

# Palm Coast

ISSUE #21

APRIL 2023

## 2023 Garden Club Spring Festival Preview

Produced By The Garden Club At Palm Coast

HEALTH • 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.

IN THE WEEDS YARD MAINTENANCE, LLC

[intheweedsyardmaintenance@gmail.com](mailto:intheweedsyardmaintenance@gmail.com) • [www.intheweedsyardmaintenance.com](http://www.intheweedsyardmaintenance.com)

Licensed & Insured #SPEC-001857

# 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](http://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 #21, April 2023

## Palm Coast

### Editor/Publisher

Tom Aikins

### Associate Publisher

April Harris

### Associate Editor

Chris Gollon

### Art Director

Lili Pappas

### Contributors

Rachel Dolezal

James Moore

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 PC  
Publishing Corp., 2023

Palm Coast News.....	6
Local Happenings.....	10
Palm Coast People.....	12
Area Charities.....	14
Palm Coast History.....	16
Health & Wellness.....	18
Flora & Fauna.....	20
Cover Feature.....	22
Selection of the Month....	28
Gardening Tips.....	30
Restaurants.....	32
Live Music.....	34
Theater In Town.....	36
Flagler Artists.....	38
Events, Meetings, Etc.....	40

Welcome to the second Garden Club issue we've published. Last year's issue featured a preview of the festival that was held on April 9, 2022 and this year we've done the same, previewing the festival which will be held on April 8 at Flagler Palm Coast High School. By the way, we're assuming that everyone has heard of AI, artificial intelligence, since it's been in the news so much lately. The cover of this issue, and those of the February and March issues, were created using AI, Dall-E to be exact. And check out the illustration on our Health and Wellness — also made with AI. It's kind of like having a new toy to play with. So while I'm using AI, and designing covers for our new monthly business magazine, Flagler Business Review too, I'm also looking at ways to use AI for other activities related to business. Now if only someone could figure out to use AI to make up for shortcomings in actual intelligence, we'd really see some changes in our world. Til next time...

## Make Your Pool or Spa Squeaky Clean.

If you want your pool or spa water  
as clean as the water in this photo  
then call us today.



Kraken's Oasis Pool & Spa Cleaning • 386-283-2440

# 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**



LPT Realty, LLC is a licensed Real Estate Brokerage. 1400 S. International Parkway, Ste. 1020 Lake Mary, Florida 32746. Not intended as a solicitation if your property is already listed by another broker.

# News Of The Palm Coast World



## Lt. General Mark Hertling to Speak at University Women of Flagler Event

Retired U.S. Army Lieutenant General Mark Hertling has agreed to speak at an event held by the University Women of Flagler this month, using his career experience to teach tried-and-true leadership values. Hertling will be speaking on April 15th at 9:30am, at the Hilton Garden Inn in Palm Coast.

Hertling's extraordinary career began the same way as the University Women to whom he'll be speaking - by earning his degree. He holds a Master of Science in Kinesiology from Indiana University, a Master of Military Arts and Sciences from Command and General

Staff College in Fort Leavenworth, Kansas, and a Master of National Security and Strategic Studies from the National War College in Washington D.C. Furthermore, in 2019 Hertling received a Doctorate in Business Administration from the Crummer School of Business at Rollins College.

In the armed services, Hertling's journey began as a second lieutenant serving in Europe in the 3rd Infantry Division. This would be his post from 1975 to 1977, before later serving again in Europe in 1988, now a major. He was wounded in battle in the Gulf War, serving with the 1st Caval-

ry Regiment in Operation Desert Storm.

In the 21st century, Hertling served in Germany and Iraq during the Bush administration. He would go on to become Commander of the 1st Armored Division from 2007 to 2009 in both countries. It was in this era of his career that he earned the rank of commanding general, then later major general and brigadier general. He now proudly holds the status of retired three-star Army general.

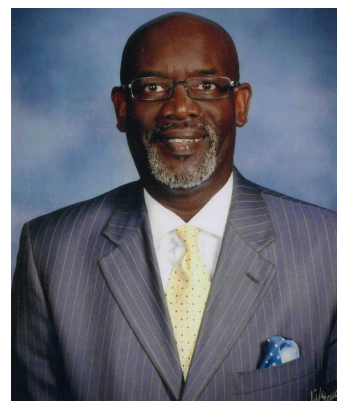
Hertling finally retired from the armed forces in 2013, 38 years after going in. In 2014 he joined CNN as a national security and military analyst, offering his hard-earned expertise to contextualize complex foreign affairs for everyday Americans. The year of his military retirement, Hertling was appointed to the President's Council on Fitness, Sports, and Nutrition by President Barack Obama, a post he'd hold until 2017.



Those attending Hertling's speaking slot on the 15th can expect him to share his philosophies regarding leadership, direction, and courage. He'll also offer his perspective as a recently integrated Flagler County local, having moved to Flagler Beach not long ago.

Those who wish to attend can do so by visiting [www.uw-flagler.org](http://www.uw-flagler.org). Doors open at 9:15 AM and the meeting begins at 9:30 AM. Breakfast will be provided to attendees. Registration is \$17 by check or \$18 by credit card. Hertling will begin his speech at approximately 10:00 AM. — *Chris Gollon*

## United Methodist Church to Build \$7M Campus



Dr. Kevin M. James, Sr., Senior Pastor at Palm Coast United Methodist Church, recently announced that the church will be moving from their current location at 5200 Belle Terre Pkwy in Palm Coast to their

brand new campus at 6500 Belle Terre Pkwy this September.

"This is the first major investment by a Palm Coast church in over a decade," said Pastor James. "From our research, the last new church built in our community was Christ the King on US 1 in 2009," Pastor James added. The church bought 22 acres for a new church campus at the Mantanzas Woods site in 1999 to build a new church as the city's northern growth continued. The new 25,500 square foot campus will be located at the southeast corner of Matanzas Woods Parkway and Belle Terre Parkway.



## Remembering Heroes Pig Roast Coming On April 29

The second annual Remembering Heroes Pig Roast is happening this year on April 29 at the 2K Ranch in Bunnell from noon to 5 PM.

In addition to the roast pig meal there will be plenty of other attractions including games, vendors, raffles and a 50/50 drawing. The donation for the meal is \$25 and children under six get in free.

Remembering Vets is a non-profit organization dedicated to helping military veterans in a variety of ways. Any donations to the organization can be made at the event or by calling Cathy Heigher, the founder of the organization and a Palm Coast City Council member, at 386-931-8323. You can visit their website at [www.rememberingvets.com](http://www.rememberingvets.com).

## 2nd Annual CannaFest Happening on April 14

The 2nd Annual Flagler County CannaFest is bigger and better than ever according to the promotional materials for the festival. With tons of legal, prescription-free items

cannabis consumption and general knowledge of cannabis.

There will be a number of educational workshops, samples of products for people over 21 and a vendor marketplace.



available locally, the festival organizers decided that education had earned its place at the event this year.

To that end, the day will be full of events that feature education about various aspects of

This is an indoor event and will be held at the Hammock Community Center located at 79 Malacompra Road off A1A in Palm Coast. For vending opportunities, please text Amber at 904-878-3893.

# We're the Good Guys.

So I took my Mercedes to All About Price to get the body fixed after an accident. They did a great job and it didn't take long. And, of course, the price was right. In 40 years of publishing magazines I've never done a testimonial for any advertiser but I had to give these guys a shoutout.

— Tom Aikins, Publisher, Palm Coast and Flagler Business Review

Scan here to go to our website.



Call 386-263-2723 for great service.

1025 N. State Street, Bunnell • [www.allaboutpricefl.com](http://www.allaboutpricefl.com)



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

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

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





## 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/Index/VA's
- IRA's - Roth/Traditional Rollovers/401(k) 403 (b) SEPs
- Investing for income Corporate/municipal bonds
- Retirement planning
- Estate planning
- Policy reviews - All Insurances
- 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
- Life Insurance - term/Whole Universal

**John D. McGriskin, President**

**Investments • Insurance • Precious Metals**

386-793-3982 • Fax: 386-446-1212 • [lpfs@johnmcgriskin.com](mailto: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 City Council member Ed Danko.*

## All Palm Coast Surveys Must Go Through City Council After Danko Objects to Gender Question

Ed Danko, District 1 representative on the Palm Coast City Council, successfully lobbied on Tuesday for a new policy which would create greater scrutiny on survey questions released by the city and county governments. His objection came in response to a question about gender identity on a parks and recreation survey, which he described as “woke indoctrination.”

Danko promised on his Facebook ahead of Tuesday’s City Council business meeting that he’d be making an effort to prevent further questions like the one in question. The vast majority of the survey asked residents for feedback about the city’s network of parks and amenities, as well as their prior-

ities for future additions. A few questions toward the end gathered demographic information about participants. Along with gender, the survey gave optional questions about age, marital status, voter registration, pet ownership, home ownership, disability status, race, and gross income. The first question in this portion of the survey asks residents their gender identity.

As with the rest of the questions on the survey, participants have the option of whether or not to provide a response. Still, Danko was incensed that it had been offered at all. “This is nothing more than woke indoctrination to me, and it needs to stop,” Danko said. “I will never embrace this insane liberal wokeness. — Chris Gollon

## Flagler Chamber Small Biz Expo

Due to expected thunderstorms and strong winds on Saturday, March 18, 2023, the Palm Coast-Flagler Regional Chamber of Commerce made the decision to postpone the 2nd Annual Small Biz Expo until Saturday, April 29, 2023. The Small Biz Expo will be hosted at the same venue, Palm Coast Central Park, located at 975 Central Avenue, Palm Coast, FL 32164, from 10 a.m. – 2 p.m. “The purpose of the grant-funded Small Biz Expo is to connect

residents with local small businesses. The expected weather on Saturday is beyond what we could reasonably expect either small businesses or the public to endure.” said Greg Blosé, President & CEO of the Palm Coast-Flagler Regional Chamber of Commerce. “Windy conditions could also create hazards for attendees and exhibitors alike. Postponing the Small Biz Expo is the best decision for all involved.”



# FCSO Honor Guard At Opening Day of Legislature

Sheriff Rick Staly and the Flagler County Sheriff's Office Honor Guard attended the Opening Day of the 2023 Florida Legislature today in Tallahassee. Both were invited by Speaker of the House Paul Renner, who resides in Palm Coast and has been a major supporter of law enforcement and our community.

As part of the official opening of the 2023 Legislature, the FCSO Honor Guard presented our state and nation's colors to members of the House of Representatives prior to the joint

session with members of the House, Senate, and Governor Ron Desantis.

Sheriff Rick Staly was honored as Law Enforcement Officer of the Day, commending his lifelong commitment to service to the citizens of the State of Florida, specifically in Orange and Flagler Counties, which includes receiving the Governor's Medal of Heroism after being shot three times early in his career while saving the life of a Deputy Sheriff and reducing crime in Flagler County by 54% since he was elected Sheriff in 2016.



## 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

### Kraken's Oasis

Pool, spa cleaning — 4

### Dana Davis Realty

Real estate sales — 5

### All About Price

Car repairs, body shop — 7

### Legacy Financial

Investments — 8

### RevIV

Botox, collagen — 11

### Sacred Moon Tattoo

Tattoo shop — 12

### Wayne's Solar

Electricity generation — 13

### CJ's Canine Obedience

Dog training — 14

### Taibl Law

Personal injury attorneys — 14

### Off The Hook Mobile Oil Change

Mobile oil changes — 15

### Killian's

Gutters, screens — 15, 29

### Success Mortgage Partners

Mortgages — 17

### LCI Taxes

Tax preparation, CPA — 17

### Quest Construction

Roofing, contracting — 19

### Relief Leaf

CBD products — 19

### Kara King Aesthetics

Facials, treatments — 19

### Atlantic Benefit Consultants

Health insurance — 21

### Florida Skin Cancer Institute

Cancer therapy — 23

### Leone Screening

Screen repairs — 27

### Premier Chiropractic

Chiropractic, physical therapy — 27

### EFS Foods

Meat, food products — 31

### My Fifth Element

Indian restaurant — 32

### Massage By Natalie

Massage — 33

### Burger Bros

Burgers, sandwiches — 33

### Marina's Mobile Mixology

Bartending services — 39

### Southern Girl Consignment

Upscale consignment — 39

### Alarmpro

Alarm systems — 40

### Cut Up And Sew

Sewing machines, supplies — 40

### Flagler Auditorium

Entertainment venue — 41

### Pedego

Electric bikes — 42

### Open Mortgage/John Reardon

Reverse mortgages — 42

### Kelly Lay Cleaning

House cleaning — 42

### JP's Italian American Bistro

Sandwiches, Italian food — 43

### Lohman Funeral Homes

Funeral services — 43

### Cannafest 2023

Cannabis event — 44

### Preferred Bookkeeping

Taxes, bookkeeping — 45

### 101 Mobility

Handicapped services — 46

### Eagel Pest Solutions

Pest control — 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

Bartending services — 39

Bookkeeping, taxes — 45

Burger restaurant — 33

Car repairs, body shop — 7

CBD products — 19

Chiropractor — 27

Curbing, lawn care — 2

Dog training — 14

Electric bikes — 42

Facials, skin care — 19

Gutters, screens — 15, 29

Grout cleaning — 4

Health insurance — 21

Home decorations — 43

House cleaning — 42

Indian Restaurant — 32

Italian food, sandwiches — 43

Insurance — 48

Lawyers, personal injury — 14

Live entertainment — 41

Massage — 33

Meat, food products — 31

Mobile oil changes — 15

Mortgages — 17

Pest control — 46

Real estate sales — 5

Reverse mortgages — 42

Roofing, contracting — 19

Screen repairs — 27

Sewing machines, supplies — 40

Skin cancer therapy — 23

Solar power systems — 13

Tattoos — 12

Tax preparation — 17

# Local Happenings



The Professional Women of Flagler County held their monthly meeting on March 3 at Market Street in Palm Coast. Dr. Maria Dowling made a presentation on the Empowerment of women in business. For more information see their Facebook page.



The Grand Reserve Ladies 18 Hole Golf Association recently held a Charity Cancer Tournament to benefit the "Pink Army" at Advent Health Hospital, Flagler. Receiving the check for \$1350 was John Subers, Foundation Director and officers of the GRLGA group.



The Hispanic Business Alliance held a lunch party on March 15 at the Latino Market in St. Joe's Plaza. Kim Niskey, Dr. Maria Dowling, Greg Blose and Ramon Marrero are pictured above. For more information see the Palm Coast Flagler Chamber Facebook page.



The Flagler County Marine Corps League Detachment 876 recently celebrated its 29th anniversary at The Net by George restaurant in Flagler Beach. For information on the Detachment call 646-752-0447.



Three exceptional students who attend Flagler County Schools were recognized recently by the Flagler County Sheriff's Office (FCSO) as a "Great Kid." Sheriff Rick Staly met with the students on Wednesday, March 15, 2023, and presented them with their awards.



Artists Carmine Giglio, Audrey Rosen and Joel Rosen at the opening of the Maisons Des Artistes exhibit, A fundraiser for the community organization, it was held at the Pineapple Gallery in Flagler Beach on March 18, 2023.



The Boss Ladies Community International — Flagler County held their March meeting at Bartlett's Gatherings and raised over \$1000 for the Charity Vincent's Clubhouse. For more information about the group see their Facebook page.



Over the weekend of March 17-19, the Flagler County Sheriff's Explorers attended the Florida Sheriff's Explorers Association Spring State Delegates. Over the three-day event, Explorers competed against Explorers Posts from other counties.



On Sunday, April 2, 2023, Catherine "Cat" Evans, Broker & Owner of Palm Coast And The Beaches Real Estate, and her team will celebrate their 10-year anniversary. She attributes the success to creating early relationships within her community.

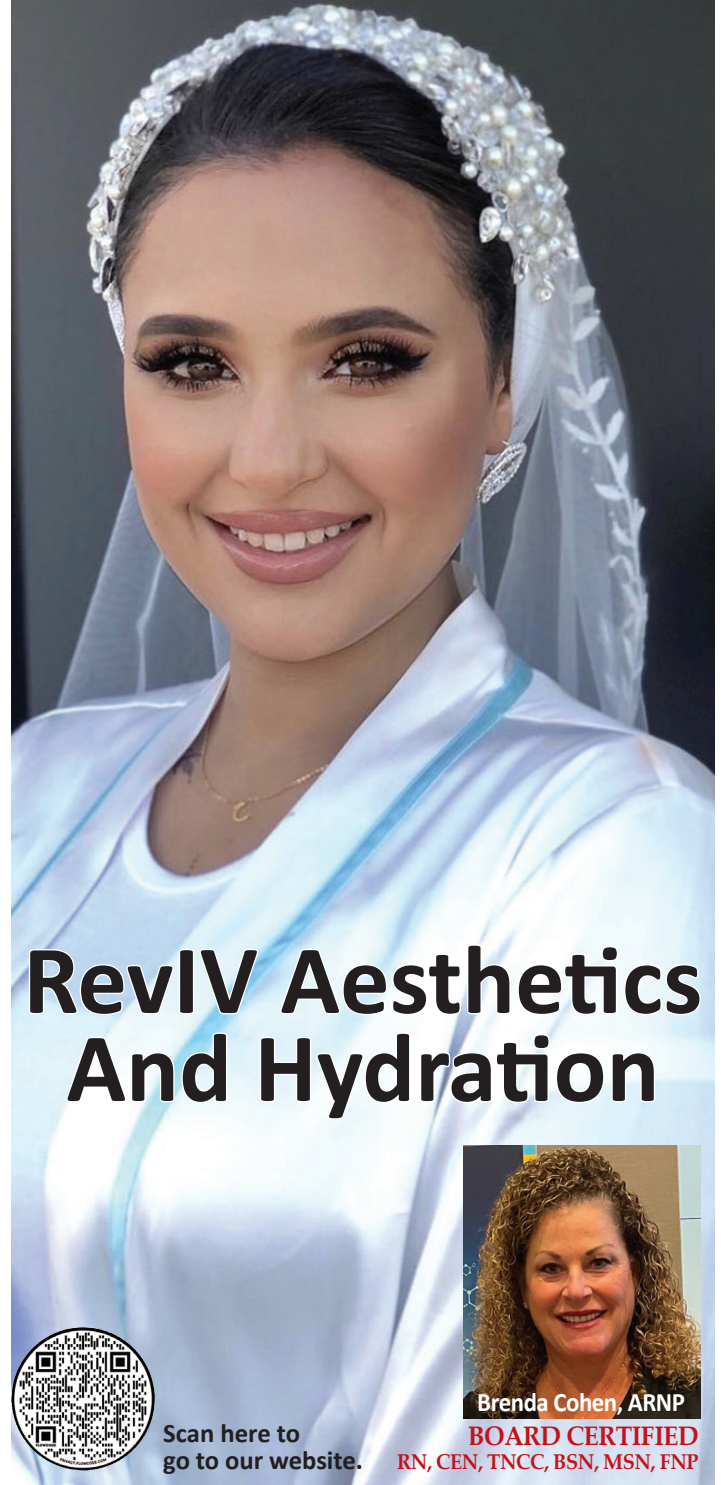


Chez Jacqueline Boutique in Palm Coast hosted a charity fashion show on March 10 to benefit women and children in Flagler County via the Women United Flagler group. The sold-out event raised \$1,260 for Women United Flagler. Five women from Women United Flagler each modeled four "looks" put together by Shara Rivera who announced the models as they walked the runway. "Women United Flagler is grateful to Chez Jacqueline for their ongoing support of our community and the non-profit organization in Flagler County," said Women United Flagler President Linda Mahran. Beyond the Power of the Purse, Women United Flagler is best known for their food-raising project Chicks with Cans. Members volunteer outside Publix, collecting monetary donations for Feed Flagler in the spring and fall. All donations received stay in Flagler County to help those that are food insecure. Since 2012, Chicks with Cans has collected monetary donations totaling \$75,781.



Members and guests of the Flagler Tiger Bay Club listened intently during the February meeting and luncheon as Truist Senior Vice President Jeff Terrell shared the company's analysis of the global economy mirroring points made by Federal Reserve Vice Chair Lael Brainard in a speech at the University of Chicago Booth School of Business in January 2023. From left, Intracoastal Bank VP Maria Scarol, Truist Market President Voluisa/Flagler Robert Ludlow, Truist Premium Banker Michael DeSantis and Intracoastal Bank Assistant Vice President Laura Salazar.

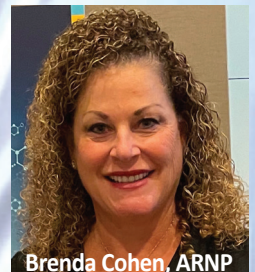
## Get Your Wedding Party Skin Picture Perfect.



# RevIV Aesthetics And Hydration



Scan here to go to our website.



**Brenda Cohen, ARNP**  
**BOARD CERTIFIED**  
 RN, CEN, TNCC, BSN, MSN, FNP

**Salt Facial \$275 • Botox \$10.00/unit**  
**Lip Filler \$550**



140 S. Atlantic Ave • Suite 203 • Ormond Beach, 32176  
 386-248-5713 • [revivaestheticsandhydration.com](http://revivaestheticsandhydration.com)

# Palm Coast People

*Helping people motivated the city's fire chief, by James Moore*

Seventeen years in a career is a long time, but listening to Fire Chief Kyle Berryhill, it might have been the blink of an eye. Growing up in Lake Mary, Chief Berryhill moved to Palm Coast in 2005. In this new town, he met both his wife and his calling.

When asked, of all the professions available, why firefighting? Chief Berryhill points to his sports background, and with a grin says joining the fire department "sounded like fun." It offered him an active lifestyle, and he felt drawn to the team dynamic. There was a deeper reasoning as well. Chief Berryhill admits he liked the idea of helping people. The opportunity to do something impactful, with the tremendous camaraderie of like-minded

men and women, was too loud to ignore.

After climbing the ranks of the Palm Coast Fire Department, he attended the National Fire Academy in Maryland to learn how to be a fire chief. It is a different angle to the familiar mindset, nearly two decades in the making.

Firefighters are response forward minded people, the chief says. His responsibility is to make sure the path is clear for his fighters. "They do the job. I make sure they have the training, equipment, and protection they need to do it."

This does not come without its share of obstacles, however. The same supply chain issues



that have hit most of America have affected the department as well. Challenge presented and challenge accepted.

The chief adjusts and plans more strategically to accommodate these problems.

The common theme Chief Berryhill is planning. With this new perspective comes more

emphasis on preparing for short- and long-term goals. As a newer firefighter, he remembers his perspective being simply, "We need this." His perspective has changed to "How do we get this?"

Beyond the supply chain disruption, the next challenge is Palm Coast's expansion. The community is growing. More housing developments and stores are rising where woods used to be. It does not deter Chief Berryhill, who stated "All communities change. Use that growth and change to fuel internal growth and develop the fighters and leadership to make the job better."

Driving down the road, the average person might see the new neighborhoods being built as sleepy Palm Coast developing

## ~PRIVATE STUDIO~ By Appointment Only

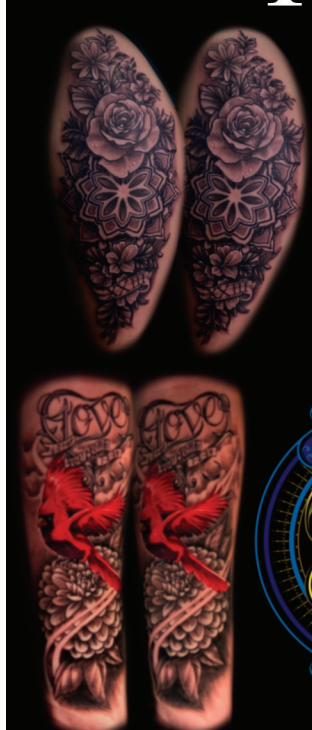
Sacred Moon is a comfortable, relaxed environment where you can truly be one on one with the artist with no interruptions. Here at Sacred Moon Tattoo we focus on quality rather than quantity. We care about the clients experience and the final product, ensuring that you will get exactly what you want.

28 yrs. experience



Sacred Moon also offers Integrated Energy Therapy ®  
And angelic infused crystal sales. Visit website to inquire.

[www.sacredmoontattoo.com](http://www.sacredmoontattoo.com)  
Call us at 386-585-4104





Chief Berryhill on the occasion of Battalion Chief Thomas Ascone's anniversary of 25 years of service to Palm Coast Fire Department.

into a bigger town. Chief Berryhill sees growth for the fire department and its methodology.

With the new houses, the chief will have his department run drills to test response times to various parts of Palm Coast, mapping the best routes at different times of the day. These factors, with direction from city council, help determine when there's need for more stations,

fighters, and trucks.

Chief Berryhill's mind is always on how best to serve the people of Palm Coast. He holds true to the values he learned since moving here in 2005: "Family, integrity, and loyalty."

"I'm blessed to work with some of the best people I've ever met. The people who respond, it is important to them to do their best — every time."

# Brighten Your Outlook.

Scan to go to our website.

Call Betty's Pro Window Cleaning today at:  
**386-447-7237.**

We are a locally-owned, family company and we also do pressure washing, painting, stucco, drywall and more.  
**Licensed • Insured**

# Not Ready To Buy Yet?



Thinking about buying a home but not sure where to start? Whether you are looking today, tomorrow or months from now, let Valerie's almost 40 years of experience help you achieve your goal of homeownership. Call today for a **FREE** consultation to get you set up for successful homeownership.



Success Mortgage Partners, Inc. supports Equal Housing Opportunity. NMLS ID# 130562. This is informational only and is not an offer of credit or commitment to lend. Contact Success Mortgage Partners, Inc. to learn more about your eligibility for its mortgage products.



Scan here to go to our website.

Call me at **386-405-2563.**  
Georgia Residential Mortgage Licensee #36474



Senior Loan Originator, NMLS: #221831 • Licensed in: FL, GA acting on behalf of Success Mortgage Partners

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

Never stop serving. Those are words to live by for the Flagler County Chapter of Military Officers Association of America, Chapter 41. It's their motto, and they strive to uphold military values and serve the community as if they still wore the uniform today.

"We are loyal, and we have honor about what we did and who we are," said Peggy Hengeveld, Flagler MOAA Chapter president, a retired colonel who served as an army nurse.

The Flagler County MOAA Chapter is an organization of current, former and retired military leaders dedicated to promoting military values, traditions, issues and leadership in the community and the nation. Chapter 41 was formed 1986 and has nearly 100 members.

Locally, the group is seeking

new members. All current or former military officers and/or warrant officers are welcome, along with spouses and surviving spouses.

Each month, the chapter meets for a meal and hosts guest speakers. The speakers vary between military personnel and local government officials.

Keeping true to their motto, the chapter serves the Palm Coast community through service projects and charitable contributions.

Each May, they award a scholarship to one graduating senior from each of the two Palm Coast high schools. Recipients are selected based on academic achievement.

"We are a smaller organization, but we want to give as much as we can within our budgetary restraints," said Peggy.

# Having A Bad Day?



**TAIBL LAW**  
AUTO ACCIDENTS

Call us first.  
**904-479-5905**



The chapter also awards a MOAA medal each year to one cadet in the Junior Reserve Officers' Training Corps program at the each of Palm Coast high schools.

Through their "Veterans in the Classroom" project, the chapter educates local students about the military and what it means to be a veteran. A veteran himself, Cecil Hengeveld, travels to local classrooms to speak with students. Cecil was a helicopter pilot during the Viet Nam war.

"Today, I'm pleasantly surprised by how much support we have by the young kids and teachers," said Cecil.

On Memorial Day, the chapter honors families of fallen soldiers.

"Without the families who supported the military all those years, we could not go on and do what we do as the military," Peggy said.

This Memorial Day, Peggy will speak at the Flagler County Memorial Day Ceremony at the Government Services Building in Bunnell.

"As a female and a veteran, I am very honored to do that," Peggy said. "We need to get the message out that the military has great offerings for both genders."

"It's just a great organization. I just hope we continue on. There are 42 chapters here in Florida.

"We are so proud to be part of the Flagler chapter," said Peggy. — Rachel Dolezal

**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](http://www.offthehookoilchange.com)

# 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](http://www.killiansseamlessgutters.com)



SCAN HERE TO GO

TO OUR WEBSITE.



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

# The Historical Society's History

In the last twenty-three years the Palm Coast Historical Society has been a steady and reliable resource of information for history seekers. We have special teams that sort through documents, newspapers, and data to organize the history for easy retrieval. Just like a library we use a catalog program to manage our history collection. We use social media, email, and our webpage to share upcoming events as well as history articles, invitations, and information. Over the past twenty years Art Dycke, city historian, has written, presented, interviewed, and created a video that describes our early history. All of this is available in our museum, and you'll find the historians on our webpage.

Sometimes the work is obvious. Our Speaker Series will often have over 140 people attending the Saturday hour-long talk by a professional historian. You can view the list of speakers at <https://palmcoasthistory.org/lecture-series/>. They are excellent. But the hard work goes on behind the scenes and faithful volunteers will give their time each week to organize and catalog our history. Sometimes a volunteer will work for two hours a month as a docent. We wish more of our community knew how much fun and helpful we are when we work together.

Why history? Because it repeats itself. If we aren't aware of our past digressions and successes, how can we make a



others) into it or pave it over for a parking lot? We hope the current city council will make a commitment to and take the responsibility for saving the last historic building in the city. By doing so they support our

history, tourism, and future. Buildings have potential. Parking lots grow weeds.

The Palm Coast Historical Society wants to initiate a vibrant history community. Let's do it together



<https://palmcoasthistory.org/historiansnewsletters/>. If you click on Winter 2009/2010 you can read about our history and how we became a city.

But it hasn't been easy. We've also moved seven times, have consistently ask for volunteers, written grants and have wondered why our large population doesn't know we exist! What we have learned over the years is that people do love history, they do appreciate the significant perseverance and hard work of many volunteers, and they will join us when they learn about us.

better decision for the future? For example, in the April-June 2005 Art Dycke published an article called, "The City of Palm Coast is Losing Its History." This is also online at <https://palmcoasthistory.org/historiansnewsletters/>. As you may know there is talk about the Society moving into the only original building left in our city, the #22 Firehouse. Fortunately, a new firehouse is being built that will better serve our fire department and community. However, do we want to keep this last piece of history and move the history society (and



*A Speaker Series presentation at the Palm Coast Community Center.*



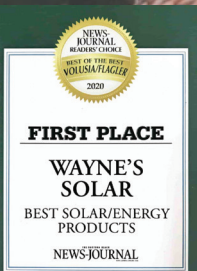
# Solar Power Your Life.

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



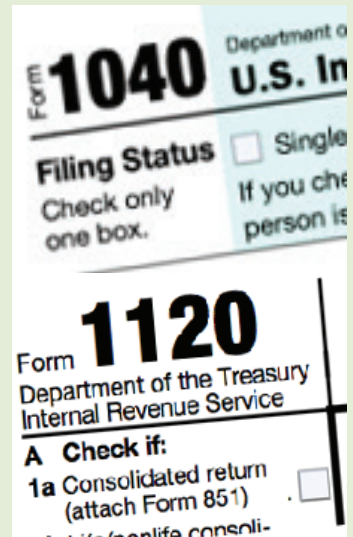
Call 386-673-9720 today for complete information.



# 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](http://www.lcitaxes.com)

# Health & Wellness

## *The Psychedelic Renaissance, by Amber Embers*

According to a national study conducted by Dr. John Astin, more people are turning towards alternative medicine now than ever before, not only for acute injuries and ailments, but for chronic conditions as well. "Along with being more educated and reporting poorer health status, the majority of alternative medicine users appear to be doing so not so much as a result of being dissatisfied with conventional medicine but largely because they find these health care alternatives to be more congruent with their own values, beliefs, and philosophical orientations toward health and life." Although often effective, many homeopathic remedies are not FDA approved; in fact, some are considered controlled substances (such as medical marijuana).

A small number of alternative practices are permitted by the FDA, including treatments that involve compounds that are classified as being "psychedelic." Although certain psychedelics are FDA approved (and in certain states, recreationally legal), strict guidelines must be followed.

When most people hear the word "psychedelic," two substances often come to mind: Magic Mushrooms and LSD. Made popular in the 1960's, psychedelics helped drive a generation of music, style, and culture by allowing the user to "expand their mind" - but how? Psychedelics elicit changes in

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

perception, mood and cognitive processes. Although mushrooms and LSD both affect the brain's chemistry, their active compounds are quite different, and thus offer different experiences and long-term effects.

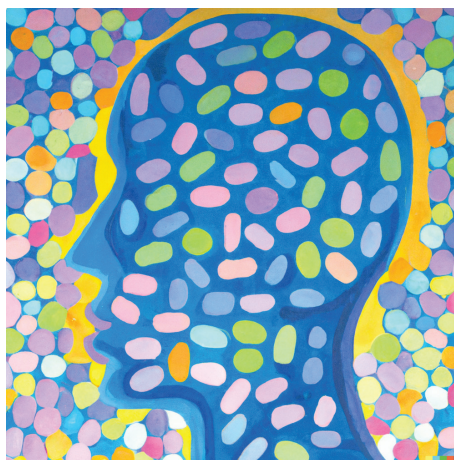
Not to be confused with nutraceutical mushrooms (such as Lion's Mane), psychedelic mushrooms contain a substance called psilocybin. Several studies led by Johns Hopkins University have demonstrated the positive effects of psilocybin on major depressive disorder, especially when paired with supportive psychotherapy. Psilocybin has also been administered for alcohol use disorder, addictions, anxiety, depression, migraines, PTSD, and many other conditions.

First thought to only provide short-term benefits, a recent follow-up study conducted in 2022 by Johns Hopkins University found measurable therapeutic effects up to one year following treatment. Although this type of psychedelic mushroom is often used in shamanic rituals and practices in the United States, it is still considered a Schedule I controlled substance and illegal under federal law. Alternatively (and unknown to most) there are legal psychedelic mushrooms called Amanita muscaria, which contain the psychoactive compounds muscimol & ibotenic acid, but these mushrooms are highly dangerous and can be fatal if used improperly.

Another psychedelic compound - LSD (Lysergic Acid Diethylamide) has been shown in clinical trials to help the brain grow cells and form new connections in regions that typ-

ically exhibit cell death from mental health disorders. Mind Medicine (MindMed Inc.), a clinical-stage biopharmaceutical company that develops psychedelic-inspired therapies for the treatment of brain-based disorders, was permitted by the FDA to move forward with clinical trials of LSD for general anxiety disorder (GAD).

Anxiety, in the simplest of forms, is the body's reaction to a perceived threat. By forming new connections for informa-



tion to travel within the brain, it is believed that previous events (or triggers) that may have elicited a negative response in the past are allowed to be relearned and interpreted appropriately. Patients are able to form new associations and remain in a calm state of mind.

Despite its reputation as a party drug, methylenedioxymethamphetamine (MDMA) is now being studied to treat PTSD by the FDA. Also known as Molly or Ecstasy, MDMA induces a massive release of the neurotransmitter serotonin, a signaling molecule that regulates mood. Once released, serotonin acts on the receptors of nearby neurons to improve one's emotional state by allowing serotonin to sit in the synapses between neurons. This

signals the chemical's release for longer than usual, causing an often jovial demeanor.

Another psychedelic compound has proven itself in clinical trials and has become the first FDA approved psychedelic and that is Ketamine. In 2019, the FDA approved production of esketamine — a nasal spray containing ketamine — after 70 percent of patients with treatment-resistant depression improved, compared to just over half in the group that did not receive the medication during a study conducted by Yale University. Psychiatrists often prescribe this medication in conjunction with an oral antidepressant.

Ketamine is also available as an IV infusion in licensed offices around the country. Similar to LSD, ketamine fosters new pathways to grow between the brain's cells (neurons) by increasing glutamate production. This makes the brain more adaptable and able to create new connections, giving patients the opportunity to develop more positive thoughts and behaviors associated with each event. Traditional antidepressants do not stimulate regrowth of neural pathways; this phenomenon has driven interest in neuromedical research exponentially and shows hope for potential applications against other brain illnesses, such as dementia.

Several studies on psychedelic compounds are currently being conducted around the country. As research is obtained and confirmed, new medications will likely be approved by the FDA.

Unlike products currently available, these boast the ability to repair damaged areas responsible for brain-based disorders.

# Let The Expert Help You.



With years of medical experience behind her, Kara King has the background and knowledge to help you make your skin look and feel as great as possible. She offers a wide array of aesthetic services, as well as pharmaceutical grade products. She is 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**  
108 FLAGLER PLAZA DR.  
WINN-DIXIE PLAZA  
PALM COAST  
386-559-0820



Scan here to go to our website.

# 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**

# Trust is just one of the things we build well.



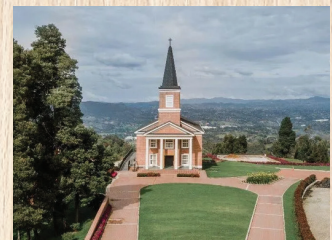
**We're also pretty good at new construction, renovations and our core business, roofing.**

**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](http://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*



# Flora and Fauna

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

1



2



3



4



5



1. Adult Brown Pelican completely ignoring the rocket launch going on behind its back.

2. Great Blue Heron snagging a Catfish from a rocky area along the river.

3. Ruddy Turnstone, a small member of the Sandpiper family.

4. Ring-billed Seagull, as tempting as it is, never feed bread to a bird. Not being a natural part of their diet, it can do way more harm than good.

5. Brown Pelican cleaning its pouch of food remnants.

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

# Your Medicare Resource Center Is Right Here In Palm Coast.

**We're growing and we've moved to a new office to accommodate our growing agency and we're still 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.**

**Turning 65 or new to the area? We offer "Medicare Mondays" at 10 AM. Please join us for a 45-minute Educational Seminar the first Monday of every month to learn about Medicare and your options. No specific plan will be discussed and it will be presented by one of our Atlantic Benefit Consultant agents. Please call to reserve your spot.**

**Call us today at 386-585-4691**

**Atlantic**  
**Benefit Consultants**



**50 Leanni Way, Unit E3 • Palm Coast**

**386-627-8425 • [www.AtlanticBenefitConsultants.com](http://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.

# Garden Club At Palm Coast Spring Festival 2023 Preview

The Garden Club at Palm Coast is anticipating a big centennial anniversary this month: its 10th Annual Spring Festival & Plant Sale is taking place Saturday, April 8th. The event is being held at Flagler Palm Coast High School, from 9:00 am to 4:00 pm. Many of the club's nearly 200 members will be in attendance, as well as scores of locals looking to see what all the fun is about.



Organizers are excited to present the biggest plant sale event in Palm Coast, as well as a number of other attractions such as arts and crafts, informative and educational exhibits, food, live music, raffles, and specialty plant growers. There will even be a selection of activities for kids to enjoy while their parents take in the festival.

"Our festival has been going on now for ten years," said Garden Club President Denise Garcia. "I've been running it eight years with my team. We keep growing every year." Beyond just joining in for a day of community



unity, the festival will serve as a fundraiser for students to go to summer camps and college programs which will immerse them further into the world of gardening and the outdoors.

On these next pages you can take in a sampling of some of the gorgeous work of Garden Club members here in town, helping to beautify and enhance the city we call home.

For the seasoned gardener and the interested amateur alike, these fine creations can serve as a springboard into gardening as a full lifestyle. Those looking to get

connected with The Garden Club at Palm Coast are encouraged to do so through the club's website, <https://gardenclubatpalmcoast.org>.

Here you can find some of the club's recent events, some upcoming festivities, and a meet-and-greet with the men and women who keep the club fresh. — *Chris Gollon*

## Garden Club 2023 Board Of Directors

### Highlights of The Garden Club at Palm Coast 2022 – 2023 Season

- Amazing speakers addressed our club.
- The Junior Garden Club had a fun filled start at Belle Terre and Rymfire elementary schools. We are forming more start up clubs
- While growing beautiful plants, the propagation guild formed the Garden Club at Palm Coast Creativity Team.
- The Arrangers Guild is planning a Flower Show in November. Clubmembers from around Florida will be competing.

— *Denise Garcia, President*



**President**  
Denise Garcia



**Vice President**  
Jane Howells



**Treasurer**  
Susan McConnell



**Asst Treasurer**  
Jenny Scott



**Secretary**  
Adrienne Harrell



**1 Year Director**  
Kenetha Kilmurray



**2 Year Director**  
Margie Brady



**3 Year Director**  
Marie Fabozzi

*Palm Coast*

*April 2023*

# 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](mailto:info@floridaskincancer.com)



6029 Old Kings Road South  
Palm Coast, FL 32137



Website:  
[www.floridaskincancer.com](http://www.floridaskincancer.com)



Scan here  
to go to our  
website.



### 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**



**1975** Twelve residents got together and established the Garden Club for the purpose of exchanging information about gardening, according to the earliest available record.

**1976** The first recorded meeting was held on June 28 at the Valencia House (an ITT model home) with 24 members on the roster. Dues: \$2.00 per year

**1977** Membership: 47. The first project was started and was called the "House Beautiful" Award

**1978** First Annual Plant Sale was held at Village Greenery.

**1979** The first Bylaws were adopted in the Fall. Meetings were held from September to June. The first In Club Flower Show was held in the May meeting at the Y.M.C.A.

**1980** Membership totaled 76. The Plant Exchange Project was introduced.

**1982** Membership: 120. The first annual Spring Plant Sale took place in March.

**1984** Membership: 100. The Garden Club was Incorporated as "The Garden Club at Palm Coast, Inc."

**1986** Membership: 124. The Community Gardens at the Community Center were officially named the Dick Wareham Community Gardens in honor to him and his wife.

**1987** Members: 159. The fifteenth Community Garden was planted on September. The Arrangers' Guild a group within the Garden Club was formed and began meetings on the first Wednesday of the month.

**1990** Membership: over 200. The Horticultural Guild was established to provide direction for the Wareham Gardens.

**1993** Membership: Individual 96, Couples 43, and Honorary 5. The club undertook a standard Flower Show bi-annually and in April was the 6th show.

**1997** Membership: Individual 68, Couples 26, and Honorary 7. Dues: Increased to \$15 for individual and \$25 for couple.

**1998** Membership: Individual 74, Couples 24, and Honorary 8. The Garden Club conducted the first Community Garden Tour of 11 homes and the park gardens.

**1999** The Scholarship Fund was established to support local high school students residing in Flagler County who wanted to continue their education in agriculture, horticulture and environmental sciences.

**2000** Membership: Individual 64, Couples 23, Honorary 8, Life 2. The 25th Birthday of the Garden Club was celebrated with a luncheon at Hammock Dunes, chaired by Arlene Tobia.

**2001** Membership: Individual-78,



All of the fl  
by various  
through  
featured  
the Mo







of the flowers on this page were grown by various members of the Garden Club throughout the year and were all featured at some point in a Selection of the Month feature in the magazine.

Couples-25, Honorary-7, Life-2. Plant sales of members' propagated plants were decided to be held at various monthly meetings.  
**2002** Membership: Individual-64, Couple-22, Distinguish-2, Honorary-5, Life-2. Community Flower Show: The Arrangers' Guild held its 10th Biennial Community Flower Show on May at the Daytona Community College, Flagler/Palm Coast Campus.  
**2004** Membership: Individual-86, Couples-31, Distinguished-6, Honorary-5, Life-2. The 11th Biennial Community Flower Show took place on Saturday and Sunday, May 1-2, at Daytona Beach CC.  
**2005** Membership: Individual-73, Couple-28, Distinguished-6, Honorary-5, Life-2. Thirtieth anniversary of the club.  
**2011** Membership: 79 Individual, 16 Couples, 6 Distinguished, 4 Honorary. The Trash to Treasure Sale was held on October 15 at the Palm Coast CC.  
**2013** Membership: 111 members as of 11/3/13. The 15th Flower Show and Plant Sale was held on April 13-14.  
**2014** Membership: Individual 80, Couples 15, Distinguished 6, Honorary 4. The second Expo and Plant Sale took place at the Community Center.  
**2015** Membership: Individual 83, Couples 14, Distinguished 6, Honorary 4. 2015 marks the formal creation of the Propagation Guild as a Standing Committee of the Club. The Annual Picnic was held at Bing's Landing on May 11th.  
**2017** Membership: Individual 81, Couples 18, Distinguished 6, Honorary 8. The 5th Spring Festival and Plant Sale was held at Palm Coast Town Center.  
**2018** Membership: Individual 89, Couples 18, Distinguished 9, Honorary 9. The 6th Spring Festival and Plant Sale was held at Central Park in Palm Coast Town Center on April 7.  
**2019** Membership: Individual 108, Couples 34, Distinguished 10, Honorary 9. The Palm Coast Spring Festival and Plant Sale was held April 13 at Flagler Palm Coast High School. Treasures in the Attic took place at Shepherd of the Coast Lutheran Church on March 9.  
**2020** (Covid year) Membership: Total membership 155, Individual 111, Couples 22, Distinguished 9, Honorary 6.  
**2021** Membership: Individual-126, Couples-20, Distinguished-14, Honorary-4, Master Gardeners-6. Palm Coast Annual Spring Festival and Plant Sale was held at Flagler Palm Coast High school on April 17.  
**2022-2023** Membership: 193. The Junior Garden Club started at Belle Terre Elementary School. The Propagation Guild formed a Creativity Team. The Arranger's Guild planned a November Flower Show.

# Selection Of The Month

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



Deborah and John Sewell of Cochise Ct. have been recognized as April 2023, Selection of the Month by The Garden Club at Palm Coast. Originally from Utah, they moved to Palm Coast in 2015 to get away from snow.

They have created their colorful landscape with many bromelads, starting with only two, and now they are climbing and multiplying on their Queen palm tree. They are grateful for the generosity of their friends and neighbors for sharing their plants.

Their most prominent variety of bromeliads is the common Neoregelia Martin, which produces a large number of pups (babies). Given a lot of sun they will become a beautiful red/pink.

They also have several bird of paradise blooming throughout their landscape. The one near the front door entrance is well sheltered from frost and cold winds and blooms year-round.

In the back patio area facing the canal they have much diversity of plants such as: blooming cactus, bright pink crown of thorns in a multi-color ceramic boot, Flaming Katy orange kalanchoe, calla lily, several jade plants, snake plants, a dracaena (corn plant), variegated philodendron, a beautiful wooden fish driftwood with air plants attached, pink amaryllis, other varieties of bromeliads, orchids, a stunning Alocasia Polly (elephant ears) and even a money tree (Pachira aquatica). And it all started with just 2 bromeliads. Nice job, Sewell family.



# Car Accident? See Us First.

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.



Scan here to go to our website.



[www.premierchiropc.com](http://www.premierchiropc.com)



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

# 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  |



Scan here to see our website.

**570-484-1350**

[leonescreening@gmail.com](mailto:leonescreening@gmail.com)

**Monday-Friday: 8 AM – 6 PM**



## LEONE SCREENING

# Bonus Selection Of The Month

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



Gerry and Linda Lakemaker of Frontier Drive have been recognized as March 2023 Selection of the Month by The Garden Club at Palm Coast. Because of an editorial mixup (caused by either the editor or publisher) this article did not appear in our March issue. It is appearing now as part of our cover story so we hope you enjoy it along with our other coverage.

The Lakemakers are originally from Largo and moved to Palm Coast in 2006 when they retired. Due to the heavy freeze this past January, it was difficult to find a curb appeal landscape. After many hours of scouting Flagler County, I kept driving by this amazing green landscape that had no visible damage from the freeze and they had several azalea bushes flowering.

Their front yard is surrounded with ligustrum hedges which provide shelter for the dark pink azaleas behind them at the front door area that were blooming. In between the ligustrums are two podocarpus, and sable palms surrounded by manicured round schillings. In the front rows of the hedges, they have Boston ferns and liriopse which gives the landscape a nice ground cover. There are potted sedum, vincas, aloe and clovers. Not currently blooming in the back yard is a large gardenia tree. There are several flowering azalea hedges, a large bottlebrush tree, plumeria, pineapple, lemon and lime tree, jasmine, and a dwarf bottlebrush in bloom. The lanai area has Hawaiian ti, pink and red cactus in bloom, and a waterfall pond with water lilies and wooden egrets grazing on luscious ferns.



# WE TAKE HOME PROTECTION SERIOUSLY.

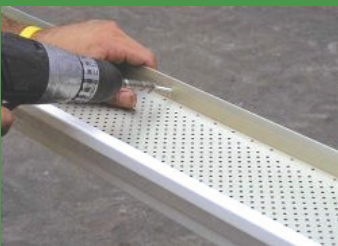
Seamless gutters and screens from Killian's will help protect your home for years.



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!



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.

# Gardening Tips

*The good, the bad and the ugly insects, by Master Gardener Judy Jean*

As springtime approaches, gardeners eagerly prepare their landscapes for a season of growth and abundance. However, with the warmer weather and increased rainfall, bugs also come out of their winter slumber and begin their search for food and shelter. While some of these insects can be beneficial to gardens, others can cause significant damage. Let's take a closer look at some of the beneficial bugs and harmful bugs found during springtime gardening.

## **Beneficial Bugs**

Insects are often considered pests in our homes and gardens, but not all insects are created equal. In fact, many insects play a vital role in main-

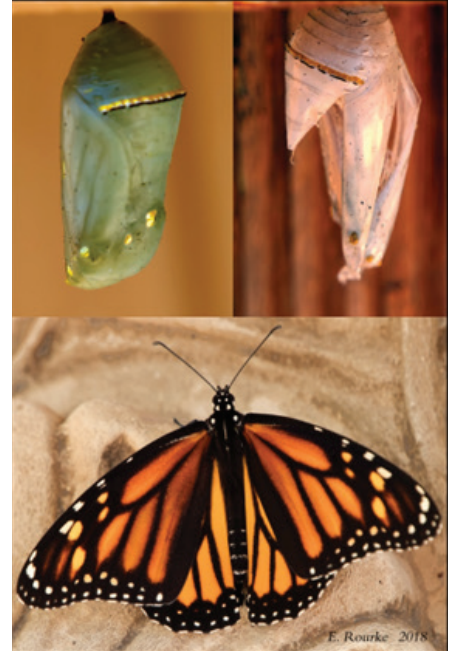
keep our gardens thriving. Let's take a closer look at some of the most beneficial insects in the home landscape.

**Ladybugs:** Ladybugs, also known as lady beetles, are a common sight in gardens and are highly beneficial to plants. They feed on pests such as aphids, mites, and whiteflies, which can damage plant foliage and reduce crop yields. Ladybugs are also effective in controlling the spread of plant diseases. You can attract ladybugs to your garden by planting dill, fennel, and other plants in the carrot family, which are a favorite food of ladybug larvae.

**Bees:** Bees are perhaps the most well-known pollinators in the world. They are essential for the production of fruits and vegetables, as well as many

another important pollinator in the home landscape. They are attracted to a wide variety of flowering plants and particularly fond of milkweed, the host plant for monarch butterflies. By planting a mix of native plants, you can attract a diverse range of butterfly species to your garden.

**Dragonflies:** Dragonflies are voracious predators that feed on mosquitoes, flies, and other small insects. They are attracted to water, so adding a water feature to your landscape can help attract these beneficial insects. Dragonflies also effectively control pest populations in and around ponds and other water features.



taining the health and beauty of our home landscapes. From pollinators to pest controllers, these beneficial insects help

*Judy Jean is a master gardener and wants to help you have a better garden. She can be reached at [mgardener@flaglercounty.gov](mailto:mgardener@flaglercounty.gov)*

other plants in our landscapes. Without bees, we would see a significant decline in food production and a loss of biodiversity in our gardens. Encouraging bees in our gardens can be as simple as planting a variety of flowering plants and avoiding the use of harmful pesticides.

**Butterflies:** Butterflies are

and watermelon. Other crops reported injured include peach and strawberry.

**Scale Insects:** Scale insects are small, immobile pests that attach themselves to the stems and leaves of plants. They feed on sap and excrete a sticky substance called honeydew, which can attract ants and cause black sooty mold to grow.

**Spider Mites:** Spider mites are tiny pests that can be difficult to spot with the naked eye. They feed on the underside of leaves, causing a stippled appearance and eventually turning leaves yellow or brown. Severe infestations can cause plant death.

**Whiteflies:** Whiteflies are small, flying insects that feed on the sap of plants. They can cause yellowing and wilting of leaves and transmit plant viruses. You can control whiteflies with insecticidal soap or by

encouraging natural predators such as ladybugs and lacewings.

Springtime gardening is an exciting time for gardeners, but it also brings with it a host of bugs that can either help or harm your garden. By understanding the role that these insects play in the ecosystem and knowing how to identify them, you can take the necessary steps to protect your plants and ensure a bountiful harvest. Remember, not all bugs are bad, and some can actually be beneficial to your garden, so always take the time to observe and identify the insects in your garden before taking any action.

Florida Friendly Landscaping™ Principles encourages the responsible use of beneficial insects in our home landscapes (Manage Yard Pests Responsibly). By encouraging the presence of these insects, we can reduce the need for harmful pesticides and create a more sustainable and diverse ecosystem in our gardens. Planting various flowering plants (Right Plant, Right Place), avoiding harmful chemicals, and creating a water feature that allows you to water efficiently are all great ways to attract beneficial insects to your garden (Attract Wildlife & Water Efficiently). By working with nature, we can create a beautiful and healthy home landscape that benefits both ourselves and the environment.



If you have any plant-related questions or need gardening advice, don't hesitate to reach out to your UF/IFAS Extension Flagler County Master Gardeners. They can be reached through UF/IFAS Extension Flagler office, email [mgardener@flaglercounty.gov](mailto:mgardener@flaglercounty.gov), or our new Facebook Page – Flagler County Master Gardeners. So, if you need help with your garden or have any questions, don't hesitate to stop by your UF/IFAS Extension Flagler office or reach out to your local Master Gardeners.





**SALE** **\$159.00**  
 Jumbo Snow Crabs Legs - Fantastic flavor, sweet, mild  
 10+ lbs per box  
 5+ Lb box **\$89.00**

**SALE** **\$179.00**  
 EXTRA JUMBO Snow Crabs Legs - Fantastic flavor, sweet & mild  
 10+ lb. per box  
 5+ Lb box **\$99.00**



**SALE** **\$69.00**  
 WILD Red Raw Jumbo Shrimp - Easy to prepare, compared taste to Lobster, peeled & de-veined  
 70 - 80 ct.



**SALE** **\$149.00**  
 FILET MIGNON - Extra Trim, extra tender, center cut  
 12 ct. 6 oz. or  
 10 ct. 8 oz.



**SALE** **\$149.00**  
 BONELESS PRIME RIB - Perfect for holiday dinner.  
 4 ct. 32 oz. or  
 2 ct. 64 oz. or  
 1 ct. 8 lb.

We Bring Great Food Directly to your Door.

DELIVERING THE FINEST QUALITY FOODS FOR OVER 35 YEARS

CHOICE STEAKS & BEEF

- NEW YORK STRIPS
- FILET MIGNON
- CHATEAUBRIAND
- RIBEYE - DELMONICO
- COWBOY RIBEYE STEAK
- PRIME RIB - BONELESS
- PORTERHOUSE
- TENDERLOIN TIPS
- ELITE BURGERS
- GROUND BISON
- CUBE STEAK

---

SEAFOOD

- FRESH WATER PRAWNS
- JUMBO SHRIMP
- KING CRAB LEGS
- SNOW CRAB LEGS
- DUNGENESS CRAB LEGS
- BAHAMA LOBSTER TAILS
- MAINE LOBSTER TAILS
- JUMBO CRAB CAKES
- JUMBO SEA SCALLOPS
- FROG LEGS

---

FISH FILLETS

- WILD GROUPER
- WILD SEA BASS
- WILD MAHI-MAHI
- WILD RED SNAPPER
- WILD COD
- WILD COBIA
- WILD TUNA (SUSHI GRADE)
- WILD SOCKEYE SALMON
- NORWAY SALMON
- CRAB MEAT STUFFED FLOUNDER
- MUCH MUCH MORE . . .

---

CHECK OUT OUR WEBSITE FOR MORE PRODUCTS AND RECIPES

FREE DELIVERY TO LOCAL AREAS  
OR WE CAN SHIP OUT OF STATE  
(SHIPPING FEES APPLY)

4 0 7 - 9 4 7 - 8 8 7 5

www.efsfoods.com



SCAN HERE TO GO TO WEBSITE

# JP's Italian American Bistro Brings A Bit Of NY Cuisine to Palm Coast



It's said that a picture is worth a thousand words so we decided to dispense with writing a lot about the large food menu here and instead show you more of what Anthony and Sandra, owners of JP's, offer to their customers.

As you can surmise from the headline they are indeed from New York and had several

food-related businesses there before moving to Palm Coast. They opened their current location (in the Utility Road strip mall) only several weeks ago but have started to develop a following already.

The menu is large and will probably be trimmed down a bit in the future as they determine what people want but



## Experience The Many Flavors Of India.

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.



**WE ARE OPEN FOR DINE-IN**  
**11AM TO 9:30PM**

**BUFFET ON SATURDAY & SUNDAY**  
**11AM TO 3:00PM**



SCAN FOR APP TO ORDER ONLINE



European Village • 101 Palm Harbor Pkwy, Palm Coast

**386-302-0202**





as it stands now it has plenty of sandwich options, both hot and cold, as well as a number of Italian dishes that would be at home in just about any Italian restaurant.

There's also a long list of both hamburger and hot dog varieties and daily specials like Meatloaf Monday, Pot Roast Tuesday, Steak Sandwich Wednesday and Thanksgiving Thursday which is served year round as well as a Friday fish fry.

There's also a section for Brooklyn roast beef or pork loin sandwiches which are hot and can be covered with three different sauces or gravies.

There are a number of sides, both hot and cold, some really good looking desserts and a kids section of the menu. You'll almost certainly find something to try and, judging by the looks of the photos, something that you'll want to come back for.

**JP's Italian American Bistro,  
5 Utility Dr., 386-585-4339**



# 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



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



1475 Palm Coast Pkwy NW, Unit 102, Palm

[www.burgerbrospc.com](http://www.burgerbrospc.com)



Scan to go to our website.

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](http://MassageByNatalie.org)

MM#39983, MM#35183

# Live Music On Stage

## Three renowned

**Rocky And The Rollers** have over 40 years of experience touring around the world in a wide range of musical situations, from fairs and festivals to conventions and black tie affairs, concert halls and solo hotel and club dates. They'll be at the Flagler Auditorium on April 15.

From early on Rocky And The Rollers have worked with Dick Clark on many of his Rock and Roll shows as well as having performed with, and played

Rocky and the Rollers are best known as the touring band for Bowzer's Rock And Roll Party with Jon "Bowzer" Bauman, former leader of Sha Na Na.

Rocky and the Rollers Doo Wop N' Rock show is one of the most exciting shows that take you back in time to the great sound of Doo Wop and Rock and Roll from the 1950's thru the 1970's. So whether it's dancing or sitting at a concert, all ages will enjoy Rocky and the Rollers. This is one you will



**Rocky and the Rollers**

provides an outstanding level of professionalism for dancing, watching or just listening to good old rock and roll.

There's no one in the industry today that can recreate the sound and the style of the world-famous Doobie Brothers like **The Brothers Doobie** can. Six of the Northeast's top professional musicians have pooled their talents, years of performance experience, and their love of the Doobies to become the very best Doobies tribute show in the country today.

Inspired by the Brothers superior song writing, "The Brothers Doobie" delivers powerful harmonies and a fun filled high energy performance covering a catalog of Doobies hits spanning both the Johnston and McDonald eras. Yes "The Brothers Doobie" master-

fully play them all, from "Listen to the Music" to "What a Fool Believes", from "Long Train Running" to "Minute by Minute", from "Black Water" to "Takin' it to the Streets" and all the rest. If you have a favorite Doobies tune (and everyone does) it will surely be included in the Brothers Doobie show that's certain to delight and provide great entertainment to folks of all ages.

**Danny Ware** is one of the world's top celebrity impersonators and tribute artists. 80smichael.com and Danny Ware music is a tribute to The King of Pop, Michael Jackson. Danny has performed thousands of shows including concerts, television, conventions, private functions, weddings, theme parks, cruise lines, and casinos. He'll be appearing at the Social Club of Palm Coast on April 15.



**Danny Ware**

for, over 300 of the many great recording artists of the 50's, 60's, and 70's. The guys have also performed many shows with the late and great Wolfman Jack and other radio and television personalities.

not want to miss.

The band has been nominated for the East Coast Music Hall of Fame. Inducted into The Lost In The Fifties Rock and Roll Hall of Fame, Rocky and the Rollers is a band with a purpose and



**Flagler Auditorium** All performances begin at 7 PM. Purchase tickets online at [www.flaglerauditorium.org](http://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.

# Please join us for a...



Our 2nd Annual Fundraiser  
Saturday, April 29, Noon - 5 PM  
At the 2K Ranch in Bunnell

6067 Tangerine Avenue

Donations: \$25/person, children under 6 free.

Donation Deadline: April 22

## ...Pig Roast.



We'll have plenty of:

Fun • Food

Games • Vendors

Raffles • 50/50

<https://rememberingvets.org>



**CONTACT:**

**CATHY HEIGHTER 386-931-8323**

**ASHLEY SKAER 618-972-3950**

**rememberingheroes01@gmail.com**

SCAN HERE TO GO TO OUR WEBSITE.



# Theater In Town

*All My Sons and Barnum are on stage this month*

## *All My Sons*

“All My Sons” is a powerful play by Arthur Miller that explores the devastating consequences of one family’s greed and lies. The play takes place in

vealed. The audience watches as the characters confront the truth about the past and the extent to which they have been complicit in a terrible crime. The play’s climax is a powerful and emotional moment that



*Scene from a theatrical production of All My Sons.*

the aftermath of World War II, where the Keller family struggles to come to terms with the disappearance of their son Larry, who was a pilot in the war. The central theme of the play is the moral responsibility of individuals towards society and their loved ones.

The character of Joe Keller, the patriarch of the Keller family, is a complex and nuanced portrayal of a man who values his family above all else, but who is also willing to compromise his values to protect them. His wife Kate Keller is equally complex, haunted by the belief that their son Larry is still alive and desperately clinging to the hope that he will return.

The play’s tension builds as the truth about a faulty shipment of airplane parts sold by Joe’s company is slowly re-

leaves a lasting impact on the audience.

What makes “All My Sons” so effective is its exploration of universal themes such as guilt, responsibility, and the consequences of our actions. The play speaks to audiences across generations, and its relevance remains undiminished even decades after its first performance. Miller’s masterful use of dialogue and symbolism adds to the play’s depth and resonance, making it a true classic of modern drama.

“All My Sons” is a masterpiece of American theatre that continues to captivate audiences with its powerful themes and unforgettable characters. It is a must-see for anyone interested in exploring the human condition and the complexities of morality.

## *Barnum*

The Flagler Playhouse is excited to announce that Barnum, the world-famous stage production about history’s most iconic ringleader, is coming to town this month. Showing from April 21st through May 7th, playgoers are sure to have a blast experiencing this faithful rendition of a modern stage classic.

Barnum is the musical telling of the life of P.T. Barnum, particularly how he built up his world famous Barnum & Bailey Circus. It features a thrilling recreation of the circus’ jugglers, trapeze artists, tightrope walkers, clowns, and much more. It debuted on Broadway in 1980, before later showing in the West End, and in Madrid and Chichester, and on tour in the United Kingdom. Director and

numbers from Cy Coleman and Michael Stewart’s score are to be expected, including “There’s a Sucker Born Every Minute”, “Join the Circus”, “The Colors of My Life”, and “Come Follow the Band”. Work was already underway almost a whole month out from opening night; the Flagler Playhouse shared some of the hard work of their stagehands back on March 26th.

Admission for the play is \$30 for any given night. 2:00 pm Matinee showings are available on three Sundays: April 23rd, April 30th, and May 7th. The rest of the showings will begin at 7:30 pm, on April 21, 22, 28, and 29, and May 5 and 6.

The Flagler Playhouse was founded in 1978, moving locations around Flagler County multiple times before landing in its current Bunnell home. Tickets to Barnum this month



*Scene from a theatrical production of Barnum.*

choreographer Joe Layton was awarded with a prestigious Tony Award for his work bringing the story of P.T. Barnum to the stage over four decades ago.

A collection of iconic musical

are available online at [www.flaglerplayhouse.com](http://www.flaglerplayhouse.com), as well as information on how to get involved as a volunteer or cast member in a future production.

**Flagler Playhouse** Purchase tickets at the playhouse’s website: [www.flaglerplayhouse.com](http://www.flaglerplayhouse.com) and click on the logo for the Driving Miss Daisy show under the “Shows & Tickets” tab.  
**City Repertory Theater**  
Tickets are available at the CRT’s website: [www.crtpalmcoast.com](http://www.crtpalmcoast.com).

# HISPANIC AMERICAN CULTURAL SOCIETY

PRESENTS



# Hispanic Cultural Festival of Palm Coast



## Featuring Artists:

**Frankie Ruiz Jr., Javi Marrero, Colombia's New Sensation: Zara Marko, Pura Plena, Grupo Evolucion, Peru Dancers, Daytona Salsa, Viva Panama-USA, and Many More...**

**SUNDAY, APRIL 16, 2023 • 11A-9P**

**Central Park in Town Center  
975 Central Ave., Palm Coast, FL 32164**

SCAN FOR TICKETS



FOR INFORMATION:  
[info@motanoproductions.com](mailto:info@motanoproductions.com)

FOR SPONSORS & VENDORS:  
[sales@motanoproductions.com](mailto:sales@motanoproductions.com)

[www.motanoproductions.com](http://www.motanoproductions.com)

\*All acts and programs are subject to change.

# Flagler Artists

*We change gears and take a look at some area galleries, by James Moore*

The art scene around Palm Coast provides quite the surprise to those who have lived here for one year and others who lived here for ten. Hop in your car for breakfast on the beach to enjoy the sunrise, or an afternoon excursion into historic St. Augustine over the Bridge of Lions, and these hidden gems of the art world will wave at you from their cozy alcoves.

One that stands out in its own

ways hidden in these moments captured.

Stay on this same road, heading north, and Bess Studio will greet any traveler with an equally unique artistic experience. Run by Eric and Helene Bess, both professionally trained artists whose twenty-year collaboration has their pieces included in private collections as close as Ponte Vedra, and as far as Paris, France.

from paintings to crochets, pottery, and photography, to name only a few. With the many artists listed as members of this gallery, this offers monthly themed people's choice contests. The month of April will be "Sea Life" and May will be "Flowers."



awe-inspiring way is the **Baliker Gallery**. Next to Bing's Landing Park, only a few miles north of the Hammock Resort, sculptor Paul Baliker sits his pieces in the comfort and shade of the densely packed trees wrapping around the property. Primarily using wood and bronze for his pieces, Paul Baliker hopes to capture moments that represent a potential symbiotic relationship with nature.

The piece "A Matter of Time," demonstrates this. Made seemingly entirely out of wood, it takes a circular, clocklike shape, with an elder man's face in the middle, holding a globe, and surrounded by a menagerie of animals from all biomes. One could spend hours appreciating the intricacies

They have ready-to-sell prints of their pieces in various sizes. Prepared in either color or black and white, these can be a nice addition to the Florida home or a relative out of town.

They do not limit their art to the canvass either. Eric and Helene have added artistic touches to homes and businesses, to include murals of faux finishes to walls and ceilings. This has caused them to include portable murals in their commission listings to better convenience their clients.

For those who enjoy the serene sounds of the beach, close to the shoreline, on Central Avenue, is the **Gallery of Local Art (GOLA)**. Owner Marge Barnhill has gained quite the catalogue of artists. Their styles ranging

At the GOLA, they also offer painting classes. April and May hosts "Beginner-Stained Glass Class" where the students will learn basic techniques. In April, the student will make a turtle sun catcher, and May will have a conch shell sun catcher. All tools and supplies provided, and students register on the GOLA website. Who knows? Maybe you might be the next artist in the GOLA's catalogue.

Sharing the building with GOLA is the **Pineapple Gallery**. Pineapple offers artist meet and greets, and a variety of classes around ceramics, garden sculpting, and encaustic painting. Whereas GOLA feels

more for the professional artist, the Pineapple Gallery aims their focus more towards the passerby or newcomer. Their mission statement, from their website, "To inspire and spread joy by connecting people with engaging works of art and stimulated experiences."

It does not take much to find culture in Palm Coast. No need for long drives to major cities across the state. All that is necessary is to venture out and see what's there. Be you a newcomer to this idyllic area, or a long-time resident, there is plenty for you to either dip your toe into the art scene or dive in headfirst.



**We've Got Just The Item You Need.**



*Southern Girl*  
*Consignment & Decor*

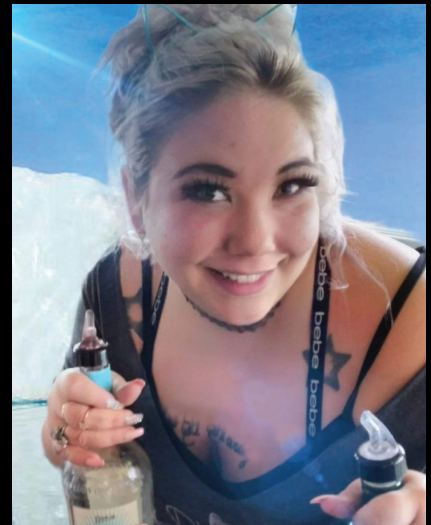
210 Old Kings Road S. #600  
Flagler Beach • 386-693-4704  
Open Mon-Sat, 10 AM - 4 PM

Email us photos of your items  
for sale at [southerngirlconsignment@gmail.com](mailto:southerngirlconsignment@gmail.com)

# 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.**

# 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](http://www.parksandrec.fun/adults) to sign up.

### Flagler County Orchid Society

April 27, 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. Dr. Steve Hawkins discusses Cymbidiums. FB/[flaglercountyorchidsociety.org](http://flaglercountyorchidsociety.org)

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.

## 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](http://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

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.



## 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

## Palm Coast's #1 Sewing Shop!

Check out our monthly classes, clubs and events at [Cutupandsew.com](http://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](http://www.cutupandsew.com)



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 4/30/23.

Scan here to go to our website.





# Flagler

AUDITORIUM

DENNIS FITZGERALD  
PERFORMING ARTS CENTER

*Experience  
the thrill*

of quality,  
LIVE performances.



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

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



## *Message from the Director*

As our Season draws to a close, I want to thank all of our subscribers, members and contributors to arts education. Renew your subscription today by calling 386-437-7547

*Amelia Fulmen*

THANK YOU TO  
OUR SPONSORS



**386.437.7547** **FlaglerAuditorium.org**

5500 EAST HWY 100 • PALM COAST, FL



## Discover All Of The Benefits Of A Reverse Mortgage.

Contact me today for complete information.

**904-982-2210**



John Reardon



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.

## Events, Meetings, Classes, etc. from page 40

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, 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 Ten-

# Make Riding More Fun!



Come in and get a \$100 gift certificate good for any electric bike purchase.

hello, fun...



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

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.



Friday, January 20 saw the LP and CD release of Wilco's 12th album, *Cruel Country*, deemed one of the best of 2022 by *The New York Times*, *NPR Music*, *Rolling Stone*, *Variety*, *Stereogum*, *Aquarium Drunkard*, and more. They'll be playing songs from this album and many others at *The Amp* on April 19.

nis 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,



PLEASE JOIN US FOR DINNER OR CALL AHEAD FOR PICK UP.



Delicious hot and cold sandwiches are just part of the reason people love our food.



They also love our traditional Italian entrees, desserts and so much more.

**5 Utility Dr. #19, Palm Coast • 386-585-4339**  
Open Mon-Sat, check hours • [www.jpitalianamericanbistro.com](http://www.jpitalianamericanbistro.com)

# We've Served The Community For 25 Years.



**386-449-1100**



220 Palm Coast Pkwy SW  
Palm Coast

We also have locations in  
Daytona Beach, Ormond,  
Port Orange, Deltona and  
Deland.

[www.lohmanfuneralhomes.com](http://www.lohmanfuneralhomes.com)

Scan here  
to go  
to our  
website.



**Events, Meetings, Classes, etc. from page 43**



*A new era of hope, survival, and prosperity comes calling with the release of **Crash of the Crown**, Styx's new studio album, which was written pre-pandemic and recorded during the trying times of the pandemic. The legendary and multi-Platinum rockers — James "JY" Young, Tommy Shaw, Chuck Panozzo, Todd Sucherman, Lawrence Gowan, and Ricky Phillips — will be at The Amp in St. Augustine on April 18 with guest star Don Felder.*

**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](https://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 Cen-**

ter. 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](https://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](https://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](https://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 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,



THE COSMIC HIPPIE PRESENTS:

# APRIL 14TH ☆ 12PM

# CANNAFEST

## BRUNCH & LEARN

A CBD Infused Learning Experience

**LIMITED SPACE!!!**

**RESERVE YOUR SEAT**

904-878-3893

<https://bit.ly/CosmicCannaBrunch>





Private Parties Can Be Held ANYWHERE - Even Online!

Group Rates Available

MUST BE  
21+

**ENTRY TO THE CANNAFEST VENDOR'S VILLAGE IS FREE!!!**

*CannaFest ☆ 12PM to 10PM at Hammock Community Center ☆ 79 Malacompra Rd. Palm Coast, FL*



Cooking With Concentrates - Private Classes Available!  
All Participants Must Be 21+ | Federally Legal Hemp Provided



Forty four years into his recording career, Billy Idol is still the ever-moving myth, the intellectual/feral internet-age bookworm/cave-man of our dreams, finding modern language for the fiery, Eddie Cochran-meets-Ziggy Stardust rip'n'roar that he's been making since he first stepped on stage. And that's all on *The Cage EP*, Idol's latest on Dark Horse Records. He'll be at *The Amp* in St. Augustine on April 25.

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 Euro-

pean 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.**

- Apr 14-15** — JJ Grey's Black-water 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
- May 12** — Robert Plant & Alison Krauss w/ special guest JD McPherson

**Business Functions**

**Referral Diamond Network**

**Help Support Denim Day.**

Denim Day is a campaign on a Wednesday in April in honor of Sexual Assault Awareness Month. Join us on April 26, 2023 from 6-8 PM at European Village. There will be speakers on the center stage and a Chamber social at Red Koi and Cork & Pint (\$25 plus cash bar). For more information call 386-793-3624.

**Raising donations and awareness for the national CARE foundation.**

**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, PorchLift or Power Wheelchair but don't have the money at moment to afford one.

**101 Mobility**  
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

## Events, Meetings, Classes, etc. from page 44

### Meeting

**April 5, 12, 19, 26 @ 8 AM,** Carrabba's Italian Grill, 160 Cypress Park Dr., Weekly networking meeting of local business owners. Call Brad at 386-283-0955 for info.

### Palm Coast Business Professionals Network Meeting

**April 6, 13, 20, 27 @ 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

**April 7, 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

**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

**April 4, 11, 18, 25, @ 9 AM,** Carrabba's Italian Grill, 160 Cypress Park Dr., Weekly networking meeting of local business owners.

### The Boss Lady Flagler Ladder Group

**April 17, 5:30 PM,** The Brown Dog, Palm Coast. The group meets monthly to help and empower its members. For more information call Nina at 845-531-1673.

### Palm Coast Lions Club

**April 10, 5:30 PM,** Lohman's Funeral Home. The Palm Coast Lions Club meets at 5:30 PM on the second Monday of each month in the Community Room of the Palm Coast Lohman's Funeral Home at 220 Palm Coast Parkway SW in Palm Coast. Call Nina, club president, at 845-531-1673 for more information.

**Who has a one-year guarantee in Palm Coast?**

**That would be us. And only us.**

If the bugs come back after we spray then so do we — **FOR FREE.**

Call 386-445-7414 for a free consultation.



**VETERAN OWNED**




**EAGLE PEST SOLUTIONS**



**Just So You Know...**

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

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

# Creativity Gone Wild.



## Open Studio

Come in on your own schedule and create any one of our amazing projects. Call ahead and reserve. Cost is whatever you make.



## Resin

The east coast's go-to place for resin education

## M.A.P Mastering Art Program

Sherry brings you through the journey of becoming an artist. Build on your skills as you work your way through Foundation, 3 tiers and a master's program. Call or come in for details.

Sherry Waldman is a published international artist bringing over 4 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.



## Sherry's Art Studio



# Refunk Your Junk.

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



Craft Supplies Store Premier Retailer for:

DecoArt  
MADE FOR MAKERS

PLAID

LOD

re-design  
WITH PRIMA  
RETAILER

Designer  
STENCILS

Dixie Belle

Call us at  
732-997-9516.

Scan here to go to our website.



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



# DON'T FALL SHORT ON YOUR INSURANCE COVERAGE

**At Farmers, we help you keep your insurance on par with your life.**

We know how to anticipate changes on your course that could really impact your insurance needs, and we are dedicated to giving you the tools and information you need to make good insurance decisions, all the time. We also provide frequent and thorough coverage reviews to ensure that your insurance is always right where you want it to be, no matter how your life changes.

Farmers is here to help you plan for all of your life needs.



Auto Insurance



Home Insurance



Business Insurance



Umbrella Insurance



Life Insurance



Boat Insurance



Motorcycle Insurance



Pet Insurance

**Call today and see how much you can save!**

**386.276.9130**

**Michael Zeeff**

Your Local Agent

1 HARGROVE GRADE STE 3

PALM COAST, FL 32137

[MZEEFF@FARMERSAGENT.COM](mailto:MZEEFF@FARMERSAGENT.COM)

<https://agents.farmers.com/mzeeff>



Restrictions apply. Discounts may vary and are available and applied after verification by an agent or representative. Not available in all states. See agent for details. Insurance is underwritten by Farmers Insurance Exchange and other affiliated insurance companies. Visit [farmers.com](http://farmers.com) <<http://farmers.com>> for a complete listing of companies. Not all insurers are authorized to provide insurance in all states. Coverage is not available in all states.