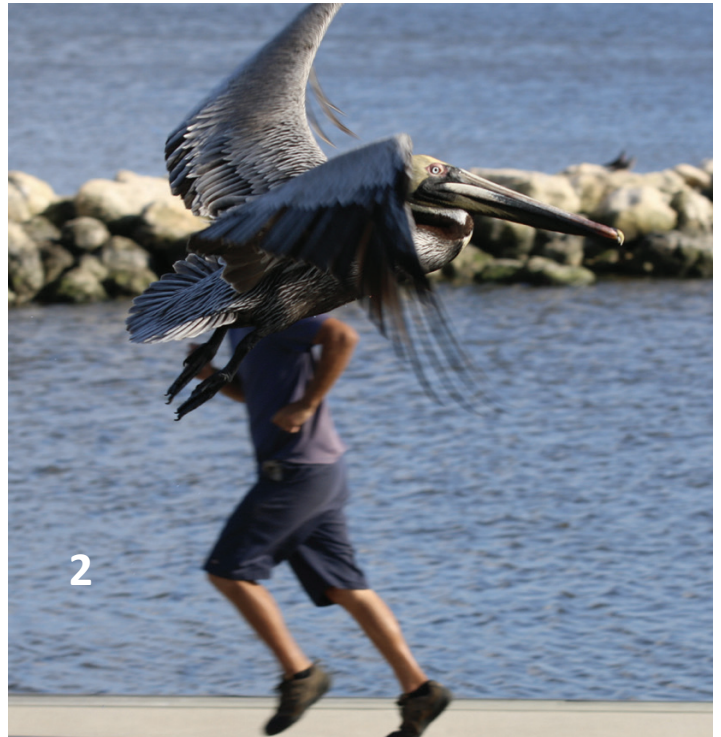
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Flora and Fauna

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



1. The Great Blue is the largest Heron native to North America. Reaching heights up to five feet and wing spans up to 7 feet, they are also known to be very territorial. If you come upon one be sure to give it and yourself a safe amount of space. Most will migrate south in the winter months but if a food source is available they will stay in colder climates.

2. Although it looks like this Brown Pelican is about to crash into the running man, it was simply one of those lucky shots. No humans or Pelicans were harmed during this photo shoot.

3. The Ruddy Turnstone is a small shore bird in the Sandpiper family. They migrate to southern states during the winter months then return to their home areas to breed. They are so quick they prefer to run from approaching waves than to fly which expends more energy. They feed along shorelines but also are known for turning stones to find food.

4. Brown Pelican. While grooming Pelicans will stretch their necks to the fullest extent and also will invert their pouch to clean out any debris. Juvenile Pelicans are brown in color, their belly and head feathers turn white as they become adults. The Brown Pelican is the State Bird of Louisiana.

5. The Willet is another of our shorebirds which is also in the Sandpiper family. The eastern Willet is a year round resident of Florida and along the entire eastern shores of North America.

The Migratory Bird Treaty Act of 1918 banned market hunting of the Willets. Today they are listed as Least Concerned on Conservation Lists.



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

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HOMEOWNERS DIRECTORY

Welcome to our second annual Homeowner's Issue. The purpose of this issue is to give our readers an opportunity to meet some of the most reliable businesses in Palm Coast when it comes to home repairs, renovations or any other type of services that you may need for your house.

We haven't covered every single type of service that you might require because we'd have to print a lot more pages but the 18 businesses on the following pages can handle most of the most common types of work you may need done, although we are deficient when it comes to electricians, plumbers and carpenters. We just haven't done enough research in these fields yet to feel comfortable recommending any vendors.

Also, you can rest assured

that the vendors that we're introducing you are, in fact, reliable and trustworthy. The reason for this is that we know all of the owners of these businesses personally and are aware of their track records in the area.

And the reason that we call them reliable is that we're sure they're going to answer their phones, get back to you when they need to and basically follow up on anything else they tell you. And while answering the phone and calling back may seem like things you'd take for granted that's not necessarily the case anymore. We've heard many stories from residents in the area decrying the lack of professionalism that people encounter here. When they're trying to locate vendors or suppliers in many fields.

That's why we feel complete-

ly confident in recommending that you trust your project to any of these people. Does this mean that nothing will EVER go wrong? No. But if it does you can be confident that these business owners have the integrity and professionalism to correct any problems and leave you happy at the end. And that's what customer service is really all about: satisfied customers.

Are these the only reputable home repair or maintenance businesses in Palm Coast? No, of course not. We just aren't sure of who else lives up to the standards that we know these people do.

So our advice is to do whatever due diligence you would normally do when it comes to choosing a vendor but just know that if you don't feel completely comfortable with other vendors that the people on the following pages will take care of you.

Thanks for reading and good



luck with any home projects you may be taking on to improve your home.

How To Hire A Contractor

Home repairs and renovations can be exciting, but they can also be stressful if you don't have the right contractor. Choosing the right contractor can make a big difference in the quality of work, the cost, and the timeline for completion. In this article, we'll discuss how to choose contractors. Many people have hired contractors before for home repairs and renovations and know the ropes but these are tips to keep in mind when you're trying to hire one.

Do your research: Before hiring a contractor, it's important to do your research. Look for contractors in your area that specialize in the type of work

you need to be done. Check out their websites, reviews, and social media pages. You can also ask friends, family, or colleagues for recommendations.

Check their credentials: Once you have a list of potential contractors, check their credentials. Make sure they are licensed, insured, and bonded. This protects you in case of accidents or mistakes. You can also check with the Better Business Bureau to see if there have been any complaints filed against them.

Get multiple bids: Don't settle for the first contractor you find. Get at least three bids from different contractors. This

will help you compare costs and services. Make sure each bid includes a detailed breakdown of the work to be done and the materials needed.

Check their experience: Experience is an important factor when choosing a contractor. Make sure they have experience working on similar projects. Ask for references and check them. You can also ask to see examples of their work.

Communication is key: Communication is important throughout the entire process. Make sure you feel comfortable talking to the contractor and that they are responsive to your questions and concerns.

Ask about their communication style and how they will keep you updated throughout the project.

Understand the contract: Before signing a contract, make sure you understand everything that's included. The contract should include a detailed scope of work, a timeline for completion, payment schedule, and warranties or guarantees. If something is unclear, ask the contractor to clarify.

Trust your gut: Ultimately, you want to choose a contractor that you feel comfortable with and trust. If something doesn't feel right, trust your instincts and keep looking.

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KILLIAN'S GUTTERS & SCREENS

Killian's specializes in seamless gutters and screens and installs 6" and 7" gutters and gutter guards. They offer a 3-year warranty on all installation work and adhere to a 50-year warranty on the aluminum product they use. Killian's is also a leading expert in installing 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 – that are available from 4 feet to over 25 feet. With both product lines the Killian's staff can help in color matching, whether it's the gutters and downspout colors or the screen housings, to create an aesthetically pleasing combination. Consultations with both product lines are free and their staff is available to help with any aspect of an installation or the planning that goes into it. **Call 386-445-4910 or scan the QR code to go to their website.**



IN THE WEEDS MAINTENANCE

In The Weeds Yard Maintenance, LLC is a local, family owned/operated company that is fully licensed and insured. In The Weeds specializes in custom landscape curbing offering a wide selection of colors, textures and stamps, with the option of incorporating rain drains at existing downspout locations. Curbing is mold and mildew resistant with no staining required because the color is IN THE MIX. What makes In The Weeds truly unique? In The Weeds can meet your outdoor needs from start to finish with just one phone call. Services include yard cleanup, trimming, weedmat, stone, pavers, landscape design/installation, sod, as well as custom curbing. Coordinating multiple providers can be stressful and increase project completion time. Call John and Bobbie-Jo, your one-stop shop, for a free estimate today. **Call 401-862-3488 or scan the QR code to go to their website.**



101 MOBILITY

Maintaining an active lifestyle is a top priority either for those entering their golden years or otherwise living with a disability. 101 Mobility is prepared to help make that life accessible. With solutions including stairlifts, electric scooters, ramps, handrails, and more, **101 Mobility** wants to help ensure that even sitting down, you don't ever lose a step. Finding out if in-home accommodations are right for you doesn't even mean leaving your house since 101 Mobility provides free in-home consultations, and can provide a cost estimate tailored to your needs so you know exactly what they can provide. **Call 386-284-3735 or scan the QR code to go to their website.**



QUEST CONSTRUCTION

Quest Construction is a multi-faceted contracting company that has roofing as its main line of business but also has the expertise to do many contracting and construction jobs. From building a church in Colombia to laying down a residential roof in Palm Coast, Quest has the experience and expertise to handle any kind of job. Owner Juan Carlos Henao is originally from Colombia but has spent a number of years in this area building new homes, doing remodeling work and also providing roofing services. The company has many five-star reviews on Google and is highly recommended. Juan will take the time to make sure your job is done right and on time. **Call 407-912-8154 or scan the QR code to go to their website.**



DR. PAINT

If you're interested in increasing the value of your home then one of the fastest ways to do this is to paint the exterior. You may want to paint the interior too after you see what a great job **Dr. Paint** can do on the outside. Owned by Omar Rivera, an Air Force veteran, Dr. Paint has painted hundreds of homes in Palm Coast and Flagler County over the last eight years and is very highly regarded on Google (check their reviews). They have competitive pricing but their reliability may be their most prized asset as far as homeowners are concerned. They ALWAYS show up for appointments on time and always answer the phone when you call. These are elements of customer service that are sometimes overlooked but they're important to Dr. Paint. The company is fully insured and can do many minor repairs as they are needed in the painting process. **Call 386-246-7999 or scan the QR code to go to their website.**



GOTCHA COVERED

Husband and wife team Debby and Jay McAlister provide their customers with great service and timely installations even in this time of challenging supply issues. An exceptional customer experience is what they are striving to create for their customers and it appears to be working as their company is experiencing huge growth over the last several months. Their product line of interior window treatments is made up of literally hundreds of products comprising blinds, drapes, curtains and shutters of all kinds. Their process starts with a free consultation to determine your needs. You can then order the products you want and **Gotcha Covered** will get your installation done as soon as possible. While there are some issues with slow deliveries, most of their products are made in the U.S. and the deliveries are timely. **Call 386-225-1959 or scan the QR code to go to their website.**



COMPLETE WILDLIFE SOLUTION

The last thing you want is an animal living in your house with you so if this the case you'll want to call **Complete Wildlife Solution** immediately. They have 20 years of experience making animals disappear from your house HUMANELY and quickly. It doesn't matter what type of animal you're having trouble with, Mike Mayland and his crew have the experience and expertise to remove the animal(s) and repair any damage. Rats and mice are some of the most common pests but armadillos, bats, snakes, bobcats, skunks, gophers and a lot more species are roaming around too. If you see animal droppings or holes in your yard or hear noises from the attic then you may have a problem that a call to Mike will take care of. **Call 386-204-2164 or scan the QR code to go to their website.**



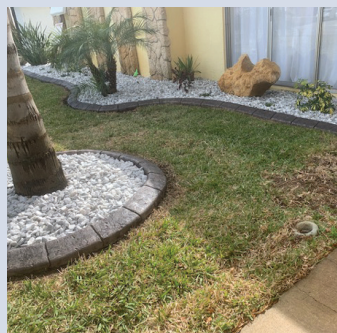
ALARMPRO

This family-owned business has a humble beginning, starting in a garage back in 1990. Since then **AlarmPro** has established their reputation as one of the best alarm companies in the area as well as the only one that is locally-owned. They offer the best in commercial and residential sales, service, installation and 24/7 monitoring of security alarms, fire alarm and camera systems. All of their technicians have background checks and are BASA/FASA Certified and they do not hire sub-contractors to do the monitoring of your system. Everything is under the direct control of AlarmPro and they register all of their systems with the local sheriff's office. **Call 386-445-7936 or scan the QR code to go to their website.**



WINKLER WINDOW WASHING

The early bird gets the worm. At least that's what we heard when we were young. It's clear that **Winkler Window Washing** owner Gavin Winkler took that advice to heart, starting his business while still enrolled at Flagler Palm Coast High School. Using Winkler Window Washing is a great way to support young entrepreneurship, and get some pristinely clean windows in the process. The company will meet or beat any price, and 2% of proceeds go to FPCHS sports or needy families in the area. **Call 386-264-5946 or email winklerwindowwashing@gmail.com to get started.**



ACE HANDYMAN SERVICES

You already know the helpful hardware folks of Ace Hardware from their three locations in Flagler County. But for times when expertise is needed in your home or business, Ace Handyman Services is the place to go. Ace dispatches knowledgeable craftsmen who are malleable to most any situation, and who provide quality guarantees to back up their work. They'll send convenient texts when they're on their way, work around your schedule, and adapt to whatever complications may arise. For many home renovation situations, calling Ace can be a cheaper, quicker alternative than a full remodel. **Call 386-210-7343 to book an appointment, or scan the QR code to go to**



IMPERIAL TILE

According to Nino Maggiore, the owner of **Imperial Tile**, you can tell if tiling isn't done right the minute you walk into a room. And he's right. You can. So to avoid ever having problems with tile projects it's probably a good idea to call Nino first. He has experience with all types of projects and has a huge selection of tile options to choose from. A free consultation starts the whole process and the emphasis is always on customer satisfaction. And it is also on creating beautiful spaces and that's where the creativity that Nino possesses comes into play. Not only does he have technical expertise in laying down the tile he also can come up with beautiful designs which is another skill altogether. **Call 386-276-5631 or scan the QR code to go to their website.**



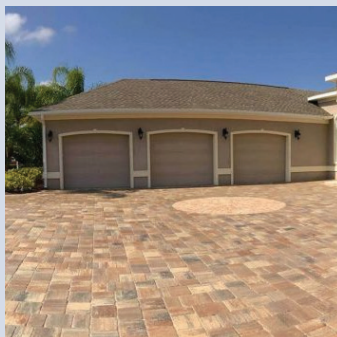
ALL DRY SERVICES

There's a lot your home has to stand up to, living in Central Florida. The fine folks at **All Dry Services** understand this reality more than anyone. Whether it's a hurricane (or hurricanes), mold, flooding, or even crime scene damage, All Dry are here to help make your house feel like home again. You can expect free estimates, same-day appointments, and no subcontractors when you schedule, and only the most knowledgeable professionals on the job. Furthermore, All Dry Services offers a 100% guarantee of quality, so you can rest easy knowing you're getting what you paid for. **Call 401-862-3488 or scan the QR code to go to their website.**



FLAGLER CLEAN AND SEAL

In need of a pressure wash, stone seal, or house exterior clean? Look no further than the professionals at **Flagler Clean and Seal**. Serving an area that spans from Ponte Vedra to Ormond Beach, FC&S has everything you need to make your house the talk of the neighborhood. The company's free quotes will give you a comprehensive understanding of what will go into your home improvement project, as well as an estimate within your budget. To see how Flagler Clean and Seal can give your home the shine it deserves contact them today. **Call 386-237-5522 or scan the QR code to go to their website.**



HEARTLAND STONE DESIGN

Looking to remodel? Need help adding that one final piece your home needs? The consummate professionals at Heartland Stone Design Installations are here to help. The company is family-owned as has been in the Palm Coast community for over two decades. Heartland specializes in kitchen and bathroom remodels and custom outdoor kitchen/pool areas, offering an experienced eye to take any of these areas of your home to the next level. Over and over again, customers rave about the professionalism and efficiency of Heartland's workers. If you're ready to start your new home remodeling project, give Heartland a chance to give you a quote. **Call 386-264-0084 or scan the QR**



OCEAN AIR QUALITY

There's a time and place to cut corners, but the quality of the air you breathe isn't one of them. Ocean Air Quality knows this, and they understand the importance of air quality to your health and wellness. Peace of mind about your air is as easy as calling Ocean Air Quality to have a licensed, insured professional come out to give your home the Ocean seal of approval - or fix the problem if one presents itself. The comprehensive services offered by Ocean Air Quality include moisture evaluations, allergen testing, leak detection, VOC testing, mold testing, forensic engineering, and easy estimates and consulting services. Breathe easy knowing these professionals have got your back. **Call 386-302-2714 or scan the QR code to go to their website.**



D&L HOME INSPECTORS

Home inspectors are a necessary part of any home-buying experience as well as a number of other situations. Finding a home inspector that values integrity above all else what you'll get when you call **D&L Home Inspectors**. Taking the time to do everything right is something that Darryl Algarin, owner of the company with his wife, takes very seriously. A 26-year law enforcement veteran, Darryl is certified by InterNACHI, an internationally recognized organization that maintains high standards in the home inspection industry. Darryl is fully qualified in the state of Florida to routine home inspections as well as wind mitigation and four-point inspections as well as commercial inspections. **You can call 386-281-7453 or scan the QR code to go to their website.**



Reverse Mortgages Aren't What They Used To Be

Another aspect to home-owning, of course, is the acquisition of the home in the first place. An increasingly popular way of financing a home, especially for senior citizens. Below is some information that should help you understand what they're all about.

MYTH 1: I cannot get a reverse mortgage if I have an existing mortgage.

FACT: False. If your house isn't paid off, the proceeds you receive from the reverse mortgage must first be used to pay off any existing mortgage. This is the most common reason

most homeowners 62 years and older take out a reverse mortgage.

MYTH 2: If I take out a reverse mortgage the lender will own my home.

FACT: False. Homeowners still retain title and ownership to their homes during the life of the loan, and can choose to sell the home at any time. As long as the borrower continues to live in and maintain the home and property taxes and homeowners insurance are paid, the loan cannot be called due.

MYTH 3: There are restrictions on how reverse mortgage pro-

ceeds may be used.

FACT: False. There are no restrictions. The cash proceeds from the reverse mortgage can be used for virtually any purpose and borrowers should be cautious of lenders attempting to cross sell other products. Many seniors have used reverse mortgages to pay off debt, help their kids, make ends meet or have a financial reserve.

MYTH 4: Only low-income seniors get reverse mortgages.

FACT: False. Although some seniors may have a greater need than others for the monthly

proceeds or lump sum funds reverse mortgages offer, most simply prefer to be free of monthly mortgage payments. Without monthly mortgage payments, many homeowners find they can maintain their existing quality of life and build their savings to help with future expenses. A growing number of people who have no immediate need are taking out these loans so that they have a financial cushion for future expenses.

MYTH 5: If I outlive my life expectancy, the lender will evict me.

FACT: False. Reverse mortgage lenders put no time limit on how long borrower(s) can stay in their homes. Since homeowners still own the property, lenders cannot evict them as long as the borrower continues to live in and maintain the home, and property taxes and homeowners insurance are paid.

MYTH 6: A reverse mortgage will affect my government benefits.

FACT: A reverse mortgage generally does not affect regular Social Security or Medicare benefits. However, if you are on Medicaid, any reverse mortgage proceeds that you receive would count as an asset and could impact Medicaid eligibility. To be sure, we recommend that potential borrowers consult their federal benefits administrators or financial advisors.

MYTH 7: There are no objective advisors available to seniors trying to decide if a



reverse mortgage suits their needs.

FACT: False. Borrowers are required to work with independent, third party counselors approved by the U.S. Department of Housing and Urban Development (HUD) in their local communities. This educational session helps them make the right decision for their unique situations.

MYTH 8: My children will be responsible for the repayment of the loan.

FACT: If the borrower or their estate wants to retain the prop-

erty, the balance must be paid in full. However, as long as the borrower or their estate sells the property to pay off the debt, there is no recourse if the HECM loan balance exceeds the home's value at maturity. Any equity remaining in the property after the reverse mortgage is retired belongs to the borrower or their estate.

MYTH 9: Reverse mortgage lenders take advantage of seniors.

FACT: Seniors who have been victims of reverse mortgage lending schemes are extreme

exceptions and typically victims of unsavory lenders. As a consumer, you should only work with reputable lenders. Protect yourself by conducting as much research as possible by consulting government agencies, your financial advisors and NRMLA, the National Reverse Mortgage Lender's Association.

MYTH 10: I've heard I won't qualify for a reverse mortgage because of my limited income.

FACT: Although traditional mortgages require higher income qualifications and credit scores; the HECM also has financial requirements that must be met to ensure adequate resources to maintain property taxes, home owners insurance and HOA dues if applicable. These requirements may limit some borrowers ability to qualify, but you don't know until you try.

Cindy Polverino is a reverse specialist who can answer any questions you may have. She can be reached at 904-669-3011.

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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 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 liriopse, 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. **Submitted by Nancy Landoli**



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— Brad W.

Gardening Tips

Let's talk some dirt, by Master Gardener Judy Jean

The topic of this article is based on the results of a needs assessment that was conducted to determine the horticultural needs and interests of the residents of Flagler County. A needs assessment is a systematic process of gathering and analyzing information to identify gaps between current conditions and desired outcomes.

In the context of this article, the needs assessment was conducted to identify the specific topics related to gardening that Flagler County residents are interested in, as well as the level of knowledge and experience they have in gardening. The results of the needs assessment provide a foundation for creating content that is relevant and useful to the

Flagler County office and other Cooperative Extension offices throughout the state of Florida work in the Cooperative Extension System. The Cooperative Extension System is a nationwide network of land-grant universities that provides education and outreach programs to help individuals, families, and communities improve their lives.

This system was established in the early 1900s to connect the research and expertise of land-grant universities with farmers and other rural residents. Today, Cooperative Extension offices, like the one located in Bunnell, FL, provide a wide range of services, including agricultural education, youth development programs, nutrition and health education, and environmental stewardship. These programs are designed to address the unique needs and challenges of each community and to promote sustainable, healthy, and thriving communities.

The Cooperative Extension System plays a critical role in ensuring that research-based information is accessible to all individuals and that communities have the resources



residents of Flagler County.

Are you familiar with the UF/IFAS Extension Flagler County office? The UF/IFAS Extension

Judy Jean is a master gardener and wants to help you have a better garden. She can be reached at mgardener@flaglercounty.gov

they need to make informed decisions and create positive change. This month we will be exploring soil.

Gardening is a fulfilling and rewarding hobby that can help you connect with nature and create a beautiful outdoor space. However, to have a successful garden, you need to pay close at-



tention to the soil. Soil is one of the most important components of gardening. It is where plants draw nutrients and water from, and it provides the foundation for a healthy and productive garden.

However, not all soils are equal. Some soils are more fertile than others, and some soils have a better structure for plant growth. In this article, we will explore different types of soil, how to improve soil quality in your garden, and Flagler County's soil.

DIFFERENT TYPES OF SOIL

Soil is composed of four main components: mineral material (texture), organic matter, water, and air. The mineral material, also known as the soil texture, is classified into three categories: sand, silt, and clay (See table 1 below). The organic matter is composed of decomposing plant and animal material that provides nutrients and helps to retain moisture. Water and air are also crucial components of soil, as they provide the necessary hydration and oxygen for plants to grow. These components of the soil contribute to the physical properties of soil.

Soil Texture Description

Sand Gritty texture, made up

of larger particles that allow for drainage. However, cannot hold much water or nutrients.

Silt Smoother texture than sand and is made up of smaller particles. Is able to hold more water and nutrients than sand.

Clay Dense, heavy texture that is made up of very small particles. Is able to hold a lot of water and nutrients, but it drains slowly.

IMPROVING SOIL QUALITY

The key to a healthy garden is healthy soil. If your soil is not providing your plants with the necessary nutrients and water, you can improve its quality by adding organic matter like mulch and/or compost.

Organic matter is anything that was once living and can decompose, such as compost, leaves, or grass clippings. When added to soil, organic matter can improve soil structure, increase water-holding capacity, and provide essential nutrients to plants.

Covering the soil with mulch helps to retain moisture in the soil, suppress weed growth, regulate soil temperature, and adds organic matter. To use mulch in your garden, spread a 2-3-inch-deep layer of mulch over the soil surface around your plants.

Make sure there are at least 2 inches of space around the trunk of trees to prevent a mulch volcano. This prevents rot.

You can create self-mulch areas in your landscape by allowing fallen leaves to stay in place. Using mulch such as melaleuca, pine straw, or eucalyptus, which are sustainably harvested, is recommended by the Florida-Friendly Landscaping™ Program. Cypress mulch is not recommended because it may not be harvested sustainably.

Lastly considering adding compost to your landscape maintenance routine is a great way of placing nutrients back into the soil in a form that plants can easily use. Compost is a mixture of decomposed organic matter that can be used to assist soil quality. Recycling yard waste from mowing, pruning, and raking is a sustainable way of creating organic fertilizer.

FLAGLER COUNTY'S SOIL

It is no secret that Flagler County is experiencing growth. Many residents in Palm Coast are currently living in newly built homes. As a result, construction activities like land clearing, and import of fill soils can lead to problems with plant establishment, growth, and aesthetic qualities.

According to the Soil Survey of Flagler County, Florida (U.S.D.A., Natural Resources Conservation Service, 1997) "Naturally, the soil fertility is low for most of the soils in the county. The soils generally have loose, sandy surface layers and subsurface layers that are rapidly permeable or very rapidly permeable, thus allowing the rapid leaching of fertilizer and lime following heavy rains. However, soil fertility changes as the soil is used" (pg 76).

Overall, this means to better understand your soil it is important to get it tested. At the UF/IFAS Extension Flagler County office located at 150 Sawgrass Rd Bunnell, FL Flagler County Master Gardener Volunteers do pH testing and plant clinic for free.



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Is Bob Evans The Best Restaurant In Palm Coast? Here's Why We Think So.

Since arriving in Palm Coast nearly two years ago (March, 2021) we've eaten out in at least 25-30 restaurants in the area, mostly in Palm Coast and some in Flagler Beach and Bunnell. Almost every time we've gone out it's been a disappointment. And in most cases it's been a serious disappointment, to the point where I wonder if the people running these places even have a clue.

I also wonder if I'm just too picky, especially considering my background vis a vis the food industry. I worked in restaurants at various times growing up and in young adulthood. I've published magazines for most of the last 40 years and a number of the publications I did had food-related articles in them, mostly restaurant reviews.

And actually one magazine was a food magazine that covered growing vegetables and how to cook them. In Bangkok I

six years.

I wrote about chefs, I interviewed Michelin-starred chefs and ate their food and I learned a

expatriates and tourists and some local Thais a menu of traditional American food like burgers, ribs, steaks, meatloaf, fish and chips and my mother's spaghetti sauce and apple pie.

In short, I've had a bit of an education over the last 40 years or so. Am I an expert? Who knows (or cares?), but I do know how food should be served in a restaurant and when I encounter slipshod service, bad food preparation or owners who don't seem to care about their customers, or the food service business in general, I sometimes get perturbed, let's call it.

What really galls me is that most of the time the problems these places are



A Bob Evans breakfast.

wrote about 700 restaurant reviews over a 23-year period and also published a hospitality and food service trade magazine for

tremendous amount about food preparation from these people.

And then I owned a restaurant for five years and served

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The list of great Indian dishes that we have is lengthy and varied and includes items from the tandoor oven, curries, paneers, dosas, pappadams, samosas, pakoras, soups, dals, Indo-Chinese dishes, rotis, naans, vindaloos, tikka masalas, and many more, including an extensive vegetarian selection.



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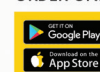
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having are so easily correctable with either a little knowledge or a little care.

So why do I think that Bob Evans might be the best restaurant in Palm Coast? Because they are consistent and they know what they are trying to do. Does Bob Evans have the best food around? I don't know. I haven't been everywhere in this area. I will say that the portions are good sized, the prices are reasonable and the quality is consistent.

I've interviewed dozens of chefs and in some cases, as mentioned, they were very accomplished people. I used to like to ask them, "What's the most important factor in creating a successful restaurant and each one of them — each one — said "consistency."

It's true. If you put out a dish and a customer loves it then the next time that customer orders the same dish it better taste exactly the same. If it doesn't then the customer is going to be

disappointed. We all know from our own experiences that this is the case.

So if you go into a Bob Evans and order any of their dishes they should have, like any restaurant, consistent quality, and in our experience so far they always have. They may not have the most innovative menu or the trendiest items on it but at least you know what you're going to get each time and that's important to diners like me. And you. And everyone else.

I actually wrote this article because a dining companion I've had for the last couple of months got upset after I criticized a couple of places that we went to recently. The first place served us prime rib tips that were pretty dry and were overcooked. I also got a martini that was brown. I never saw a brown martini before so I sent it back. They then brought me one that tasted only of cheap gin so I didn't drink it.

I paid but before leaving the

owner sort of ran into me and asked about my order. When I told him about the prime rib tips he told that they usually cooked them medium well to well done. I couldn't figure out why you would take beautiful, prime rib and cook it till it was well done and dried out. I figured he had no clue either, especially since his bartender couldn't even make a martini.

The second place was Mexican and I ordered a steak and seafood dish. The waitress asked me how I wanted the steak cooked and I told her medium rare. When she brought it to the table the steak was about a quarter of an inch thick and cooked to well done or beyond. It had the look and consistency of shoe leather. I mean, how else is a steak that thin going to end up?

And why would you even take an order for a medium rare steak when it's that thin? The people here obviously didn't have a clue either, although they make very strong margaritas.

When the waitress asked me how the steak was — probably because I hadn't really touched it — I told her it was terrible. I was going to pay, and didn't ask for a discount or anything, but they decided to take it off the bill for some reason anyway.

I didn't think I was being demanding in either instance. I just wanted some decent food. I don't think it's too much to ask when I'm paying good money for what I've ordered.

So back to Bob Evans. The food is prepared well, it's reasonably priced, it's consistent and it's tasty. The service is not great but it's far from bad and considering the staffing problems all restaurants are having now I would never hold it against them.

If every restaurant here would just do what they do then the whole Palm Coast dining scene would take a big step forward.

— Tom Aikins

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Live Music

Three great acts appear at the Flagler Auditorium this month

There are three great acts coming to the Flagler Auditorium in March with a Cher tribute, a Bee Gees tribute and a high energy swing band from the U.K.

The action starts on March 7 as the international touring show, "The Beat Goes On" featuring American singer/actress Lisa McClowry's portrayal of the Goddess of Pop in her one-woman Broadway-style live stage show.

Lisa is completely convincing as Cher with every aspect of playing Cher down pat including her singing and speaking voice, the walk, the talk,

the costumes, the makeup, and the mannerisms.

In addition, the show incorporates a live band, LED walls, video, multiple costume changes, dynamic dialogue, humor, and fun audience participation. You can expect to hear Cher's hits spanning from the 60's to now including: I Got You Babe, Gypsies Tramps and Thieves, I Found Someone, If I Could Turn Back Time, songs from ABBA and so much more.

The show has been met with incredible reviews, multiple sell-outs, and standing ovations. Lisa McClowry is a life-long singer and entertainer with over thirty years in the entertainment in-

dustry as a trusted, reliable source and talent with twenty-five music albums, multiple lead roles in theatrical productions, movies, commercials. Her original music plays on radio today.

Britain's Got Talent stars, The Jive Aces, are up next on March 12. They are the UK's leading Jive & Swing band. Renowned for their high energy Jump Jive and swing music and spectacular stage show, the band's repertoire stretches from the timeless tunes of the swing era to the glitz of the Rat Pack, with a dash of rhythm & blues,

swing and jazz. They feature songs made famous by such greats as Louis Prima, Cab Calloway, Benny Goodman, Bobby Darin, Louis Armstrong, Sammy Davis Jr. and Ella Fitzgerald - along with a selection of superb originals taken from



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

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their albums. An incredibly in demand sextet, they have worked with John Travolta, Van Morrison, The Proclaimers, Keely Smith, Hayley Westenra and most recently played for Her Majesty The Queen. The Jive Aces headlined (and sold-out) the first ever swing dance at the Royal Albert Hall and have bought the house down with their high energy stage show at thousands of festivals, theatres, dancehalls and top events throughout Britain, Europe, USA and beyond, over 30 countries in all.

Major events include: Montreux Jazz Festival, Glastonbury Festival, Berkeley Square Ball, Ryder Cup, Cannes Film Festival, Cork Jazz Festival, Grand Order of Water Rats Annual Ball and The London Season. They are also the official band of the London Season and have also made hundreds of TV and radio appearances.

Appearing on March 21, the New York Bee Gees Tribute Show is comprised of some of Long Island New York's most versatile and exceptionally talented players. The band

includes present or former members of well known, world renown acts including The Alan Parsons Project, Happy Together Tour, Meatloaf, Queen, Blue Oyster Cult, Riot, Herman's Hermits, Enrique Iglesias, The Rippingtons and more. Based in New York the show has played to sell out shows at The Paramount Theater and BB King NYC. Performances are regularly at The NYCB Theater at Westbury, Resorts World Casino, Empire Casino, The Suffolk Theater. B.B. King NYC

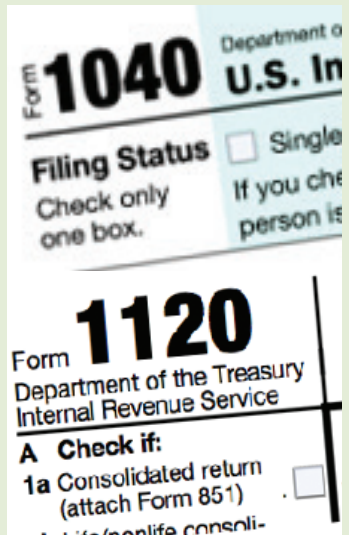
wrote, "The NY Bee Gees Tribute Show presents the most extravagant Bee Gees show a fan can experience. The band offers all of the classic 70's disco hits from Stayin' Alive to Night Fever while embracing their early works such as To Love Somebody, I've Got To Get A Message To You and Massachusetts. The New York Bee Gees deliver songs from every decade of the Bee Gees catalog with a stunning production, powerful vocals and a professional stage presence.



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Theater In Town

One Flew Over The Cuckoo's Nest and Scapino are on stage this month



Scapino is a comedic play written by the French playwright Moliere and is considered one of his most famous works. The play was first performed in 1671 and has since been performed countless times, both in France and internationally. The play is a farce, meaning that it is a type of comedy that is characterized by exaggerated and absurd situations, witty dialogue, and physical humor.

The play is set in Italy and revolves around the character Scapino, a crafty and cunning servant who is constantly scheming to help his master's son, Gelasio, win the love of the beautiful Zerbinetta. Gelasio, however, is a lazy and unenthusiastic young man who is reluctant to pursue Zerbinetta, and so Scapino must use all of his wit and cunning to manipulate and deceive the other characters in order to ensure Gelasio's success.

One of the key elements of the play is the use of disguise and mistaken identity. Throughout the play, Scapino disguises himself as various

characters in order to carry out his schemes, and many of the other characters are often misled by his antics. This leads to a series of hilarious misunderstandings and miscommunications that drive the comedic action of the play.

Another important aspect of **Scapino** is its satirical commentary on the foibles of human behavior. Moliere was a master at exposing the absurdities of society and human nature, and this play is no exception. Through the character of Scapino, Moliere takes aim at the greed, selfishness, and foolishness of the upper classes, and through the character of Gelasio, he critiques the laziness and lack of initiative of the younger generation.

Despite its age, **Scapino** continues to be performed and enjoyed by audiences around the world. Its timeless themes and comedic situations remain as relevant and entertaining today as they were in the 17th century. **March 17-26 at the City Repertory Theater.**

One Flew Over the Cuckoo's Nest is a play written by Dale Wasserman, based on the 1962 novel by Ken Kesey. The play was first performed in 1963 and has since become one of the most enduring and powerful works of American theater.

The play takes place in a mental institution in Oregon in the 1950s and focuses on the character of Randle Patrick McMurphy, a boisterous and rebellious patient who challenges the oppressive authority of the head nurse, Mildred Ratched. McMurphy's arrival at the institution shakes up the status quo and sparks a power struggle between him and Ratched that ultimately leads to a tragic and profound exploration of the nature of power, freedom, and the human spirit.

One of the key themes of the play is the idea of individual freedom versus institutional control. Through the character of McMurphy, the play challenges the notion that mental institutions are necessary or beneficial to society, and instead argues that these institutions serve to undermine the individuality and autonomy of those who are deemed "mentally ill." The play suggests that these institutions are used to

control and suppress those who do not conform to societal norms, and that this is a violation of the fundamental human right to freedom.

Another important theme of the play is the nature of power and its relationship to freedom. The play explores the idea that those in positions of power are often abusive and oppressive, and that this can have devastating effects on those who are powerless. Through the relationship between McMurphy and Ratched, the play illustrates how power can be used to manipulate and control others, and how this can lead to the loss of freedom and individuality.

One Flew Over the Cuckoo's Nest is a play that explores the human condition in ways that are both profound and deeply moving. Its powerful themes, memorable characters, and intense dramatic moments make it a classic of the American theater, and its impact continues to be felt by audiences around the world. Whether you are a fan of the theater or simply interested in exploring the complexities of the human experience, this play is definitely worth checking out. **March 3-12 at Flagler Playhouse.**



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

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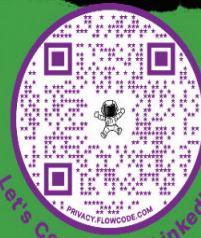
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Flagler Artists

“Selfish” painter creates beach landscapes, by James Moore

Growing up on a dairy farm in Delaware, one of seven children, Berdella “Birdie” Gibb’s family had the necessities, but only just. One special thing her parents got was a subscription to National Geographic. The family gathered around every month, “better than the Christmas catalogue,” she said. Wonderful images of landscapes, seascapes, and photographs of beautiful animals. What stood out to her were the birds.

As an adult, Birdie married a military man. His Air Force career took them all over. Moving so much might exhaust some, but Birdie found an opportunity. In 1978, her husband had enrolled her in a photography class at a local college. Years after that first issue of National Geographic, photographs still moved her. She took travel photos wherever she went.

From the early 1970s to the

early 1990s, Birdie was a critical care nurse. This provided her a career flexible to the constant moving. Her travels continued after she retired and founded her own business for clinical research. This, too, needed to be put on hold so she could care for her mother.

“I re-invented myself six years ago,”

Birdie said. Many instructional YouTube videos, Zoom calls, and conferences taught her how to develop a critical eye for photographs, analyzing what she liked and disliked in her work. She joined local photography clubs and has been an active member for several years. She provides the same starting tips and advice for newcomers that helped her flourish.

“Take pictures of what it is you love, and that love will show through,” was such ad-

vice she continues to hold today.

It is because of this philosophy that Birdie does not take commissions. Photography is her hobby, something she does for fun, to unwind, and to reboot. “I would not call myself a photographer,” she said. Only selling pieces to pay for her art, new lenses, or an updated computer program.

These pieces are often large ones, designed to take up a wall in your home. Relax and admire the subject like a Blue Heron and intricacies of its feathers and habitat or stun with the beauty of the beach at sunset.

She prefers photographing nature and birds, instead of people. This beauty is better found in a moment captured, rather than staged. Because of this passion, Birdie studies the birds she loves, such as the Great Egret, Blue Heron, Rosy Egg Spoonbill, and the Big White Pelican. Hours spent learning each bird’s habits and maneuvering around them, waiting for the subject

to wake up, take flight, or hunt to capture a perfect moment. “It takes a lot of patience and learning,” she said. “But when you enjoy watching the bird, that is not a hardship. I love those big, beautiful birds and their gorgeous feathers.”



Birdie does not take all her photos with bigger Nikon brand cameras like the D7 or D90. She also has her smartphone. Walking on the beach, she will ease towards the tiny sandpipers, chasing after the surf with their quick, tiny legs, and squat down to their level to capture that perfect moment and post to social media.

“What is important to me is preserving the environment,” she said. “For the birds and for our grandchildren. When you get out there in nature, and you see it, it is pristine, but houses crop in.

Their habitats are going to be gone. We need to preserve areas for them and be careful how we treat the Earth. It is special.”

And this is what Birdie has achieved at her most recent exhibit, “Birds and Beaches” at the Pineapple Gallery in Flagler Beach.



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Events, Meetings, Classes, etc.

Events

Palm Coast Farmer's Market
March 4, 11, 18, 25 @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
March 4, 1500 Central Avenue, Town Center. Produced by The Palm Coast Arts Foundation, this is a bazaar and

flea market featuring arts and crafts every first Saturday of the month.

Book Club
March 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.

Flagler County Orchid Society
March 23, 7 PM, Trinity Presbyterian Church, 156 Florida Pk Dr. Every meeting FCOS features orchid species and care. Anyone can grow orchids. Let us show you how at our next meeting. FB/flaglercountyorchidsociety.org

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

St. Patrick's Day Event

Flagler County Association of Realtors, 4101 E. Moody Blvd., Palm Coast, March 17, 11 AM-2 PM, St. Patrick's Day Event featuring brunch and Irish Coffee.

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 386-931-5976.

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.

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



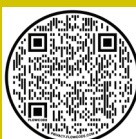
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Amelia Fulmer



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



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



**What a Fool Believes
Brothers Doobie**
Apr. 23, 2023 - 7:00 pm



Rocky and the Rollers
Apr. 15, 2023 - 7:00 pm

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Events, Meetings, Classes, etc. from page 40

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 or see the website for a complete list at www.sherrysartstudio.info.

Mon March 6, 11 AM, Sea Turtle Glassterpiece \$40.00

Fri March 10, 11 AM, Set of 4 Nautical Resin Pour Coasters, \$45.00

Sun March 12, 11 AM, 12x24 Octopus in Acrylics, \$75.00

Mon March 13, 11 AM, GREAT VALUE Blue Heron 3 ft Pallet Sign, \$75.00

Fri March 17, 11 AM, "The Pelican and The Pier" Canvas and Easel, \$45.00

Sat March 18, 11 AM, 3D Flying Pelican, \$85.00

Sun March 19, 11 AM, Wilson the Sea Turtle on a 24" Pallet Sign, \$65.00

Mon March 20, 11 AM, FIRST DAY OF SPRING "In My Easter Bonnet" Flamingo Pallet Sign

Mon April 3, 11 AM, 11x14 Sea Turtle Stain Glass, \$45.00

Tue March 28, 11 AM, KERRY'S PARTY, Stemless Ocean Resin Pour Wine Glasses Set of 2, \$45.00

Fri April 7, 11 AM, "Bubbling Heart" Sea Turtles, \$65.00

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 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,

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Blues-rock superstar Joe Bonamassa is one of the most celebrated performing musicians today. A three-time Grammy-nominee, Bonamassa earned his 25th No. 1 on the Billboard Blues Album Chart, with his latest studio album *Time Clocks*. He'll be appearing at *The Amp* in St. Augustine on March 11.

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 im-

prove 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:

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Events, Meetings, Classes, etc. from page 43



*Three-time Grammy Award nominees, The Avett Brothers made mainstream waves with their 2009 major label debut, **I And Love And You**, which landed at #16 on the Billboard Top 200 & garnered critical acclaim. In 2012, **The Carpenter** hit #4 on the Billboard Top 200, followed by **Magpie And The Dandelion** in 2013, which debuted at #5 on Billboard's Top 200. They'll be at **The Amp in St. Augustine** on March 17-18.*

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 Dan-

cing 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

Adult Over 35 Basketball League Fridays, Mar. 10-May 19, 7-10 PM, Indian Trails Middle School. Over 35 and looking to play some ball on Fridays? Register as a team for this 5-a-side style play. Two FHSAA certified officials per game. Fee: \$450/team. Register: parksandrec.fun/athletics
Horticulture Workshop Series 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. Mar. 24 - Pollinators: In

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this workshop, you will learn about two major groups of pollinators and the resources that they need to thrive. Learn how you can support these pollinators in your garden.

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 6-10
- Sat, 4th** — Ian Opalinski 7-10
- Fri, 10th** — Mike Hynes 6-10
- Sat, 11th** — Beat Year Ever Band
- Fri, 17th** — Annual St. Patrick's Day Block Party at the European Village. Food and Drink Specials and a DJ 4-???
- Sat, 18th** — Mike Hynes and FiddlersNRock 6:30-10
- Fri, 24th** — Clayton Sturgeon 7-10
- Sat, 25th** — Bine Daddy 7-10
- Fri, 31st** — Kevin Quinn 7-10

Concerts

- St. Augustine Amphitheater, 1340C, A1A S., St. Augustine, 904-209-3746.**
- Mar 11** — Joe Bonamassa
- Mar 17-18** — The Avett Brothers
- Mar 24-26** — Widespread Panic
- Apr 14-15** — JJ Grey's Blackwater Sol Revue
- Apr 18** — Styx with Don Felder
- Apr 19** — Wilco
- Apr 20-22** — Billy Strings
- Apr 23** — Planet Band Camp featuring Falling in Reverse
- Apr 25** — Billy Idol
- Apr 28** — Natalie Merchant

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Events, Meetings, Classes, etc. from page 44

Meeting

March 1, 8, 15, 22 @ 8 AM, Coldwell Banker office, St. Joe's Village. Weekly networking meeting of local business owners. Call Brad at 386-283-0955 for info.

Palm Coast Business Professionals Network Meeting
March 2, 9, 16, 23 @ 7:30 AM, Coldwell Banker office, St. Joe's Village. Weekly networking meeting of local business owners. Call Brad at 386-283-0955 for info.

Professional Women Of Flagler County
March 3, 8:30-10 AM, Market Street, 2 Corporate Dr. Networking breakfast. Call Nina at 845-531-1673 for more information.

Boss Ladies Of Flagler County
March 21, 5-7 PM, Bartlett's Landing, 5368 N. Oceanshore Blvd. Networking event. See their Facebook page for more information.

Leads Into The Future
March 7, 14, 21, 28, @ 9 AM, Carrabba's Italian Grill, 160 Cypress Park Dr., Weekly networking meeting of local business owners.

Does your group, organization or association have any kind of event coming up? If you'd like us to publicize it in this section then please send the relevant information to palmcoastmagazine@gmail.com. The deadline for inclusion in any issue is the 15th of the month preceding.

Just So You Know...

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

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