

# Palm Coast

ISSUE #27

OCTOBER 2023



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## On The Cover

The arts scene is alive and well in Flagler and recovering from a two-year Covid slowdown. The turtle on the cover is Pablo, one of 18 turtles created by local artists for the Turtle Trail, originally started by the Palm Coast Arts Foundation. To find out about the small pictures portrayed, see the key to the cover on page 24.

## New Things

What's coming up for Palm Coast magazine, you ask? Well, for starters, we'll be selling yearly subscriptions to the magazine soon. You'll see information about this starting in the November issue of the magazine. So please buy a subscription so you'll get the magazine every month and we'll make more money. And, we're starting to put some of the large amount of content we've produced over the last two years onto our website. You'll be able to read any of our past articles as well as a lot of other cool stuff that we're working on. So we hope to see you on the site soon.

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# News Of The Palm Coast World

We received a press release from the city of Palm Coast in mid-September in regard to a new city initiative which they are calling Imagine 2050. What's it all about? The city leaders want Palm Coast residents to provide input to help shape the future of our community.

visit, the roads you drive on, the schools your children attend, and so much more. These events are your opportunity to be a part of the decision-making process that will shape our city's destiny.

But the experience doesn't stop there. There is a whole calendar of engaging

## City of Palm Coast Invites Residents to "Imagine 2050"

It's envisioned as a comprehensive plan update that will have a direct hand in the destiny of Palm Coast. This is each resident's chance to make their mark and create a city that reflects their dreams and aspirations.

In simple terms, a comprehensive plan is like a road map for the future of our city. It's a big-picture plan that helps guide how Palm Coast grows and develops over the years. Imagine 2050 will serve as our community's blueprint, outlining what residents want the city to look like in the year 2050 and how the city will get there.

Imagine having a say in the parks you

events and activities planned in the coming months to ensure that residents' voices are heard.

City leaders, planners, and staff members will be present to listen, learn, and take notes. The input received will help shape the policies and projects that will guide Palm Coast's growth for decades to come.

For more information, visit [PalmCoast.gov/Imagine2050](http://PalmCoast.gov/Imagine2050) or contact the Communications & Marketing Department at [communications@palmcoastgov.com](mailto:communications@palmcoastgov.com).

You can keep up with the latest news and information from the City of Palm

THE CITY OF PALM COAST IS UPDATING IT'S COMPREHENSIVE PLAN, WHICH IS THE BLUEPRINT FOR THE NEXT 25-YEARS. JOIN US FOR THE KICK-OFF MEETING AND PROVIDE INPUT ON YOUR VISION FOR THE FUTURE!



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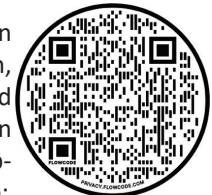
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## Annual Pink on Parade 5K Returns to Palm Coast

The City of Palm Coast is happy to once-again partner with AdventHealth Palm Coast to present the Pink on Parade 5K on October 8 to help provide breast cancer awareness. The event is part of the AdventHealth Foundation's Pink Army initiative fundraising efforts, which has been providing screening services and treatment to local patients in Flagler County since 2009.

While the execution of the event itself is similar to that of other 5K events, the atmosphere is one that is ripe with distinction, from the musical and entertainment performances from local youth groups and marching bands that kickoff the event, to the sea of pink-donned participants of all ages that range from cancer survivors and their family members to those who just want

to lend a helping hand to their community.

For City of Palm Coast Parks and Recreation Director James Hirst, the event hits close to home, albeit across the globe in his native Australia, where his mother, who has previously battled breast cancer, was informed she may be in the fight once-again, after recent screenings revealed what could be a return of the disease.

"Bringing the community together is something that is always something special but being able to do something that is also helping residents right here in our area and helps spread awareness of this disease makes it even better," said James Hirst, Director of Parks and Recreation for the City of Palm Coast. "For those that have been diagnosed with this disease, we want them to know that they are not alone, they

have a whole community behind them that supports them."

All proceeds raised from the event directly support qualified Flagler County residents with early dedication screening, cancer-related education materials, and cancer diagnostics and screening. Some proceeds from this year's event will also support the building of AdventHealth's newly announced Freytag Health Plaza, which will feature a cancer center, located adjacent to AdventHealth Palm Coast Hospital.

The Pink on Parade 5K will take place on Sunday, October 8 at 7:45am at AdventHealth Palm Coast, 60 Memorial Medical Parkway in Palm Coast. For more information, or to register now, scan here:







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## Palm Coast Observer Changes Ownership

One of the most prominent outlets in the area's local news scene has changed hands. Brian McMillan and his wife Hailey have purchased the Palm Coast Observer and the Ormond Beach Observer from its previous owners, brothers John and Matt Walsh.

Taking over as publisher of the two outlets won't be too unfamiliar for McMillan; he served for years as their editor until departing in June 2022. He then handed the reins over to Jonathan Simmons, the longtime writer who still serves as editor.

"When I left the Observer in July 2022, I never imagined I would return," McMillan said in an email interview Tuesday evening. "But I always loved journal-

ism and community newspapers, so I was happy when the opportunity arose." Since leaving the Observer, McMillan has stayed visible in his regular appearances on the WNZF radio show Free for All Friday alongside David Ayres, and in his new religious podcast Faith in Flagler.

The Observer's readers shouldn't expect any major staffing changes to the publication, and McMillan indicated in an interview he still firmly believes in the value of the company's print newspaper. The biggest change he hopes to implement, he says, is a greater social media presence for the website.

One significant change is the end of a long-running tradition for the Observer: election endorsements. "I understand why the Walshes like the idea of endorsements, but I want to send a message to the readers that our role will be to deliver unbiased news," McMillan said. "I don't want anyone to question our motives as we do so." As Brian touched on, John Walsh traditionally posted his picks in Flagler's local elections along with his rationale on why he supported their candidacy. Candidates who received the endorsement often displayed the Observer's logo in campaign material, sporting a stamp of approval from the publication at large.

The timing of the McMillans acquiring the two Observer papers is strange given Brian's recent



departure, but he says things all worked out for the best. "I asked Matt Walsh and John Walsh, two of my mentors, for career advice earlier this year," he said. "They independently suggested that I should consider returning to the Observer." Brian's decision to heed his mentors' advice will change the landscape of Flagler County local news – or at least restore a familiar voice.

"I couldn't be more comfortable, or more proud, with Brian and Hailey McMillan carrying the Observer forward," said John Walsh, in the Observer's announcement. "We've built this together, and we know that quality local news will continue to serve our communities."

One significant change is the end of a long-running tradition for the Observer: election endorsements. "I understand why the Walshes like the idea of endorsements, but I want to send a message to the readers that our role will be to deliver unbiased news," McMillan said. "I don't want anyone to question our motives as we do so." As Brian touched on, John Walsh traditionally posted his picks in Flagler's local elections along with his rationale on why he supported their candidacy. Candidates who received the endorsement often displayed the Observer's logo in campaign material, sporting a stamp of approval from the publication at large.

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# African American Center to Host Smithsonian Show

The African American Cultural Center will be hosting the Smithsonian Traveling Exhibition “¡Pleibol! In the Barrios and the Big Leagues” from November 23 to February 25, 2024 here in Palm Coast at 4422 US Route 1.

The history and culture of Latinos and their impact on American culture and society through the lens of baseball will be shared in the Smithsonian Institution Traveling Exhibition Service’s (SITES) new bilingual (Spanish/English) exhibition, “¡Pleibol! In the Barrios and the Big Leagues / En los barrios y las grandes ligas.”

Reviewing the history of the game and highlighting the positive trends towards racial inclusion overtime is the focus of AACS accented exhibition accompanying The Smithsonian traveling exhibit. Entitled “The Tradition of Baseball in America: Flagler County Unites Around the Games,” the local exhibition provides an opportunity to highlight the Negro League and baseball’s Dominican ties, while uplifting other ethnicities and celebrating Flagler County local communities overall love for the game.

For nearly a century, baseball has been a crucial social and cultural force in Latino communities across the United States. And, for just as long, Latin-X players have had a huge impact on the game. “¡Pleibol!” exam-

ines how generations of Latino/as have helped make the game what it is today.

From youth and community teams to the Major League, the exhibition reveals how baseball brings people together regardless of race, class, or gender. These inspirational baseball stories reflect larger themes in America history that connect us all, on and off the diamond. Support for the local exhibition comes from the Smithsonian, the Flagler Tourism Development Council, Florida Arts And Culture, the cities of Bunnell and Palm Coast.

“¡Pleibol! In the Barrios and the Big Leagues/En los barrios y las grandes ligas” was organized by the Smithsonian Institution Traveling Exhibition Service in collaboration with the National Museum of American History. The exhibition received generous support from the Cordoba Corporation and Linda Alvarado, and federal support from the Latino Initiatives Pool, administered by the Smithsonian Latino Center.

SITES has been sharing the wealth of Smithsonian collections and research programs with millions of people outside Washington, D.C., for more than 65 years. SITES connects Americans to their shared cultural heritage through a wide range of exhibitions about art, science, and history, which are shown wherever people live, work and play.



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# Local Happenings



Members of the Flagler County Detachment 876 Marine Corps League and guests attended the August Meet and Greet at Giovanni's restaurant in Flagler Beach in September. For more information on the Marine Corps League call Frank Arce at 646-752-0447.



The Professional Women of Flagler County held their monthly meeting at the Market Street memory facility on September 1. Guest speaker was Diane Vidal from Chiumento Law (center). See their Facebook page for more information.



Girl Scout Troop 2413 is pictured here with Palm Coast Mayor David Alfin, Palm Coast City Manager Denise Bevan and Florida commissioner Randy Stapleford after collecting the most trash during the annual intracoastal cleanup in Palm Coast in September.



National Black Business Month was marked at a recent Palm Coast City Council meeting. City council member Cathy Heigher is shown with Leslie Giscombe, founder/CEO of the African American Entrepreneurs Association and the other city council members.



Members of Seeking Insights For Solutions, an interest group of the University of Women of Flagler, met with Ed Siarkowicz, left, President of the Flagler County Historical Society, in September to hear about a proposed future usage plan for the museum.



The Professional Women of Flagler County had their monthly activity at the Fitzgerald Performing Arts Center at Flagler Auditorium on September 20. They were hosted by director of the facility, Amelia Fulmer. For more information on the group see their Facebook page.



The Bold Ladies In Business group of Flagler County met on September 19 at the Palm Coast Elks Club for their monthly event. The group raised over \$1000 for the Elks on the night. For more information about the group see their Facebook page.





The Boss Lady Community met at the Brown Dog on September 18. The mastermind ladder group meets on the third Monday monthly. For more info call Nina 845-531-1673.

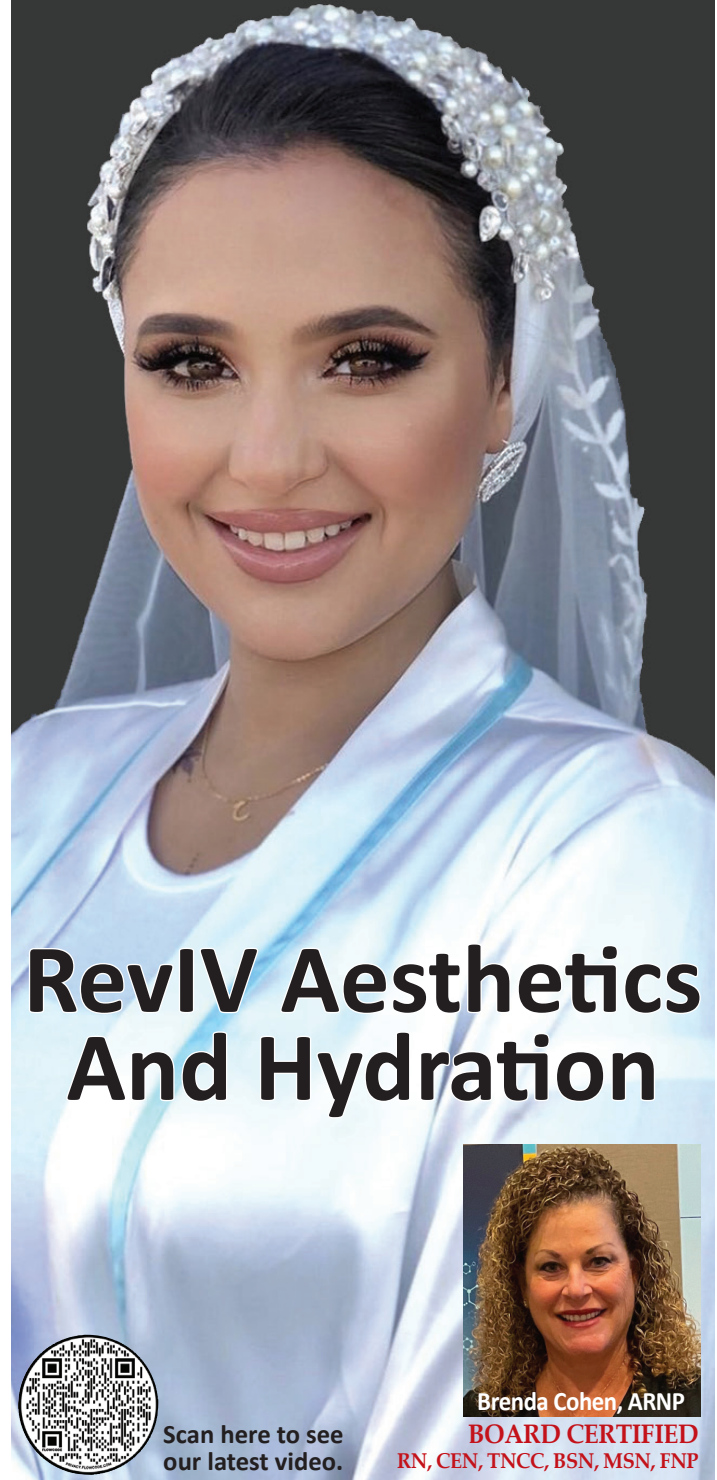


DFC Adam Gossett of the Flagler County Sheriff's Department was named the Crime Stoppers of Northeast Florida Law Enforcement Officer of the Year for Flagler County on September 14. Pictured from left are: Chief of Staff Mark Strobridge, DFC Adam Gossett, Sergeant George Hristakopoulos, and Division Chief David Williams DFC are at the ceremony where Gossett was nominated for the award for his role in saving the lives of two children who were involved in a severe motor vehicle crash on April 4, 2022, on Interstate 95. DFC Gossett sprang into action and located two injured children leaning against the crashed vehicle which had caught fire and carried them away. Since he was off duty at the time, DFC Gossett did not have any emergency equipment with him and removed his shirt to help stop one of the severely injured childrens bleeding. On-duty emergency responders soon responded to the scene and were able to help extinguish the fire. The children were transported for medical treatment, and several others on the scene were treated as well. DFC Gossett's heroic actions very likely prevented the victims from succumbing to their injuries.



The Palm Coast Fire Department is excited to announce a wave of promotions that mark a significant milestone in the organization's growth. Under the leadership of Chief Kyle Berryhill, the department proudly reveals advancements that reflect its commitment to excellence and its strategic succession planning. Continuing its emphasis on nurturing talent and ensuring a smooth transition of leadership, the fire department has promoted Firefighters Katelyn Baller, Fortunato Damiano, Joshua Meeker, and Oleksandr Nikolayev to driver engineer positions. These promotions align with the department's succession planning efforts, which have been thoughtfully implemented to guarantee seamless progress and service delivery.

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# Palm Coast People

## *Nadine King brings Christmas to many in Flagler, by James Moore*

Since arriving in Flagler County, Nadine King has only wanted to give back. Born and raised in New Hampshire, Nadine worked retail for twenty years in Virginia, eventually becoming a general manager in the restaurant industry. She moved to Flagler Beach when her husband retired from the Navy, 26 years ago. They had owned a condo and Nadine fell in love with the area the minute they drove over the bridge.

Nadine began giving back to her new home in 2009. The recession was relentless, and Nadine's upbringing demanded she help her neighbors. Both of her parents had been involved in the Lion's Club in her hometown. They had fronted plays that hosted fundraisers every year. Helping the community

was instilled in her early on and has never left.

It is this reason she started the program Christmas Come True out of her guest bedroom,

14 years ago, out of a passion for helping. Originally a program she started in the 1980s while she was living in Virginia, it took deeper roots here

in Flagler County. Nadine used her nonprofit to provide parents the means to feed their children a traditional Christmas dinner. And, of course, give them presents.

Today, Palm Coast is lucky to have more than a dozen charity programs and nonprofit organizations to help all of us get by in trying times. During the recession, however, there was little. But the desire was there all the same, and Nadine's energy brought people to her. People like Pen Walker, the general manager of Publix at Island Walk. Christmas Come True was in its third year, and Publix partnered with them to coordinate the distribution of turkey, vegetables, dinner rolls, and pies for those Christmas dinners.



*Nadine King, Christmas Come True founder*

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Even the Flagler Police Department chips in, running a toy waiver program called Toys for Tickets. Don't want to pay that traffic citation? Bring a toy to the station. 2023 will be the eighth year they have partnered with Nadine's program and started this past July.

Not satisfied with only helping during Christmas time, Na-



## Christmas Come True

dine has also started a thrift store, five years ago, called Begin Again Home Goods. Meant for families in need of a fresh start, Nadine invites donations of furniture, bedding, whatever anyone can spare, so anyone in need can start over.

"We start over. That sofa was in one home, now it's starting over in another. We help

people get to a higher level of peace and comfort in their home. Every child should have a bed, a pillow, and bedding. Too many don't."

Whatever you can spare, Nadine will accept and find a way to help our neighbors with it. Even if it is volunteer time, any little thing will help. The next big goal is to further develop ICRS — Innovative Community Resource Solutions. It's a facility for the thousands of retirees in Flagler County, who have mastered a craft, to teach that craft to the next generation. Since coming to Flagler County, Nadine has only wanted to give back, not just for the holidays but every day.

"It's my mission," Nadine says, "it was put in my heart by God. To bring Christmas to people on a daily basis. Christmas is the spirit of giving. We are to give and help our community."

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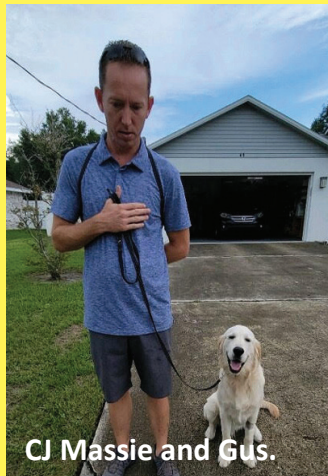


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## Flagler Humane Society Offers Many Resources for Local Pet Owners

At the heart of Palm Coast, shines a beacon of hope for animals in need in the form of the Flagler Humane Society.

Dedicated to promoting the welfare of animals through adoption, animal healthcare, and community engagement. This non-profit organization makes an impact every day. Carefully hidden on 1 Shelter Dr. on US-1, the Humane Society keeps itself available for its community.

As of August 2023, over 800 animals were adopted, and another 300 lost pets were returned to their homes. And these are only some programs they offer. The rest are as follows.

A wellness and vaccine clinic, offers rabies shots, heartworm tests, dental work, and micro-chipping, to name a few of the services here. Performed

mostly on Saturdays, call to schedule.

Spaying and neutering helps prevent infections and cancer, respectively. This also ensures animal populations do not spiral beyond control. Some of our neighbors enjoy keeping outdoor cats and, as many people love baby kittens, there are cars for predators to worry about.

Furry Friends Food Bank is an outreach program where residents in need can get food for their pets for up to six months if needed. In these uncertain days of inflation, fixed incomes, and stagnant pay, we still have a responsibility to our furry family members. The Humane Society can help with this.

Pet Surrender is not an easy choice and the Flagler Humane Society is ready with every op-

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### Chris

We were very impressed with the friendly efficient way Glenn did our gutters. Not only do the gutters beautify our home, they also work really well. Thanks Glenn, we highly recommend your work.



tion available to help ensure the pet is cared for. On their website, they offer a list of questions for why the pet is being surrendered and if it is something they can facilitate. They provide easy options. These options include welfare opportunities, pet or sitter referrals, behavioral helplines, etc. It is hard to give up a pet, and they do not want to break up a family.

Disaster Emergency Animal Shelter is the Bunnell Elementary gymnasium. As every Floridian knows, hurricane season is year-round. Not every home is equipped for the storm. Not every pet responds well to outside noises, and the Humane Society offers an alternative. Process the readily available paperwork off their website, and if your needs require additional support, your pet can be safe at the gymnasium with round-the-

clock professionals ensuring all needs are met.

As they continue to nurture hope and compassion, the Flagler Humane Society paves the way for a brighter and more compassionate future for humans and pet alike. They have worked with other organizations.

In May 2022, they partnered with the Flagler County Public Library for "Kitten Yoga" to raise awareness and encourage adop-



tions. There is always a need for volunteers and donations because there is always an animal in need. Stop by their facility, visit their thrift shop, or call for ways to help at 386-445-1814.

— James Moore

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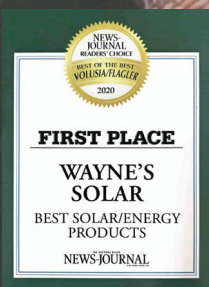
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# Our History: A Look at Flagler County Cemeteries

I must admit, I love cemeteries. I love them during the sunshine of the day, not the scary darkness of night. But I do respect them all the time. There is much to learn from them and by a simple glance around, the date, the name, the size of the marker tell a story.

The maintenance of a cemetery suggests that someone still cares, and the history and legacy are not lost. Flagler County has many cemeteries, columbarium's, and private family cemeteries that tell the story of people who laid a foundation for us and it tells how society has changed.

When I was younger, we had



a party on the farm with my New York relatives, NJ family, and local farmer friends. When it started to rain the New York family ran inside and the farmer friends stood under a tree. I, the NJ side, stood outside and tried to figure out where to go. Cemeteries are like that. Not only have we all learned different customs/habits, beliefs, prayers, foods and more but we like to hang with folks in which we have something in common.

Our interment decisions are based on religion, past racial laws and customs, financial abilities, and even preferred dust to dust locations. Some folks prefer the water, some a plant bed, others a mantel,

*Written and compiled by Elaine Studnicki, past president of the Palm Coast Historical Society.*

but it's safe to say that in the past the majority, if possible, preferred to be buried with friends and family. Together in eternity.

Perhaps, the oldest county cemetery is, The Eatman Cemetery, dating 1836—1930. It was named after the Eatman family who came to this area the first part of the 19th century and who owned the property surrounding the cemetery. The most famous tenant is Joseph Long .....-1836. He died during the Second Seminole War, shot by Indians, as he tried to warn locals of the uprising.

If we had to pick a cemetery that has received a lot of press but has, over the years, been neglected, it would be the Masonic Cemetery. This cemetery was established March 26, 1948. Its history represents our county's racial journey. Lewis Wadsworth III, St.

Joseph Turpentine Still owner, sold a 5-acre site off Kings Road to the Espanola Masonic Lodge for \$1. According to Reverend Giddens, this was after he saw how flood waters raised and opened a coffin in the old Bunnell black cemetery, not far from where the old county courthouse stands today. It's important to remember that before the civil rights movement and integration, it was the only cemetery for blacks.

It was the deep south in those days and before you knew it white-owned new houses began crowding out the grave sites. Some houses were built on top of those grave sites per Flagler Live. As for the Masonic cemetery, the Flagler Tribune stated that the first burial was on June 3, 1948, when "the body of Versie Lee Mitchell, a soldier from Bunnell, who had enlisted at Camp Blanding on March 27, 1943, and who

drowned in Burma on January 9, 1944, was being returned by the military and that he was to be buried in the Espanola Masonic Cemetery." Generations of families have found peace in the Masonic Cemetery. Current plans to restore it again look promising.

Espanola Cemetery is truly historic. Established in 1875 it is the final resting place for many of the original families in the county. There are also 187 Flagler County residents who made the ultimate sacrifice in defense of their country laid to rest there.

It is the resting place of Alice (Scott) Abbot, the famous woman activist that helped lead woman to the right to vote. Original turn of the century historical county families, prominent families, with last names such as Moody, Barber, Buckles, Cauley, Cobb, Cody, Deen, Giddens, Gordon, Hunter, Johnston, Mercer, Miller,



Varn and more can be found together in Espanola cemetery. You'll find unique vernacular headstones, made of concrete and coquina, and it is well cared for.

St. Mary's Catholic Cemetery was built in 1914 and is still used today. It is in the unincorporated community called Korona. It was settled in 1914 by Polish families, many of whom saw the "The Bunnell Home Builder" advertisement in their hometown paper in Detroit and Chicago. Korona is located on Old Dixie highway off of Route 1.



Is there more? Absolutely. There are fifteen cemeteries in Flagler County. For example, adjacent to the St. Marys Catholic Cemetery and just to the south is the Stickland Memorial Cemetery. And while you are there don't miss Saint Joseph Carmelite Monastery build in 1987.

There is Craig Flagler Palms Funeral Home and Flagler Memorial Gardens. When you walk into Flagler Memorial Gardens, formerly known as Hope Cemetery, you'll find the final resting place of several Flagler County pioneers. It was established in 1923. The cemetery was later renamed Flagler Memorial Gardens. By the way, the red bricks that once lined the entrance of the cemetery were part of the "Old Brick Road."

Many things have changed over the years. Life now is a bit more like the ending to our party on the farm. In the end, the farm people and New York people were dancing together in the living room. Moose and Aunt Kathleen cut up a rug. They found something in common and had a good time. I had a cherished memory.

If you want to read more about our cemeteries and the thousands of souls buried in them, visit Sisco





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# Health & Wellness

*Weight gain as we age isn't inevitable, by John Williams*

It seems to be almost a fact of life that as we get older we also get heavier. Why does this happen? And is there anything that can prevent it? Neither of these questions has a simple answer but here are some factors that have traditionally affected this phenomenon.

One of the biggest factors that influences weight gain is our metabolism. When we're young it's high. As we get older, usually around our mid-20s, it slows down which means that we burn calories at a slower rate. There's nothing anyone can do about this as it's part of normal human development.

Another big factor, unsurprisingly, is the rate at which we consume calories. Obviously, the more calories that you consume, the more you have to burn off and if you don't burn off those calories then you're going to gain weight. It's really as simple as that.

There's another factor that may be affecting weight gain as people get older and that's the loss of sensory stimulation from physical sources. Quite simply, as people get older and have sex less frequently there's plenty of evidence to suggest that substituting food for sex is something that many people do to compensate for receiving less physical satisfaction than during their more sexually active years.

The fact that eating is an important source of sensory stimulation was driven home to me the first time I fasted. I lived on protein pills and apple juice for 15 days and could have done so for a lot longer (I think) except for the fact that the loss of sensory stimulation from tasting food became a real problem.

When I finally did start eating again the flavors were, seemingly at least, more powerful or concentrated or some-

thing that I definitely noticed as being different. What I think happened was just that I really missed the simple sensation of eating and tasting flavors which is a powerful sensory experience.

And researchers have found that the brain treats food and sex in many similar ways so there is some scientific evidence of a direct correlation between having sex and feeling like eating more. So maybe having sex more to help control your appetite will work or maybe it won't, but surely there's no downside to trying this.

So what can we influence in our quest to keep off weight otherwise? Since our bodies store excess calories as fat, the most obvious way to keep your weight down is to consume less calories. Eat less, in other words. Easier said than done, obviously, but it's the first step to take.

One of the best ways to make money, it seems, is to come up with a new diet plan for people who haven't been able to lose weight. Most of these are fads and are ineffective, of course, because if anyone ever came up with a plan that actually worked for people then everybody that wanted to lose weight would already be following it.

And there is also, I think, a real misconception of what it takes to actually lose weight and keep it off. The greatest development in the last decade or so for people who want to watch their weight has been the introduction of nutrition labels on food and calorie counts on restaurant menus. You can now easily calculate the number of calories that you consume every day.

It's very easy to see how many calories you consume

and then it's easy to gradually find out how many calories you actually need each day. Everybody's different but most adults need about 2,000-2,500 per day to maintain their weight. Consume less than that amount and you lose weight; consume more than that and you'll gain.

First, get a scale and weigh yourself every day. Every day. Then track your caloric intake



every day. Gradually you'll see the direct correlation between what you're eating and how it affects your weight.

You will gradually find out how many calories you need to consume every day until you lose what you want. And here's a reason that people have a hard time committing to a diet in the first place — the thought of not being able to eat food that you love in order to lose weight. Here's the reality.

First, when you're at the weight you want, you don't need to eat less than your optimal daily calorie count. If you don't need to lose weight then eat as many calories a day as you can without going over your optimal amount (2,000-2,500). You can eat a cheeseburger whenever you want, for

example, as long as your calorie count for the day is okay.

This may seem like a pain in the butt at first since it requires a bit more planning than usual. But, the more you count calories the easier it gets and eventually you'll know what you can eat and how much of it, based on your experience.

In the beginning you might want to write down everything you eat and then calculate the number of calories you consumed. That's an easy way to keep track. And it's easy to find out how many calories anything has. Just Google it.

The other side of the equation to eating sensibly is exercising in some way. I've spent most of the last 45 years running and working out, usually five or six days a week.

This is probably more than most people have the time for if they are of working age and have families, commitments, etc. I would argue that there is nothing more important than staying as healthy as you can, however the reality is that most people aren't going to have the time or inclination to be as dedicated as I am in this regard.

But that's okay. In my next column I'm going to show some ways to work out that don't take a lot of time and are enough to keep you active and burning calories without exhausting you.

With a sensible exercise plan that you can maintain to complement your healthy eating, you should hit your target weight eventually and, more importantly, stay there.

— John Williams



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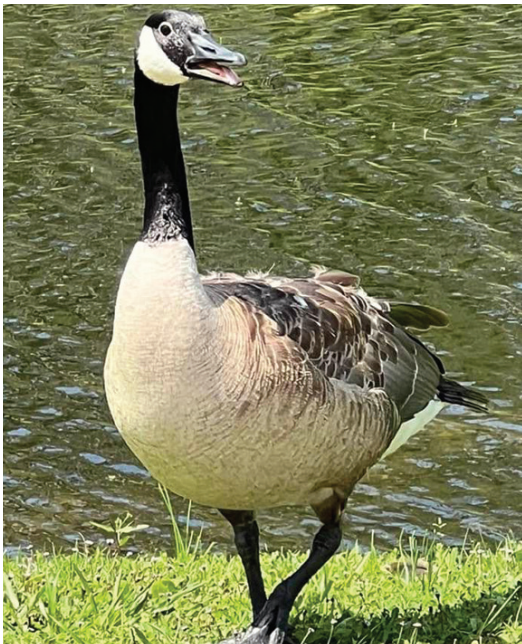


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# Flora and Fauna

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



*Every year migration begins in late summer, following a north-south pathway. The return occurs in early spring. Most birds migrate at night using the moon and stars as their guide. Each year an estimated 3.5 billion birds migrate twice a year with North Florida being part of the second largest migration path for birds on the Atlantic Flyway. Pictured are a few birds and one jellyfish to look for this year. Clockwise from left: Canadian Goose; Robin; Laughing Gull; Ruddy Turnstone; Cannonball Jellyfish To learn more go to: [birdcast.info](http://birdcast.info)*



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



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# THE STATE OF THE ARTS IN OUR TOWN

By Nancy Crouch



Communities grow economically and culturally with the migration of residents from all corners of the earth. Art and culture bring us together to share ideas reflecting on traditions and experiences. It is the beauty of the humanities that forms our civilized societies. As Flagler County experiences growth spurts, the demand for art and cultural activities increases.

Our art and culture environment will continue to benefit from the talent who has migrated to our community. More creatives such as artists, writers, actors, comedians, historians, and musicians are seeking audiences, venues, and collaborations. These healthy collaborations foster inspiration sparking creativity to flourish.

Arts, culture, and the humanities now have an organizational structure in the Flagler County Cultural Council (FC3). Supported in large part with funding by Flagler County, the Council is comprised of a di-

verse group of area leaders with varying levels of expertise to spearhead, cultivate, encourage, and engage in advocacy and support of the arts and humanities. The Palm Coast and Flagler Beaches Tourist

Development office has been a strong proponent of this group from its inception and has provided staffing and guidance to launch this initiative. Strategic planning is now underway with the Flagler

County Cultural Council to solidify and prioritize steps in moving forward. Watch for news of the local results of the AEP6 (Arts and Economic Prosperity) survey with data collected from our residents and visitors.

Flagler County is rich with artists. Gallery of Local Art (GOLA), Pineapple Gallery, Expressions Gallery (in the Grand Living Realty office), Art LaMay, Paul Baliker, and Bess studios are examples of where you will find unique, inspired, imaginative, original art by local artists.

Adding to the identity of our

community is the popular Turtle Trail. A public art project collaborating with local artists to create work inspired by historical artists or environmental themes. The Trail now has nineteen turtles throughout Flagler County with three more soon introduced. To celebrate the success of this public art project, a book on the Turtle Trail highlighting art and artists is underway for publication next year.

Let us support what we have! The theatre season has begun...The City Repertory Theatre never disappoints with their thoughtful programming of often edgy performances for the more mature audience. The small, intimate theatre in City Market Place promises an alternative theatre experience, with humorous, provocative, intense shows. John Sbordone and Diane Ellertsen have jointly created this gem of a theatre experience for us. I encourage all to purchase their VERY affordable season tickets!

The Flagler Auditorium also

announced their season. The premiere performing arts facility adjacent to Flagler Palm Coast High School has and continues to give us musical, dance, and comedy entertainment throughout the year. Tickets are affordable, find a performance that interests you and support them!

The Flagler Playhouse boasts our community live theatre in Bunnell. Area talent has their opportunity to shine on stage from the great line up of theatre scheduled this season.

The Palm Coast Historical Society celebrates their 10th anniversary on October 28. Programs provided by our historical community are free, so I encourage everyone to take advantage of their educational offerings as well as the history academies offered.

Cultural outreach by our heritage organizations provides a glimpse into the myriad of ethnic populations here in Flagler County. From the African American Cultural Society to the Portuguese American and



# For Some People, We're A Beacon Of Light In The Darkness.

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# Why Community Theatre Is Important

Why is it important to support the arts in your community? Looking at the big picture, does it make any difference if you attend a community theatre production?

The answer is yes. Whether it is semi-professional or wholly amateur, community theatre contributes, not only to the arts, but to your community as a whole.

Firstly, community theatre allows aspiring actors and lifetime theatre hobbyists to come together and hone their craft. It creates a sense of accomplishment and develops a community spirit as cast and crew work towards a common goal.

Whether the performers intend to fly off to an audition in New York City after the curtain falls, or simply plan to go home to their families and day jobs, a community theatre production provides its cast and crew with a second family, a support system, and a strong sense of pride in their contribution to the arts in their community.

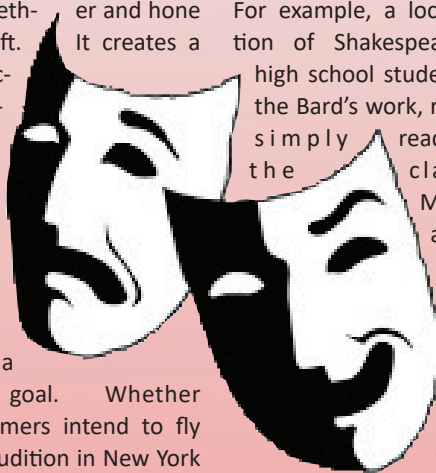
But a local production does not only give back to those on-stage, it also provides the community with the chance to come together to celebrate creativity and teamwork. This side of theatre is too often dismissed when discussing its advantages in a community setting. The role of the audience is as important, if not more important, than that of the performer. Coming together to view a local production is an exciting experience, whether the performance is

fantastic or a flop. Perhaps a local production of a musical will be the first time a future Oscar winner will experience live theatre, or maybe it will be the setting for a romantic evening out which leads to a long-lasting relationship. You may make a new friend, discover a new interest, or simply find a new set of tunes to sing along with in the car.

Apart from the social aspect, theatre can be educational while still being entertaining. For example, a local production of Shakespeare allows high school students to see the Bard's work, rather than simply reading it in the classroom.

Many plays and musicals are about important historical events; perhaps they will spark the interest of the writer in you or encourage a research project for a class, especially if they highlight an aspect of a particular era which is not usually focused upon.

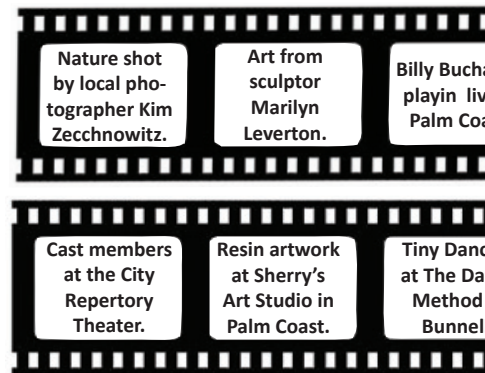
Community theatre is a place of new discoveries and life-long learning. It can open your eyes to a new hobby, a new relationship or a new path in life. It contributes to the arts in a community, as well as teaching many important skills such as teamwork, problem solving, and confidence in public speaking. It strengthens a community's cultural environment, provides catharsis to its participants and viewers and is a safe place for people of all ages, cultures and experiences to come together and work towards a common goal.



## Art from page 22

Hispanic American Clubs and others in the community, there is something for everyone of any ethnic origin.

These organizations operate on slim margins with most, if not all, volunteer staff, so supporting our cultural activities in Flagler County is key to their survival. Shop at local galleries, attend performances, and historical and cultural programs. Learn about the community in which you live. Support the community in which you live. Membership has its privileges. Volunteers are the backbone to success not for profits; please



## Key to cover images.



seek them out. Art and Culture. Live It. Support It.

*Nancy Crouch is the Co-chair of the Flagler County Cultural Council (FC3)*

# Arts Groups In The Palm Coast Area

## Dance

### Arthur Murray Dance Studio

Dance school  
160 Cypress Point Pkwy #A214  
(386) 225-4660

### Elite Dance and Travel

Dance club  
515 Palm Coast Pkwy SW #15  
(386) 585-4274

### Mia Bella Academy of Dance

Dance school  
160 Cypress Point Pkwy D201  
(386) 283-4939

### The Dance Method

Dance school  
3371 N. State St. Ste 3  
(407) 995-6604

### Flagler School of Dance

Dance School  
4601 E. Moody Blvd, Ste 16  
386-437-2067

### Dance Amadis Ballroom

Dance school  
210 Old Kings Rd. S, Unit 800  
916-678-8464

## Fine Arts

### Art LaMay Studios

Art gallery  
4480 N Ocean Shore Blvd  
(386) 503-4663

### Baliker Gallery

Art gallery

5928 N Ocean Shore Blvd  
(386) 446-0069

### Bess Studio

Artist  
3 Surf Dr  
(386) 447-3915

### Diana Minotti Fine Art, Antiques & Collectibles

Antique store  
15 Palm Harbor Village Way  
(386) 237-3233

### Easel Works

Painting lessons  
(386) 237-4740

### Flagler County Art League

Arts organization  
160 Cypress Point Pkwy  
386-986-4668

### Gallery of Local Art (GOLA)

Art gallery  
Flagler Beach, FL  
(386) 439-6659

### Palm Coast Arts Foundation

1500 Central Ave  
(386) 225-4394

### Pineapple Gallery

386-439-6659, 208 S. Central Ave, Flagler Beach

### Salvo Art Project

386-871-9546, 802 E. Moody Blvd, Bunnell

### Sherry's Art Studio

Art studio





City Market Place, 160 Cypress Point Pkwy B 209, In City Market Place  
732-997-9516  
Vivo Art Studio  
Art school  
29 N Old Kings Rd Unit 10-B  
(386) 338-1408  
Art LaMay Studios  
Art Studio  
4480 N Ocean Shore Blvd  
386-503-4663

**Theater**

**City Repertory Theatre**  
Performing Arts Theater  
160 Cypress Point Pkwy, City Market Place  
(386) 585-9415  
**Flagler Playhouse**  
Performing arts theater  
Bunnell, FL  
(386) 586-0773

**Organizations/Miscellaneous**

African American Cultural Society  
Non-profit organization  
4422 N. US HWY 1  
386-447-7030

**Choral Arts Society**  
Performing arts group  
(407) 474-1437  
**Fantasy Art Photography**  
Photographer  
101 Palm Harbor Pkwy NW Suite #114, European Village  
(904) 480-1955  
**Fitzgerald Performing Arts Center**  
Performing arts theater  
5500 State Rte 100  
(386) 437-7547  
**Floating Heart Circus Arts**  
Performing arts group  
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# Kids Benefit From Music Education

Today, children of all ages experience rigorous career preparation as part of their education. School systems strive to implement mandated standards to help students excel in standardized testing and gain necessary skills for future job opportunities.

In this worthwhile pursuit, many creative school programs such as art and music are deemed unnecessary and cut from the curriculum.

What many schools do not realize, however, is that programs such as music education can have major positive impacts on growth and development.

In fact, these six benefits of music education not only show how music can benefit children now, but how it goes hand-in-hand with their preparation for future endeavors.

**Enhanced language capabilities**

Would you like your child to have a larger vocabulary and enhanced reading comprehension skills? Studies show consistent music education improves both areas. How does it work?

Emerging evidence suggests the area of the brain controlling both musical ability and language comprehension are more related than previously thought. Music education requires students to recognize and repeat pitch, tone or enunciation of words.

Especially in young children, music directly benefits the ability to learn words, speak them correctly, and process the many new sounds they hear from others.

**Improved memory**

Music education involves a high level of memorization. Students must be able to read music by sight, play the proper notes on their instrument or recall lyrics. This process benefits the overall memory center of the brain.

In one study, musicians outperformed non-musicians in auditory, visual, and memory tests.

Music is also easily stored in our memory. Have you ever had a song stuck in your head? You can use music to help children

remember things. Examples include using common tunes to memorize facts, playing meditative music during study time, and using music resources when presenting materials.

**Strengthened hand-eye coordination**

Playing a musical instrument has long been known to enhance dexterity and hand-eye coordination.

When playing an instrument, a musician must be able to create the correct notes through the proper hand motions, whether it be hitting keys, closing valves or using another apparatus to produce sound. In addition, the musician is also required to read the sheet music and follow the conductor.

This opportunity to grow motor skills is especially significant in younger children. Even a basic introduction to an instrument, such as a hitting a triangle or learning a song on a recorder, can be beneficial.

**Powerful study habits**

As children grow and are exposed to more rigorous courses of study, time spent reviewing and retaining is essential to success. More and more time in the classroom is spent on introducing new subjects and ideas, requiring students to work at home to ensure they have grasped onto the necessary information.

When children are exposed to proper music education, they learn powerful study habits. Mastering their specific musical craft takes a concerted effort, consistent practice and patience. These disciplined habits translate into other areas of study.

**Mental processing and problem-solving heightened**

In the end, one of the most useful benefits of music education is the increased ability to process situations and find solutions mentally. Those with musical training have been found to have higher levels of gray matter volume in their brains, which are directly tied to auditory processing and comprehension.



Photo courtesy of Mia Bella Academy Of Dance



# Selection Of The Month

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



Scott and Elise Mead of Francis Lane have been recognized as the October, 2023 Selection of the Month by The Garden Club at Palm Coast.

Originally from South Dakota for 30 years, the Meads moved to Palm Coast 5 years ago.

They like planting mostly perennials giving them such a diversity of colorful plants.

On the front left side of the house, you will find coreopsis, plumbago, mini-Mexican petunias, society garlic, variegated liriopse, confederate jasmine, different types of crotons, a lady palm, and red canna lilies.

The beautiful Sylvester palm in the center island provides a natural canopy for African bush daisy, cardboard palm (cycad), oyster plants, blue daze, Chi-

nese fringe flower (Loropetalum), oleander, Hawaiian Ti, schefflera, and red fountain grass.

Heading towards the back yard there are lavender trailing daisies, multi-color verbena, seaside petunias, portulaca, periwinkle, golden shrimp plant and jatropa which attract hummingbirds, bleeding heart vine, blanket flower (Gaillardia), firecracker, African irises, a variety of succulents, and several date palms.

Their vegetable garden has climbing tomatoes, basil, chives, and pineapples.

The gardens are bordered by either concrete or black landscape edging and mulched with tan river rock giving the gardens a well-defined space.





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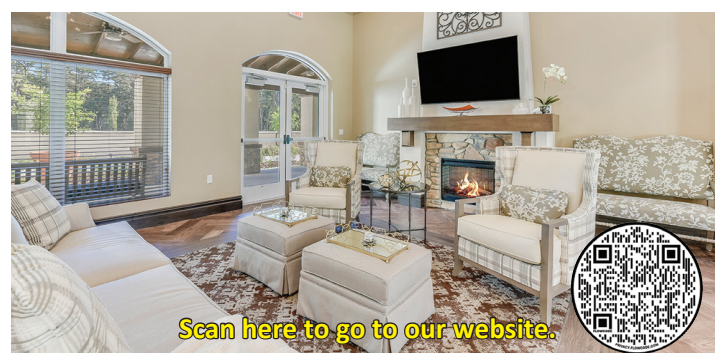


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# Homeowners Corner

## *Should you install solar panels on your house?*

The question of whether to get home solar panels is no small decision. There's the issue of whether the energy savings will offset the costs. You may wonder whether you need a new roof first or how long solar panels last. There are many factors to consider before buying home solar panels. Below we'll go into the basics of solar panels and answer all of your pressing questions so that you can make the right choice for your home, budget and energy goals.

### **How solar panels work**

First, how do solar panels work? Solar panels are made of photovoltaic cells. The sun emits solar radiation, which is absorbed by the PV cells when the sun shines directly on them. The energy from the sun creates electric charges, which move according to the electrical field in the cell, directing the flow of electrical energy. Parts of the solar panel also convert energy from direct current to alternating current so it can be used in homes. Certain solar panel array components also store the energy for later use even when the sun is not up. You can learn more about how solar panels work in our guide.

### **The benefits of solar panels**

Why would you want home solar panels? Solar panels for your home come with many benefits:

**Savings on energy:** The most direct benefit is that you can gain the opportunity to power your own home outside of the electrical grid. That will save you money, and if you generate

extra power, you might even be able to get credit on your bill from the electric utility.

**Solar is an abundant power source:** According to the US Department of Energy, just one hour of noontime summer sun meets the annual US electricity demand. Even if you're in an area with a lot of rain or shade coverage, you can still save on

ers and installers in your area.

You can even shop for solar panels at major home goods stores like Home Depot. Stores like this can even set you up with professional installation to help you get a residential solar panel setup.

Many of these services also help you access financing for your solar panels for your

before you install solar panels for your house. If your roof is older, you may need to change out your roof before you put on residential solar panels. Otherwise, the panels might not have the necessary structure in place to support the weight and may also have to remove the panels to replace the roof.

### **Care and lifespan of solar panels**

Many solar panels are guaranteed to last anywhere from 20 to 30 years, with 25 years being a common estimate. On top of that, they're fairly maintenance free, just requiring that you keep them free of obstructions like dirt, leaves and snow. Warranties also tend to help with professional repairs.

Solar panels have what is known as a "useful

life" period. What that means is that the panels produce less energy gradually as they age. You might notice a significant drop-off in how much energy you are getting from the panels roughly 25 years after the installation. For instance, many warranties guarantee 90% of panel production for the first ten years, and 80% for the remainder of the 25-30 years. But that doesn't mean they're immediately useless, and they can still produce energy for a long time.

With the lifespan of residential solar panels in mind, it's common to wonder when you'll start making money. Many factors influence when and how you start making money from a solar array, including how many solar panels you have, how much energy you use and whether you opt to rent or buy solar panels for your house.



your electricity bill.

**Help with your home value:** If you plan to sell your home down the line, having home solar panels can be a major perk to buyers and can help increase your home's value.

**Going green:** Since solar is a renewable resource, you can minimize your carbon footprint.

**Independence from electrical grid failures:** Some areas have electrical grids that are less than reliable. If you experience frequent power outages in your area, your own solar power can keep the lights on.

**Power your camping:** Some small solar panel arrays fit right onto RVs or you can take them camping so you have electricity, no matter how remote the location.

### **Where to buy solar panels**

Many businesses specialize in selling and installing solar panels for homes. Search online to locate solar panel suppliers

and installers in your area. You can even shop for solar panels at major home goods stores like Home Depot. Stores like this can even set you up with professional installation to help you get a residential solar panel setup. Many of these services also help you access financing for your solar panels for your

### **Solar panel installation**

You can either choose professional installation or self-install the arrays if you're handy. Pick the option that best matches your level of comfort with solar installation. If you opt for professional installation, make sure to talk to your solar panel supplier. Some suppliers offer special pricing on installation or know a subcontractor that can do it affordably.

A common concern is also whether you need a new roof

*If you're looking for a reliable solar energy company check with Wayne's Solar in Ormond Beach. Call Skip at 386-673-9720 for any help you need and he'll take care of you.*



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# Gardening Tips

*You could have your own wetlands in your yard, by Debra Jameson*

Do you have an area in your yard that is marshy? Is there standing water? Thinking you just can not get grass to grow there? Have you ever thought of enhancing this area into a wetland garden where you could attract wildlife and protect the waterfront as well as surround yourself with vibrant colors, hear birds chirping, see deer and transition that area into a sanctuary where your thoughts could wander, and your mind could clear?

Let's take a look at how applying nine core Florida-Friendly Landscaping™ principles will help to provide an integrated approach to your wetland landscape that will conserve and protect water and other natural resources.

The nine core principles of Florida-Friendly Landscaping™ are: plant the right plant in the right place, fertilize appropriately, attract wildlife, recycle yard debris, water efficiently, mulch, manage yard pests, reduce stormwater runoff, and protect the waterfront ([ffl.ifas.ufl.edu](http://ffl.ifas.ufl.edu)). This program is designed to help you use less water, fertilize correctly and select plants that grow in harmony with Florida's unique environment. Let's investigate closer the task of planting the right plant in the right place, attracting pollinators to your yard, composting yard waste and move towards living green.

In a wetland garden, the right plants thrive in water.

---

*Debra Jameson is a Master Gardener volunteer working with Master Gardener Judy Jean.*

The soil there contains something called "dissolved organic matter" (DOM), which gives the water its dark tea color in places like Florida. Wetland soil has more DOM than farmland. This DOM is vital because it stores nutrients, serves as food for tiny organisms, and supports plant growth.

Let's take a look at four examples you could easily start with, that will bring wildlife and pollinators to your property. These suggestions take into consideration the concept of vertical layering to add interest and flowers to your wetland garden.

- Water Grass is a true aquatic grass that looks very much like lawn grass. It grows floating and trailing across the water and produces white flowers that are tiny. Water Grass is found in shallow, slow-moving waters.

- Iris Virginia Blue Flag have showy flowers that will bring pollinators to your garden specifically hummingbirds and yet deer tend to avoid eating this plant.

- Bacopa or waterhyssop is an emersed plant. This small sprawling herb is common in fresh and brackish waters. A Florida native, lemon bacopa or blue waterhyssop is distinguished by its blue flowers and by the lemony scent of its crushed leaves.

- Canna species, Golden Canna is very showy and typically grows to four feet tall in small stands at the edges of marshes, ponds, and

lakes. The showy yellow or red flowers grow in clusters at the tops of long stalks and are native to Florida.

More information can be found from the Aquatic Wetland and Invasive Plant Information Retrieval System (APIRS) of the University of Florida Center for Aquatic and Invasive Plants.

ing™. Wetland gardens use no fertilizer and create no yard debris that needs to be dealt with. Watering is not happening, and you've created a stormwater runoff sanctuary all the while you are adding to your waterfront appearance.

When your garden becomes established, consider



For further information about aquatic, wetland and invasive plants and aquatic ecosystems. Contact the APIRS office at 352-392-1799 [CAIP-website@ufl.edu](mailto:CAIP-website@ufl.edu) or <http://plants.ifas.ufl.edu>

Specifically, if you live along the salt marsh try investigating, "Life along the salt marsh: Protecting Tidal Creeks with Vegetative Buffers" (<https://hgic.clemson.edu/factsheet/life-along-the-salt-marsh-protecting>). Fact-sheet HGIC 1856 Published November 23, 2013, at Clemson University.

Not convinced yet about starting a Wetland Garden? Consider six more advantageous reasons, going back to the nine core principles of Florida-Friendly Landscap-

performing a self-evaluation of your landscape using the Florida-Friendly Landscape™ Home Landscape Recognition checklist. It can be found here:



This program honors folks' efforts to conserve water and protect water quality and other natural resources. There are two levels available, Silver and Gold.

I challenge you to turn this area into an award-winning wetland garden. The Flager County Extension and Master Gardeners are here to provide you with educational resources that will help lead down your garden path and will help you aspire to your dreams.



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# Restaurants

*Carrabba's calamari exceeds expectations*

We're taking a look this month at a fixture in the local dining scene here, the Italian restaurant and grill, Carrabba's.

It's our custom to always order the calamari at any Italian restaurant we review because it's our feeling that if the place can't get the calamari right then the rest of the menu probably isn't going to be good either. It's always been a remarkably accurate indicator and it definitely worked here.

Carrabba's has the best calamari we've had in years. It's



*Carrabba's delicious calamari.*

ue for money here very good.

The menu has a good selection of Italian favorites for entrees with a few salads and a couple of soups to go along with the appetizer selection, as well as some desserts that we were unable to consider due to space considerations (we were just too full.).

As former restaurant owners, our experience here was exactly what we strived to provide for our guests, and our hosts did it very smoothly on this evening. This place is obviously managed well, the servers are excellent and the food is tasty, and at a fair price.

And for us there's no greater compliment that you can give a restaurant than by returning to it because you just have to have one of their dishes. You know what we mean? So we'll be back soon for some more of,



*Crisp greens highlight the simple, traditional Caesar salad served here.*

crispy on the outside, tender on the inside and is seasoned perfectly. And the rest of the dishes, as predicted, followed suit. We simply enjoyed everything we ordered, period.

The entrees of fried scallops and shrimp with fries, and mahi with garlic mashed potatoes were both well cooked and flavorful. They came after we enjoyed a Caesar salad with a suitably tangy dressing. We also got a tasty chicken vegetable soup that came with one of the entrees.

Actually, when we first looked at the menu we thought the prices were a bit high but that was before we realized that the entrees come with either a side dish or a soup or salad or both. This makes the val-



*The fried shrimp and scallops were perfectly cooked.*

well you know, that calamari.

By the way, did we mention how good it is?

**Carrabba's, 160 Cypress Edge Dr, 386-246-9839**





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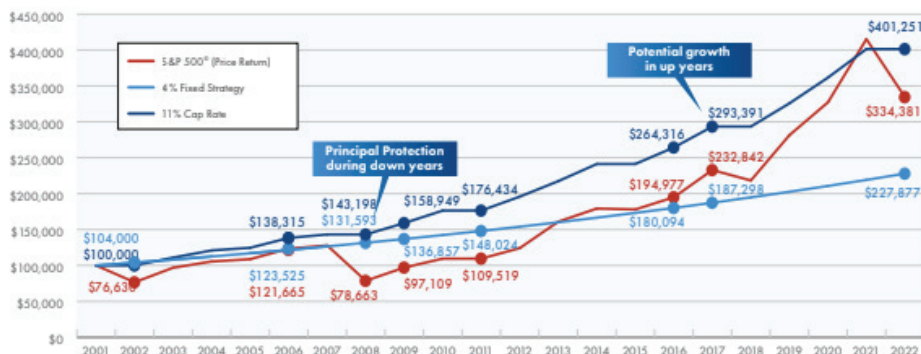
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\*Assumes a hypothetical investment of \$100,000 directly in the index and uses the annual point-to-point method based on changes in the S&P 500® to calculate the indexed rate for each term. Assumes no withdrawals. This example is for informational purposes only and is not indicative of past performance, nor intended to predict future performance of any specific product. Withdrawal charges may apply to an annuity. Interest earnings in an annuity are not taxed until withdrawn. Annuity withdrawals and distributions may be subject to income tax and, if withdrawals or distributions are taken prior to age 59½, a 10% federal penalty tax may apply.

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# QR Code Use Rapidly Growing in Popularity

You've undoubtedly seen QR codes all over the place in your everyday life and you maybe a regular user of them. If you are, you may not need to read this article. If you're not that familiar with them and aren't sure of what they do, then please read on.

In either case, QR codes are here to stay and are gaining in popularity and usage. We have been using them in this magazine for over a year now and they have been steadily producing more and more scans each issue. In the last 90 days,

for example, the number of scans made from QR codes in our pages has gone up 174% in the last 90 days.

How do you scan a QR code? Now you can simply point most phones at a code such as the one at right and the phone will display a URL. When you touch that URL you are taken to a web page. When I first started using QR codes I downloaded a QR code reader from the Google Play Store. iPhone users that have an iPhone 11 or later can automatically scan codes with-

out a QR reader. My current Samsung phone, an A13, also automatically scans QR codes so I don't have to use the QR reader software that I downloaded for free over a year ago.



So if your phone doesn't scan codes automatically just download one of the free apps and you'll be all set.

If you want to see if your phone can scan codes then try scanning the code on this page. If it works you'll be taken to our web page where you can download any of our back issues. And if you have any questions for any reason just do a Google search and you'll find lots of information to help you. In the meantime, please keep reading... and scanning.

## PLEASE BUY LOCAL.

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

For example:

How much money do companies not located in Palm Coast contribute to local charities and other non-profit organizations the way local businesses do? The answer is none.

What about the advertising that local businesses buy to support kids' sports or other school activities like bands and choruses? The answer is again none.

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

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# Flagler Artists

*Form and emotion mark Marilyn Leverton's art, by James Moore*

As many artists who call Flagler County home, few of them capture the essence of form and emotion through sculptural artistry the way Marilyn Leverton does. Stepping into her studio at the Salvo Art House, just a short drive from the Flagler Courthouse, every square foot contains a piece Marilyn has brought to life. Each one grasping a powerful emotion brought on by both world events and human experiences.

Originally from England, Marilyn discovered sculpting in (the English equivalent of) high school. Two years of art classes showed her both sculpting and painting. To this day, she will come back to painting, especially as the physicality of sculpting can be demanding. But since then, sculpture was and remains the first passion.

Unfortunately, the passion would have to be put on hold, as work required more of her time. She tried to keep art close by when she worked as an administrator for an art gallery in Birmingham, as well as Stratford on Avon for a few

years.

Having been married to someone in the hotel business, she also found work during their travels. While living in Jamaica in the 1980s, she worked with French chefs at Wyndham hotels, translating menus and as a liaison between his staff. She worked as an office manager for the Saatchi advertising company, also in Jamaica, before returning to London to manage an advertising firm.

While in England, Marilyn went back to school. West Chester College was offering art classes for adults and here she could refocus her attention back on that lost love of sculpture. The class offered live models, where she learned proportionality, subject's anatomy, and measuring the models.

Marilyn continued to hone her skills before retiring to Florida. She and her husband chose Palm Coast after learning of the Hammock Dunes in the Sunday Times while vacationing in Fort Lauderdale. She would join, and receive awards from, art groups like the Daytona Beach



Art League, Flagler County Art League, and the Beaux Arts of Central Florida.

Through these art leagues, Marilyn finds support from her peers, and can provide them back. The COVID-19 lockdowns were a challenge for everyone, and Marilyn was no exception. In her studio (and on her social media pages), she has a piece of two tiny figures with hands on a piece of glass, separating them from a larger figure.

Pieces that inspire melancholy and sadness are a commonality amongst Marilyn's studio. All of which, done beautifully and cathartically. Having depressing art pieces helps with therapy because creating things with your hands keeps you busy and siphons those negative feelings out.

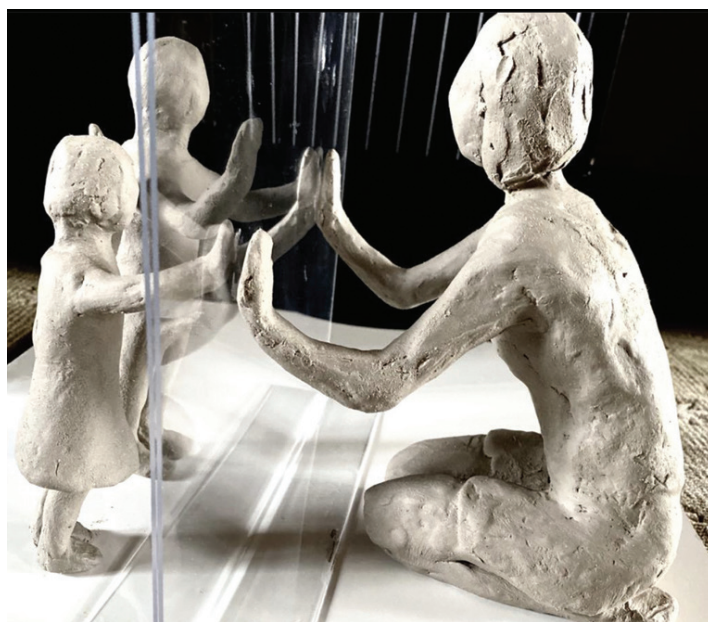
Pieces such as "The Weight of the World" and "The Universal Quest" mix this with her more international adventures and inspiration.

Her inspiration is often whatever is going on at the time

that strikes her. Sometimes just get an idea in the middle of the night. Sometimes it is an extreme emotion she is experiencing. The best inspiration happens when you're doing something and not waiting to do something. Some days, she just rolls out the clay and plays with it until it talks to her and becomes something. Titles are the harder thing to come up with. That, and the pricing. "When you buy something from an artist, you're buying more than an object."

"Just do it," she says. "Don't think 'Am I good enough?' Just try. It is not just winning prizes or selling pieces. It is creating something. It helps you feel things, feel good. I do it because I love it. Sometimes selling pieces is hard. If you are successful, that's great. The more practice you get, the better you get."

Marilyn Leverton can be found on Facebook and Instagram under @Marilynlevertonart.





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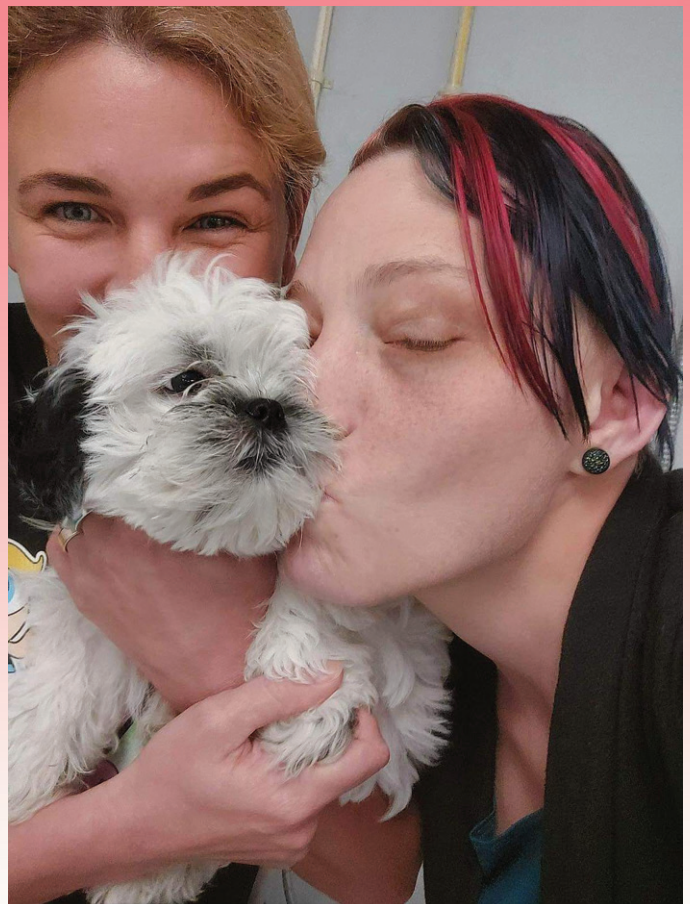


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# Parks And Recreation In The City

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

## **Belle Terre Park • 339 Parkview Dr.**

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

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



## **Bird of Paradise Nature Reserve • 179 Bird of Paradise Drive**

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

**Fishing**



## **Central Park in Town Center • 975 Central Avenue**

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

**Geocaching • Parking • Restrooms • Walking**



## **Children's Memorial Garden • 150 Waterfront Park Road**

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

**Parking**



## **Community Center & Park • 2860 Palm Coast Parkway**

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

**Basketball • Parking • Playground • Restrooms**



## **Heroes Memorial Park • 5455 Belle Terre Parkway**

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

**Geocaching • Parking**



## **Indian Trails Sports Complex • 5455 Belle Terre Parkway**

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

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





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

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

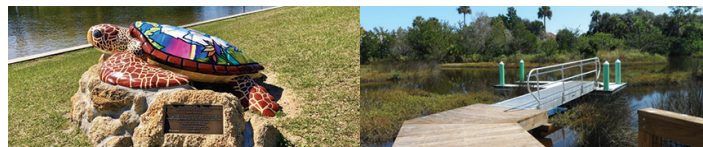
**Baseball • Basketball • Bocce Ball • Dog Park • Lacrosse • Parking • Pickleball • Picnic Shelter • Playground • Restrooms Shuffleboard • Soccer • Tennis • Volleyball • Walking**



**Long Creek Nature Preserve • 1050 Palm Harbor Parkway**

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

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



**Palm Coast Aquatics Center • 339 Parkview Drive**

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

**Parking • Picnic Shelter • Restrooms • Swimming**



**Palm Coast Tennis Center • 1290 Belle Terre Pkwy**

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

**Parking • Restrooms • Tennis**



**Ralph Carter Park • 1385 Rymfire Drive**

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

**Basketball • Parking • Picnic Shelter • Restrooms Skateboarding • Soccer**



**Seminole Woods Neighborhood Park • 350 Sesame Boulevard**

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

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



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

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

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



**Waterfront Park/Intracoastal Waterway • 150 Waterfront Park Rd**

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

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





# Events, Meetings, Classes, etc.

## Events

### Palm Coast Farmer's Market

October 1, 8, 15, 22, 29 @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

October 7, 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

October 6, 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/](http://www.parksandrec.fun/) adults to sign up.

### Texas Roadhouse Events

October 9-10 AdventHealth Breast Cancer Awareness Fundraiser from 2-8 PM at Texas Roadhouse Palm Coast, mention the fundraiser to your server to donate 10% of your check back to a fantastic cause.

October 16 Flagler Titans Fundraiser from 2-8 PM, mention the fundraiser to your server to donate 10% of your check back to Flagler Titans!

October 20 Garden Club of Palm Coast Fundraiser from 2-8 PM, mention the fundraiser to your server to donate 10% of your check back to the Garden Club!

October 31 Rymfire Elementary School Fundraiser from 2-8 PM, mention the fundraiser to

your server to donate 10% of your check back to RES!

## Meetings

### New Jersey Social Club

Social club for former New Jersey residents with a monthly meeting on the fourth Wednesday of each month. For more information, contact membership chair Penni Knapp at 386-931-5976.

### Italian American Club Bingo

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

### Nara-Anon Group

Monday nights at 6 PM, St. Marks By The Sea Lutheran Church, 303 Palm Coast Pkwy NE, Palm Coast. Nara-Anon

## Marine Corps Detachment 876 Flagler County

Meetings are the 3rd Tuesday of each month.

The VFW Post 8796

47 Old Kings Road North

Palm Coast, FL 32137

Meet and greet and pizza party at 1715 hours.

Meeting starts at 1800 hours.

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**Menopause The Musical 2**  
*Cruising Through 'The Change'*  
Oct. 29, 2023 - 2:00 PM



**United States Navy Band**  
*Commodores Jazz Ensemble*  
Nov. 3, 2023 - 7:00 PM



**Almost ABBA**  
Nov. 18, 2023 - 7:00 PM



**Legend 2 Legend Show:**  
*The Music of Billy Joel & Elton John*  
Nov. 24, 2023 - 7:00 PM



**One Christmas Night  
in Memphis**  
Dec. 7, 2023 - 7:00 PM



**The Silhouettes:**  
*Light of Christmas*  
Dec. 15, 2023 - 7:00 PM



**Navy Band Southeast**  
*Holiday Show*  
Dec. 17, 2023 - 7:00 PM



**The Texas Tenors**  
Jan. 10, 2024 - 7:00 PM



**The Greatest Love of All**  
*Starring Belinda Davids:  
A Tribute to Whitney Houston*  
Jan. 20, 2024 - 7:00 PM



**Human Nature: Back to the  
Sound of Motown as Presented  
by Smokey Robinson**  
Jan. 26, 2024 - 7:00 PM



**The Bronx  
Wanderers**  
Jan. 31, 2024 - 7:00 PM



**Invincible: A Glorious Tribute  
to Michael Jackson**  
Feb. 3, 2024 - 7:00 PM



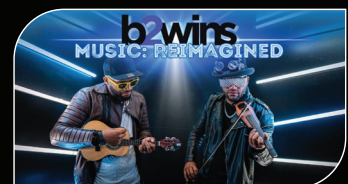
**Stayin' Alive: One Night  
of the Bee Gees**  
Feb. 14, 2024 - 7:00 PM



**An Evening with Anthony  
Smith and Darryl Worley:**  
*Nashville Songwriters*  
Feb. 16, 2024 - 7:00 PM



**Fourever Fab  
& Sixtiesmania:**  
*A Journey Through the '60s*  
Feb. 22, 2024 - 7:00 PM



**B2Wins Music:**  
*Reimagined*  
Feb. 27, 2024 - 7:00 PM



**The Doo Wop Project**  
Mar. 23, 2024 - 7:00 PM



**DAYBREAK: "The Music  
& Passion of Barry Manilow"**  
Apr. 13, 2024 - 7:00 PM



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

Groups are for those of us who are affected by a loved one's addiction. Please enter through the side door next to the playground. We offer our help by sharing our experience strength and hope. For more information please call Nancy at 386-569-0417 and leave a message.

### Activities

**Aqua Zumba**  
Mon-Wed Aug. 14-Dec. 20,  
Tue-Thu Aug. 15-Dec. 21,

**Water Aerobics**  
Mondays-Wednesdays, Aug. 14-Dec. 20, 9-10 AM, Palm Coast Aquatics Center. Combine aerobics with strength training in our Water Aerobics class! Moving your body through the water creates a resistance that will activate muscle groups without impacting your joints. Ages: 13+, Fee: \$8/class

**Beginner's Pickleball**  
Tuesdays, Fridays, Aug. 15-Dec. 29, 8-10:30 AM, Holland Park Courts. If you want to

We invite you to join us for an evening of Halloween family fun on October 27, 28 & 29, 2023 from 6:30 until 9:30 p.m. at The Colonial Oak in St. Augustine. Hosted by The St. Augustine Swashbucklers Pirate Crew, a non-for-profit organization. See more information at [www.wmayhemproductions.com/spooky](http://www.wmayhemproductions.com/spooky) or call 386-262-8495.

5:30-6:30 PM, 9-10 AM, Palm Coast Aquatics Center. Aqua Zumba blends the Zumba philosophy with water resistance for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class, so you can really let loose. 13+ years, Fee: \$8/class

learn how to play in a fun and friendly atmosphere, try out our Beginner's Pickleball! Registration is not required. Paddles, balls, and nets are available for use. Ages: 18+, Free  
**Women's Self Defense**  
Mondays, Oct. 9, 16, 23, 6-8 PM, Palm Coast Community

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.



## Applications Open for Flagler County Master Gardener Volunteers

Flagler County University of Florida IFAS Extension office will be accepting applications from Sept. 1 through Oct. 31 for new Flagler County Master Gardener Volunteers. Training will be held Jan. 11 through April 18, 2024. Florida Master Gardener volunteers help people find practical gardening and landscape solutions to problems specific to living in Flagler County Florida. Training consists of classes held Thursdays from 9 a.m. - 3 p.m. with topics spanning plant propagation, hydroponics, soil science, fruit crops and many more. The classroom time will be held at the Flagler County extension office at 150 Sawgrass Road in Bunnell. You can apply at <https://tinyurl.com/FlaglerCountyMGV>. Contact Judy Jean at [jean.cjudy@ufl.edu](mailto:jean.cjudy@ufl.edu) with questions.



**Center.**

Learn effective methods to ward off attackers in this three-day class. Commander Michael Lutz from the Flagler County Sheriff's Office will teach you skills to make you more aware of your surroundings, methods to protect yourself, and critical safety tips. Pre-registration is required at least 48 hours in advance; participants must attend all three classes. Fee: Free

**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 Oct 2** 11 AM, 24" Gather Pumpkin Palette Sign, Fall Special Price, \$45.00

**Fri Oct 6** 2 PM, Coastal Pumpkin Trio Door Hanger, \$75.00

**Sun Oct 8** 11 AM, Sea Horse Coastal Pumpkin, \$75.00

**Sat Oct 7** 11 AM, Mermaid on 12x24 Canvas, \$95.00

**Mon Oct 9** 11 AM, Large Stay Salty 3D Sign, \$65.00



*As Lynyrd Skynyrd approaches the 50th anniversary of the band's critically acclaimed debut album Pronounced 'Lêh-'nérd 'Skin-'nérd in 2023, they resonate as deeply with their multi-generational fan base today as when they first emerged out of Jacksonville, Florida in 1973. They'll be at The Amp in St. Augustine on October 5-6.*



**Check out our Halloween BOOty Bash for kids. All details are on our site. Hope to see you there.**

**Seawolf Privateers**

Find out more about our non-profit organization by visiting [SeawolfPrivateers.org](http://SeawolfPrivateers.org). You can scan this code to go to the site.



**Mon Oct 9** 11 AM, Large Coastal Pumpkin Door Hanger, \$65.00

**Sun Oct 15** 11 AM, Mystical Mermaid 12x24 Acrylics, \$75.00

**Sat Oct 21** 11 AM, Functional Art Sea Turtle Halfmoon Side Table Workshop, \$250.00

**Fri Oct 20** 11 AM, Coastal Sea Turtle Pumpkin "Waterbory,"

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Events, Meetings, Classes, etc. from page 43



At age 86, Buddy Guy is a Rock & Roll Hall of Fame inductee, a major influence on artists like Jimi Hendrix, Eric Clapton, and Stevie Ray Vaughan, a pioneer of Chicago's fabled West Side sound, and a living link to the city's halcyon days of electric blues. Buddy Guy has received 8 GRAMMY Awards, a 2015 Lifetime Achievement GRAMMY Award, and many other awards. He'll be at The Amp in St. Augustine on October 20.

PRESENTED BY: *Palm Coast Fall Arts Festival*

NOV. 12, 2023  
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**PILATES IN THE PARK**  
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**SCHEDULE OF EVENTS OCTOBER 17, 2023**

<p><b>4:00 PM</b> Bold Ladies In Business Vendors</p> <p><b>4:30 PM</b> Welcome &amp; Introductions: Alina Perry Smith/Images by Alina, Ana Reyes-Dutzts/Ana Diva Status</p> <p><b>4:45 PM</b> Yoga In the Park with Beach Yogis Carla Adams</p> <p><b>5:00 PM</b> Food Truck Tuesday</p> <p><b>5:15 PM</b> Celebrating Survivors Courtney Akel - Dick Stark Carpet One Deanna Arthur - Papa's Pride</p> <p><b>5:30 PM</b> Pilates In the Park with Beach Barre Fitness, Gayle Jaffe</p>	<p><b>6:00 PM</b> Healthy Living</p> <ul style="list-style-type: none"> <li>Cleaning for a Reason Support with Monica Garcia- Monica Clean</li> <li>Health Intimacy with Jeri McKinney-Pure Romance</li> <li>Infusion Therapy with Christine Moore-All New U</li> <li>Body Mechanix with Sam Hayes-Skin and Body Wellness</li> <li>Massage/Chiropractic Care with Dr. Erica Equizi/Marjio St. Laurent Dean- Premier Chiropractic of Palm Coast</li> </ul> <p><b>6:45 PM</b> Networking</p> <p><b>7:00 PM</b> Check Presentation to AdventHealth Palm Coast Foundation &amp; Raffles</p>
--	---

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Just shy of his 75th birthday, Sammy Hagar is somehow as energized by and committed to the pure power of rock'n'roll as he was fronting Montrose in the 1970s and Van Halen from 1985-1996. He is now backed by his longtime band The Circle: bassist, former Van Halen bandmate and fellow Rock Hall member Michael Anthony, guitarist Vic Johnson and drummer Jason Bonham. He'll be at The Amp on October 26.

### Flagler County Orchid Society

Monthly Meeting • October 26 at 7 PM  
 Trinity Presbyterian Church • 156 Florida Park Dr  
 Orchid species and care are discussed  
 and guests are always welcome.

Contact: Jeanne Long  
 386-931-3156



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# Just So You Know...

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

Carrabba's	VFW Hall
Community Center	Palm Harbor Golf Club
Shell Foodmart	Cut Up & Sew
County Government Bldg	City Hall
Flagler Auditorium	Wawa
Burger Bros	Fairfield Inn
European Village	Days Inn
Pine Lakes Golf Club	Microtel Hotel
African-American CC	Red Roof Inn
Texas Roadhouse	Econolodge
Dominic's Deli	Best Western Hotel
Garden Club	Hampton Inn
Public Library	Italian-American Club
Palm Coast Lanes	Imaging Center
Elks Lodge	Hilton Garden Inn
St. Joe's Tax Office	Good Vibes Nutrition

## Events, Meetings, Classes, etc. from page 45

\$75.00

**Sat Oct 28** 11 AM, S.M.A.R.T  
Puppy Portrait Fun-Raiser,  
\$75.00

**Sat Nov 4** 11 AM, "Dec 26th"  
14" Oval Wood Sign, \$65.00

### Business Functions

#### Palm Coast Business

**Professionals Network Meeting**  
**October 5, 12, 19, 26 @ 7:30 AM,**  
**Coldwell Banker, St. Joe's Village,**  
Weekly networking meeting of  
local business owners. Call Brad  
at 386-283-0955 for info.

#### Professional Women Of Flagler County

**October 6, 8:30-10 AM, Market**  
**Street, 2 Corporate Dr.** Network-  
ing breakfast. Call Nina at 845-  
531-1673 for more information.

#### Bold Ladies In Business

**October PM, Rodie's Place,**  
**5115 N. Oceanshore Blvd, Palm**  
**Coast** Networking event to  
benefit Live Like Cameron. See  
their Facebook page for more

information.

#### Palm Coast Lions Club

**October 9, 5:30 PM, Lohman's**  
**Funeral Home.** The Palm Coast  
Lions Club meets at 5:30 PM  
on the second Monday of the  
month at Lohman's Funeral  
Home in Palm Coast. Call Nina at  
845-531-1673 for info.

#### BNI

**October 5, 12, 19, 26, 8 AM,**  
**Elks Lodge Palm Coast.** Business  
referral group that meets weekly  
to exchange business leads and  
referrals. Call 904-669-2337 for  
info.

#### Rotary Club of Flagler County

**October 3, 10, 17, 24, 31 @**  
**noon, The Pine lakes Restau-**  
**rant.** The club meets every Tues-  
day at noon. Call 386-585-2198  
for more information.

#### Leads Into The Future

**October 3, 10, 17, 24, 31 @ 9**  
**AM, Carrabba's Italian Grill,**  
**160 Cypress Park Dr.,** Weekly  
networking meeting of local  
business owners.

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