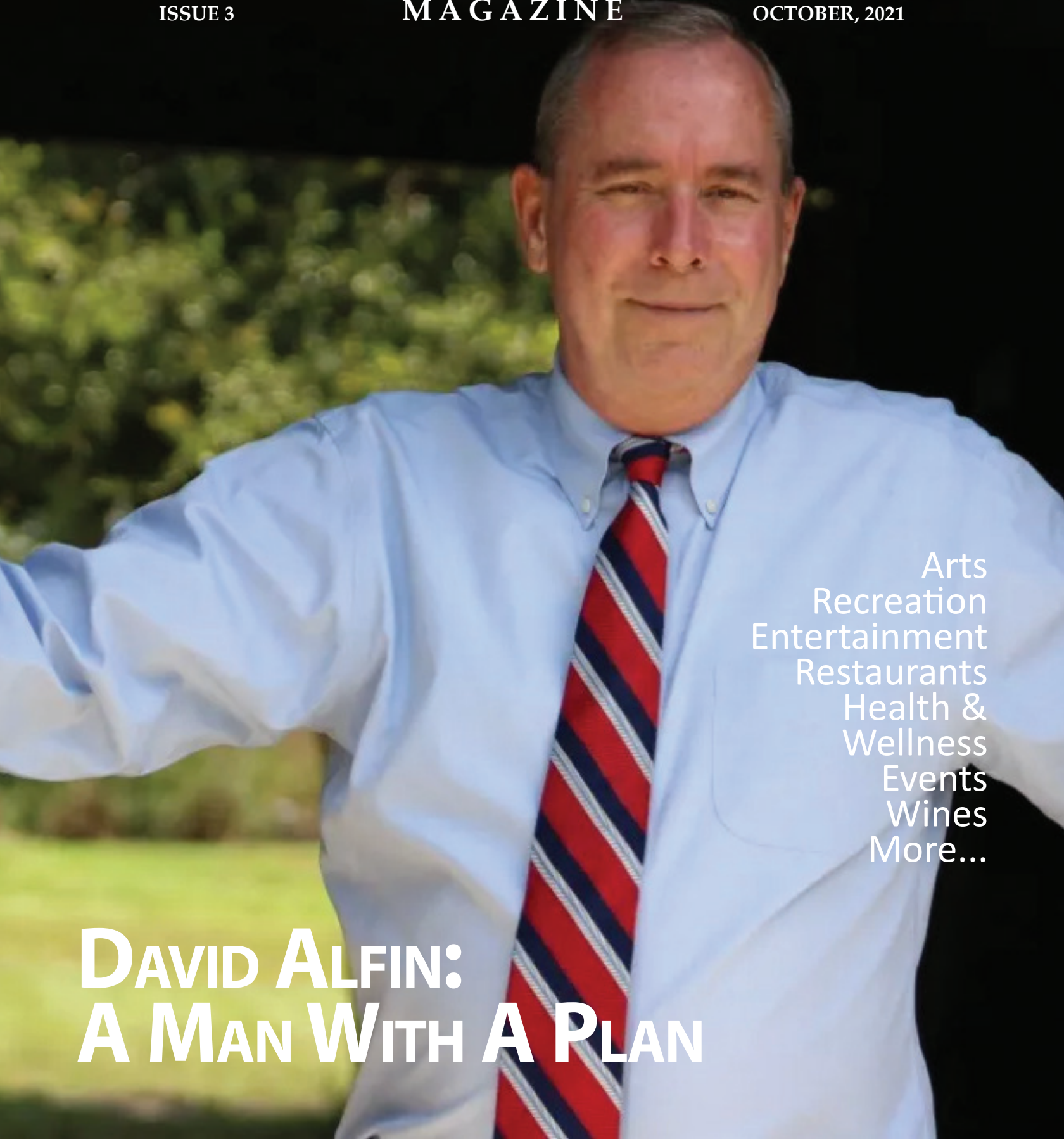


Palm Coast

ISSUE 3

MAGAZINE

OCTOBER, 2021



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Contents

Issue 3 • October, 2021



Palm Coast mayor David Alfin discusses the future of Palm Coast and the well-thought out plan that has been designed to take the city forward in a way that will benefit both our economy and lifestyle. [Page 16](#)

On the Cover: Palm Coast Mayor David

In this, our third issue, we take a look at what the future holds for Palm Coast as it is outlined by newly-elected mayor David Alfin. Although plans don't always hold true to form when the execution starts, because the devil is always in the details, the course that Palm Coast is embarking upon seems to be one that has a great chance for success. Time will tell but the beginning of the process is off and running and we'll all be watching to see what transpires.

We've had a number of inquiries in regard to where to pick up Palm Coast magazine. Currently, the Post Office is delivering most of our copies to individual mailboxes in certain postal delivery routes that are changed every month. So if you want to pick up the magazine somewhere in town you can go to Carrabba's Italian restaurant, the Community Center and the Flagler Auditorium for now. More places are being added and we'll let you know where they are as soon as they're on line. And, as always, your feedback is always welcome so please contact us and tell us what you think.

PC News

The Marines have a birthday coming up; Palm Coast government wins a national award; Constitution Day is commemorated by local Compatriots and the city council considers a number of development projects. [Page 6](#)



Health & Wellness

Factors that will help you decide which of the many diets out there could be right for you. [Page 14](#)

Wines

The bouquets and aromas of wine are discussed with an eye towards learning the basics of the art of drinking wine. [Page 18](#)

Palm Coast

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Arts

Learn about the amazing avian art created by artist Art LaMay, a local artist who gets excited about painting birds. [Page 26](#)



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Finances

Lora Fickett, CPA, MBA, writes about how to have more money in your life by taking three easy steps in our series on personal finances. [Page 12](#)



Entertainment

Comedy is alive and well in Palm Coast and both local theaters offer interesting productions this month. [Page 23](#)



Restaurants



The Green Lion Cafe's menu offers plenty of reasons to go back. And see our Daily Specials blackboard. [Page 20](#)



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News Of The Palm Coast World



Palm Coast Places Fifth in Overall City Government Experience Awards 2021

The Center for Digital Government (CDG) announced the winners of the fifth annual Government Experience Awards on Wednesday, September 15, 2021. The City of Palm Coast received fifth place in the Overall City Government Experience award.

The awards recognize the achievements and best practices of states, cities and counties that are radically improving the experience of government and pushing the boundaries of how citizen services are delivered.

"I'm so proud of the team we have here at the City of Palm Coast and believe that this award is well-earned by the hard-work and dedication of our staff," Interim City Manager Denise Bevan said. "Our team is designing, building, and implementing innovative tools to provide ideal service to our residents and visitors with the best customer experience possible."

Overall City Government Experience Winners:

- 1st Place – Mesa, AZ
- 2nd Place – Louisville, KY
- 3rd Place – San Jose, CA
- 4th Place – El Paso, TX
- 5th Place – Palm Coast, FL

"As state and local governments navigated another year of uncertainty — compounded by shifts in constituent expectations and the emergence of new technologies — the experience of government has remained a significant focus for leaders," said Dustin Haisler, Chief Innovation Officer for the Center of Digital Government. "This year, agencies demonstrated the importance of having an omnichannel strategy with an increased focus on enabling personalized experiences while balancing citizen and business privacy. We applaud the continued efforts state and local leaders have made to build constituent-centric digital experiences and look forward to seeing how these agencies adapt their digital services in the years to come."

The Center for Digital Government (CDG) is a national research and advisory institute focused on technology policy and best practices in state and local government. CDG is a division of e.Republic, the nation's only media and research company focused exclusively on state and local government and education.

Constitution Day Celebration Takes Place In Palm Coast

On September 18th, 2021, the Palm Coast Historical Society and the Sons of the American Revolution Flagler Chapter celebrated the 234th year anniversary of the September 17, 1787 signing of the U.S. Constitution at Philadelphia, Pennsylvania.

The Palm Coast Historical Society, through the efforts of President Elaine Studnicki and Vice President Kathy Reichard-Ellavsky, collaborated with the Flagler Chapter SAR

to present a program featuring Flagler County Judge, the Honorable Andrea K. Totten. Judge Totten analyzed and discussed the Eighth Amendment:

"Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishments inflicted."

A large enthusiastic audience at the Palm Coast Community Center, including twelve Flagler Chapter SAR Compatriots and several spouses, attended this extraordinary presentation.



Left to Right: Compatriot Richard Lyon; Judge Andrea K. Totten; Judicial Assistant Martina Wolfe; President Elaine Studnicki, Palm Coast Historical Society; Flagler Chapter SAR Flag, David Kelsey, Sons of the American Revolution.

Marine Corps Birthday Party Coming Up Soon

The United States Marine Corps will be celebrating its 246th birthday on November 6, 2021 and all Marines, family and friends are invited to join in the celebration at the VFW Hall on Old Kings Road. This dinner/dance also includes Marine and civilian awards presentations, a cake cutting ceremony, an event DJ and three choices for dinner.

The cash bar/social hour begins at 3 PM and the din-

ner, ceremonies and dancing goes from 4-8 PM. The price is \$50.00 per person in advance.

The scheduled guest of honor is Ray Rice, World War II veteran of Iwo Jima and Guadalcanal and a member of the Flagler County Marine Detachment #876.

For tickets and more information contact Commandant Frank "Paco" Arce at frankpaco1967@gmail.com, or Adjutant Ellen Werner at 646-752-0447 or ellenwerner69@gmail.com.



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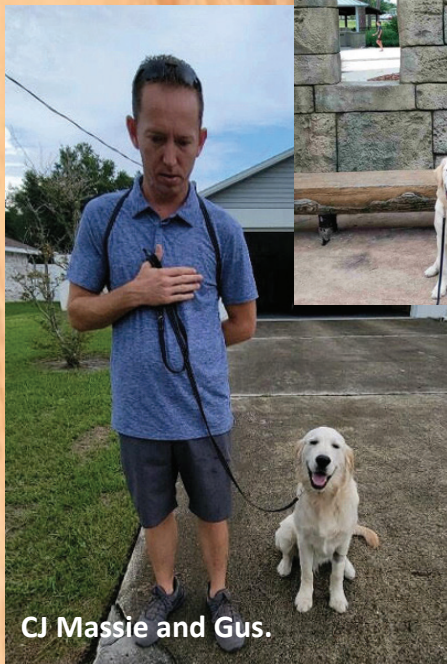
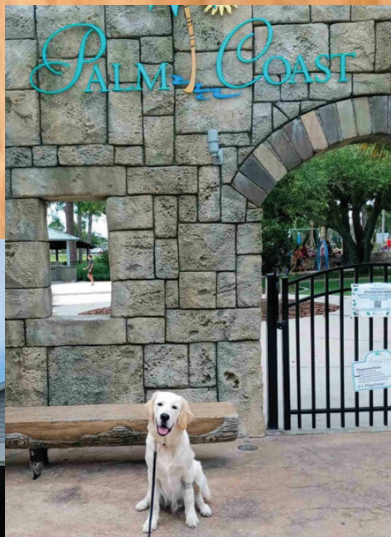
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City Council Considers New Development Projects



Since 2018, the Palm Coast city government has proposed reducing Whiteview Parkview from four traffic lanes to two traffic lanes, plus turn lanes, to reduce rear-end crashes there.

The segment of the road that stretches from Wood Aspen Lane to Rolling Sands Drive had been ranked in the top 10 for crash severity according to the Transportation Planning Organization's analysis in 2017, according to a city staff document.

But city staff at a Sept. 7 council meeting proposed paying for a study to look at another option: Adding turn lanes to the existing road, without reducing the number of travel lanes from four to two, and adding a multi-use path.

The fee for a study on that proposal, plus preliminary roadway and path design, could have been up to \$382,702, but council members said they needed more information before voting on whether to spend the money.

The council tabled the proposal and asked city staff to bring back more data.

The Palm Coast City Council at a Sept. 7 meeting approved a rezoning for portions of the 52-acre property, allowing owner Coastal Collections LLC to change its designation from office to high-intensity commercial in one section and from preservation to public/semi-public in another section.

The property would show-

case home good products such as chandeliers and have both a nursery and a section for hard-scape yard features such as fountains, said project manager Charlie Faulkner.

The council approved the rezoning unanimously.

The council also voted to approve a rezoning for portions of a proposed 72-acre residential and commercial development called Seminole Pointe, at the intersection of U.S. 1 and Seminole Woods Boulevard.

The development had initially been proposed years ago as master planned development and general commercial; the developer wanted it rezoned to multi-family residential and high-intensity commercial.

Attorney Michael Chiumento, representing the developer, told the council that the multi-family residential units would be what he referred to as "attached single-family," such as duplexes, rather than apartments.

Councilman Victor Barbosa, earlier in the same council meeting, had been part of the minority voting against a rezoning for another development that would have converted commercial land to residential, saying the city needs more commercial development. But he supported the Seminole Pointe proposal.

"This is an example of a perfect project," he said. "We have homes, we have businesses, we have jobs."

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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



Personal Finances

3 Ways to Have More Money in Your Life... By Lora Fickett

So many people are in the category of feeling like they never have enough money. Maybe you want to do something, and you can't, you want to buy something and the first thought that pops into your head is "I can't afford that," or you feel like you work in your job or your business harder than you ever have and you still have nothing more to show for it at the end of the year.

If you can relate to this, there is a question you need to ask yourself, do I learn and practice new ways to manage my money consistently? If you are like most people, your answer is no. This may be the one question that is the answer to your problems when you can say YES. We can't expect to get better at anything in life if we don't learn something new and practice it. It's not your fault that you've never been taught money management.

Here are three new things



Lora Fickett,
CPA, MBA

you can do right now to move toward having more money in your life and answering YES to that question above:

#1 – Make More - What am I doing to attract more money in my life?

How much more money do you want a month/ a year, specifically? If you do not ask yourself money questions, then you won't think about the answers. If you don't think about the answers, then you have no target to shoot for, so you will stay where you are. Sometimes if you just change your focus, you will see opportunities that you never saw before. If you want to an example of this, I want you to start looking for blue cars while you are out and about. I guarantee, you will see more blue cars than you ever have before because now you are looking for them. So, start looking for ways to attract more money in your life.

#2 – Spend Less - Do I know

my expenses?

I challenge you to get out the pen and paper and write down everything you spend in a month. Just for this first month, do not do it with technology, use pen and paper. If you have a hand cramp from writing at the end of the month, you may want to evaluate where your money is going. A lot of little things can add up to big money and if you don't know where it all goes, you can't change where you spend it.

Some expenses you may decide that you don't want to spend as much on in the following month, or you may see automated subscriptions that you no longer need, and you can cancel them. Spending less, keeps more money in your pocket.

#3 – Find a Different Way to get what you want. Barter, borrow or sell things before you buy more.

Do you have a special skill or talent that you can share with others? Many times, trading services is a WIN, WIN. Do you like to read, and you order books online? You can order many books from your local library, pick them up, read them,

return them, and not spend a dime (unless you're late!).

You can borrow just about anything, there are even websites where you can borrow dresses and so you only pay a fraction of the cost for a dress you are only going to wear once anyway. Do you have



excess things in your garage, storage, closet? Sell something before you buy something else. There are online marketplaces, swip/swaps and easy ways to sell things you don't use anymore. One person's trash is another's treasure.

I'll throw in a final action you can take: donate or pay it forward. When you learn to give, even if it's a little, you usually see returns three times as much. It doesn't need to be a lot, pay for the coffee of the person behind you. Help someone load groceries in their car. Spend an hour at a local charity. Giving back will give you more abundance in your heart and wallet.


This article was written by Lora Fickett, an independent financial coach and advisor who is a CPA with an MBA. She can be contacted at 386-319-1917 or lora@lorafickett.com.



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Health & Wellness

What diet is best for you: keto, paleo, vegetarian... By Cathleen Connor

Given the progression of knowledge and change in past beliefs that has emerged over the years about what foods will create the greatest nutrition, vitality and health, it can be confusing to know which food choices will work best for our bodies. Whenever one dives deep into researching any of the better known diet methodologies, they all have in-depth research to back them up.

When Dr. Fung wrote *The Obesity Code*, he informed us that, “The abrupt increase in obesity began exactly with the officially sanctioned move toward a low-fat, high-carbohydrate diet,” it made many people re-look at how to manage what was “healthy.” The “food pyramid” that some of us grew up with, is, of course, no longer valid. Often what occurs then when people choose a “diet plan” to improve their health, weight and/or vitality, is they tend to judge what is best based on cognitive research or other’s advice. What if there is another more individual way?

What if each body is so unique that no amount of research could hand you the perfect plan without you actually checking in with and knowing

your body? In studying the Blood Type Diet or the Ayurvedic Body Types, it starts to become clear that what might make one person thrive, could make another person sick. In the book *Eat Right 4 Your Type*, Dr. D’Adamo claims that “the foods you eat react chemically with your blood type. If you follow a diet designed for your blood type, your body will digest food more efficiently. You’ll lose weight, have more energy, and help prevent disease.” Additionally, Ayurvedic practitioner, Kathryn Templeton, explains that there are “three doshas at work in every human being” defining how to balance your diet. Your predominant dosha helps to define which foods add to your energy and well-being.

Age, enzyme production, and seasons of the year can also become a factor in how differently we eat. C. Peter Herman from the University of Toronto



suggests that “people eat less when it is hot, and that they eat ‘lighter’ and ‘cooler’ foods,” to regulate their body temperature.”

With all of this being the case, are you even more confused?! What are some ways to become more aware of what to put into your body if you don’t have time to research and experiment with so many points of view?

What if your body has an innate intelligence beyond the logical, thinking brain and you can communicate with it? Hint: it may not communicate in words.

1) Notice how your body responds to certain foods - do you feel tired after eating some foods? Are some foods hard to digest?

Do you sleep well at night? Does your body tend towards different foods when the climate changes?

2) Are you choosing your foods based on someone telling you that they are “healthy” or on your own body’s response to them?

3) Food that is local, fresh,

whole (not processed), nutrient-dense, and preferably organic or chemical-free is always a good bet in terms of delivering more nutrients to your body without complex digestion involved.

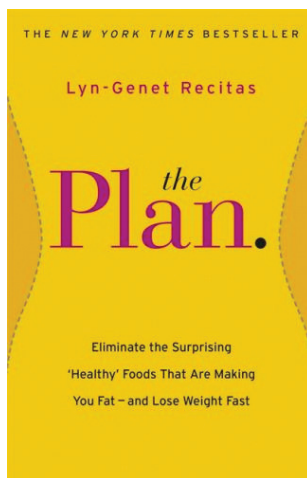
4) If you are bold enough to “learn by doing” choose a book like *The Plan* by Lyn-Genet Recitas. In it she details, “The Plan is not a diet. It is a way of changing how you eat — for life. You discover the foods that are healthy for you.” She starts you off with the least inflammatory, nutritious foods, and then you add on new foods to check to see how you do with each new food.

5) Start asking your body to communicate clearly when you have eaten something that doesn’t agree or totally work with it.

Notice your body patterns after certain foods even if they are labeled as “healthy” by others.

6) Instead of following your mind or your cravings, let your body’s communication to you be the guide.

For more information on these topics, Cathleen Connor CFMW, Flagler Beach Wellness Coach and Bio-energetic Bodyworker, can be reached at cathleen@accessconsciousness.com and her website at www.exuberantlybeing.com.



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David Alfin Is A Man With A Plan

Newly elected Palm Coast mayor David Alfin seems to have been preparing for his new role for most of his life even though he probably didn't know it at the time.

With a broadly-based business background that has included stints working for a multinational company, working for his family's large cosmetics company, running a small local distribution company and working in real estate for about 10 years here, this native of St. Petersburg acquired a tremendous wealth of business experience.

This knowledge and experience looks to serve him well as he takes on what is probably the most important job he's ever had. He didn't say this in so many words, during a recent interview in his modest office in city hall, but it's hard to infer anything different after listening to him describe the future

plans that are in place for the city of Palm Coast.

As a 10-year resident of the area, Alfin is well aware of the challenges facing Palm Coast in the years to come and is confident that the future plan for the city — and the county — is the right way forward to create economic opportunity, provide the area with upgraded medical facilities and enhance the overall quality of life here for everyone.

In an interview that touched on a variety of subjects, the one overriding theme that was present was that of his desire to embrace public service. It's sometimes easy to dismiss this feeling when it is expressed by a politician, which Alfin is now.

But after listening to him describe the development plans that are in place, that will hopefully brighten the area's future development in all areas, not just business, it's hard not to feel

that he means what he says.

Part of this is due to Alfin's natural positivity but it's also due to the fact that the plans he is excited about are actual-

*"I start my day early, early, early — 4:30, and I start the day shoveling horses**t so that if ego gets in the way from being mayor or whatever during the day, I get a reset every single morning."*

ly well-grounded in business principles as well as social concerns. In other words, it isn't just development for develop-



ment's sake but rather a way to also increase the well being of all the area's residents.

It all starts with education. And it has actually already started, if only in a small way, but the path forward looks clear and smooth, with a logical progression of steps that need to be taken to achieve the overall result.

The education part of the plan was predicated on luring universities to open facilities here that would provide medical training for students. To that end, Jacksonville University and North Florida University have established branches here with the intention of creating full-scale medical learning facilities.

Both initiatives were in the works going back to at least 2018 and both have the imprint of previous Palm Coast Mayor Milissa Holland, whose behind-the-scenes negotiations over the past few years and network of connections in higher education and in Tallahassee helped foster and solidify the plans.

Rep. Paul Renner, who represents Flagler County, was key in steering Jacksonville University toward Palm Coast and Holland, when the university was looking for the right fit for expansion. Renner was also key in shepherding the UNF deal.

So Alfin's mandate as mayor, as he sees it, is to bring these developments to completion and to continue the ongoing



Mayor Alfin with UNF MedNex President David Szymanski at a local radio station.



process which will provide more higher-paying jobs for the city, more educational opportunities for locals and more of a commercial tax base, along with other benefits.

Universities are, in themselves, engines for growth. Not only are jobs provided by the institutions directly but a variety of businesses tend to also be drawn to these areas, especially since these are medical facilities. The number of medically-oriented businesses such as labs, research companies, suppliers, etc. is certain to grow around any medical training school and Palm Coast now has two.

The number of students that are currently attending classes at Jacksonville University, operating out of temporary quarters in the City Center complex, is only 50 but is expected to grow to 150 within 24 months.

The University of North Florida (UNF) is partnering with the city of Palm Coast, Daytona State College, AdventHealth and Allete Energy to create MedNexus. It is being billed as the nation's first comprehensive, university-based medical and health care nexus, partnering with local medical centers and connecting health care providers with university students, faculty and researchers.

Alfin alluded also to the fact that another university is going to locate a branch here in the not too distant future which will help to accelerate the

October, 2021

progress as well.

With the advent of these projects the first step in the overall development plan is now in place. Next comes what will hopefully be an influx of businesses, as mentioned above, that want close proximity to these facilities.

The jobs that these companies create will generally be higher paying than typical service industry or hospitality

“The job is exactly what I had anticipated, though the opportunity is bigger than what I thought it could be for the city and Flagler County. Timing is everything and the opportunity is here now.”

industry jobs, which will make it easier for employees to live in the city instead of having to commute from less expensive surrounding areas.

This will help solve another problem that Palm Coast currently faces: affordable housing for workers at many of the city's businesses. One of the contributing factors to the labor shortage in Palm Coast is the lack of housing for people who are employed in the city's many retail businesses.

Obviously, the longer people have to commute to go to a job the less interested they will be. Housing that is affordable in the city would help alleviate that situation to a degree although that in itself is another challenge Mayor Alfin faces.

Here's where other facets of his previous experience come into play as he was involved with both the Flagler County Affordable Housing Committee and the local Homebuilder's Association over the years.

The underlying problem, as he sees it, is that “You're never going to convince developers and builders to build houses to earn less profit then they could on something else. It's not gonna happen, it doesn't fit our capitalistic market system so you have to build a business model first that makes sense.”

He sees the land west of Route One as being potentially

affordable for lower-cost housing and he's confident that there are developers in Florida that would be interested in coming to Palm Coast because that is already their existing business model.

An even more pressing problem is finding housing for the students that are now attending classes in the temporary quarters that are located in the City Center complex. This area is eventually going to have more housing and a retail component which will be needed when there is a larger population in the immediate area.

There were a number of other issues that were raised during the wide-ranging conversation which we had that would require much more space than is available here but we will report on the issues raised in this article as they occur in the coming months.

In the meantime, though, it appears as if Palm Coast has a mayor that, for many reasons, seems to be the right man for the job at hand. As he told us, “Timing is everything and the opportunity is here now.” We hope he can take full advantage of it for the good of Palm Coast and everyone here.

— Tom Aikins



A relaxed moment with two of the horses that contribute to the mayor's daily workout.

The Art Of Drinking Wine

How to understand the smells, bouquet, aromas or perfume of a wine

You've looked at the wine already, what's next in learning to taste wine like a professional? That's easy. You only need to taste the wine. Remember when we first looked at a wine evaluate it? Now, we are going to swirl, smell and sniff the wine. Your sense of smell is much stronger than you realize. It's a key component to understanding how to taste wine like a professional.

It's said that as much as 85% of taste is derived from your sense of smell. But you cannot smell the wine without first swirling your glass gently. If you're a beginner, to avoid smelling the wine once its drenched your clothes, swirl the glass, but keep the stem of the glass firmly planted on the table.

You will not spill the wine if you keep the glass anchored to the table. The action of swirling your glass allows oxygen to enter into the wine, which allows the wine to release its scents into the air while coating the glass at the same time.

After swirling your wine, you can use whatever technique that works best for you, when nosing the wines aromatics. However, one little trick that could help is, keep your mouth slightly open when inhaling and exhaling the scents from the wine. That little secret will allow you to discern more aromatic complexities in your wine. Next, do not simply inhale the aromas. Sniff them, more than once.

You will inhale more of the wines aromatics using that technique. But at the end of the day, there is no right or wrong way to nose a wine. Use what works for you. Some tasters inhale deeply, others take

small, short sniffs, while others practice a combination of both techniques. Find the technique that works best for you. To help understand the aromas that are correct for the grape varietal characteristics of the wine, please see our page on the Davis Wine Aroma Wheel

Generally speaking, if a wine smells good, meaning there are no off odors such as scents of wet dogs, old news papers, mold, vinegar or generally unclean scents, the wine is sound. The next step is to note how complex the wine smells and

made from are quite complex and that once your fear of sharing what you smell and taste subsides, wine will no longer simply smell like red wine or white wine. You'll find a vast array of scents and flavors are present in your wine. Again, please refer to the Davis Aroma Wheel to get you started. It's a great tool that will help you be a better wine taster.

Nosing what you smell in a wine can tell you a lot about the wine and its potential character. For example, when examining wines from Bordeaux

cherries, raspberries or other red berries, that is often the sign of fruit that did not achieve full, phenolic ripeness.

Those wines will be brighter in their palate profile and higher in acid as well. A light, balanced sense of oak is to be expected in young wines. This is reflected by odors of vanilla, coffee or toast aromas. But when those smells become the dominant characteristic in a wine, it is a potential sign that the wine will be oaky later in life as well.

Regardless of the wine being white or red, remember, the fruit needs to smell clean and fresh. While earth and other mineral odors or sensations are a sought after complexity in wine, dirt in the fruit is not.

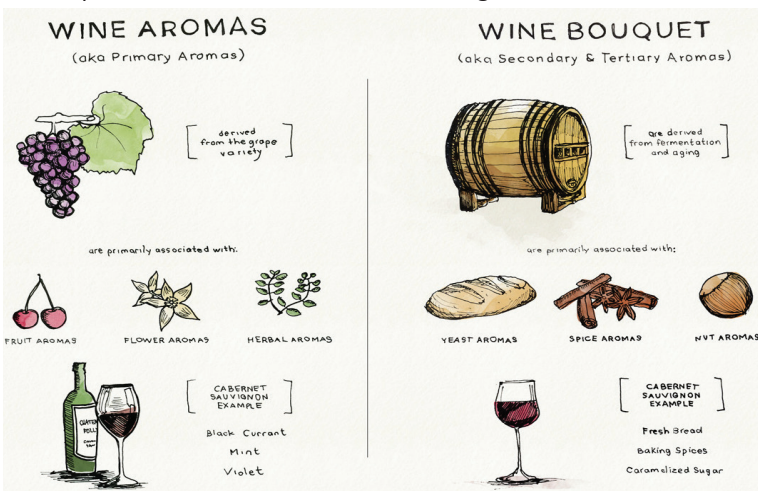
Part of being a good wine taster is also being able to recognize flaws in wine, especially corked wines. The biggest fault in a wine that a wine taster needs to be able to identify takes place due to TCA, which causes a wine to smell like a wet dog, or old, wet newspapers. So far, we have dealt

with primary scents in young wine as well as faults in wine, which can be found in young or old wine. Older, mature wines also need to retain a freshness to their aromatic profile. But when wines age and mature, they exchange their primary fruit aroma for more complex, secondary scents.

In red wine, smells of earth, truffle, tobacco, spice, cigar box and forest floor and common aromas. White wines develop more notes of honey, flowers, spice, butter, popcorn, caramel and minerals with time.

•••

You can read more about wine at <https://www.the.winecellarinsider.com/>



what scents make up its complex, aromatic profile. The key to being a good wine taster is understanding that we all have different levels of olfactory capabilities.

Some people are going to be more sensitive overall than others. Select tasters will also sense some, specific fragrances better than others. Sense memory, or perhaps it should be "scents memory" is the key here. Most of the scents found in wine are common to us. The lack of fear in trying to recall, recognize and communicate our sensations is all that is required here.

It's important to note that wines and the grapes they are

varietals, as well as some Rhone wines, the scents of dark fruit like blackberries and plum tell the taster the wine is made from ripe berries, The darker the fruits, the riper the wine and the higher level of sugar and alcohol.

The scents of blueberries are the sign of an even riper wine. Jam flavors or scents in a wine can be a sought after complexity in the right amount. Too much jamminess and the wine could be over ripe and too high in alcohol.

Prune and raisin scents are more often caused by over ripe fruit, which is usually lacking in freshness. When looking at a wine, when you encounter

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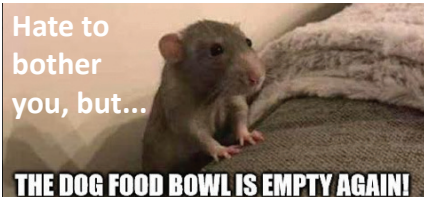
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101 Palm Harbor Pkwy, Palm Coast, 386-283-4139, Bar, Pub, Wine Bar

Cracker Barrel

4 Kingswood Dr, Palm Coast, 386-445-2127, American

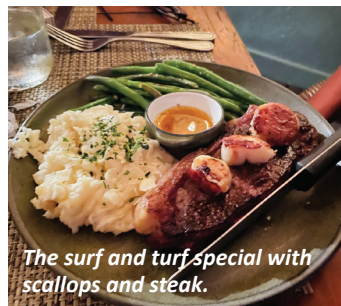
Delfino's

200 Ocean Crest Dr, Palm Coast, 866-841-0287, Italian, Seafood

Green Lion Cafe Is More Than Par For The Course

Looks can sometimes be misleading as we learned recently when we stopped by the Green Lion Cafe. Having never been there before we didn't know what to expect but since it is located basically on a golf course we expected expensive food that may or may not have been top quality.

This expectation came after having eaten at a number of golf course restaurants in the past in the course of our restaurant reviewing career.



The surf and turf special with scallops and steak.

The food quality ranged from quite good to quite bad at the places we visited in the past.

Green Lion had been recommended several times in the past few months so we made a trip to the Palm Harbor Golf Club recently.

We can't describe the results as surprising, necessarily, be-

The flatbread starter one of the things worth returning for.



cause we as mentioned, we've had good experiences at golf courses in the past, just not that often.

Anyway, after this meandering introduction we can say that the food here is definitely worth making a trip to the links. The dinner wasn't perfect but there were many more positives here than negatives and the negatives can be easily corrected.

The biggest thing we learned after eating here is that the people in the kitchen know what they're doing, which is also the most important factor we look at when assessing a restaurant. If the kitchen staff is good, and even better — talented — then it's possible to create good food in any type of kitchen. And what is good? In our book, it's food that people will return for.

What would we return for here? The chicken quesadillas and the flatbread, for starters. They were starters actually, and very tasty ones at that. The quesadillas were more like little tacos, with deep fried chunks of chicken in them coated with buffalo wings sauce, along with some blue cheese slaw and some spicy white and red sauces on the side. It's like buffalo wings meet quesadillas and the result was delicious.

Our second starter, the Margherita flatbread, was topped with a little tomato, some mozzarella and a sprinkling of rocket along with some balsamic. The result, again, is very good.

Our main courses that evening were also well-prepared and well-thought out dishes. The seafood pot pie has a clever presentation, with a lobster claw garnishing the pot of seafood which contained fish, shrimp and clams and came



Delicious quesadillas that resemble mini tacos.

with a side of tempura green beans, one of the little Asian touch you'll find here. The scallop and steak surf and turf special was also well done with well-cooked, seared scallops sitting on top of a strip steak.



The seafood pot pie with a whole lobster claw.

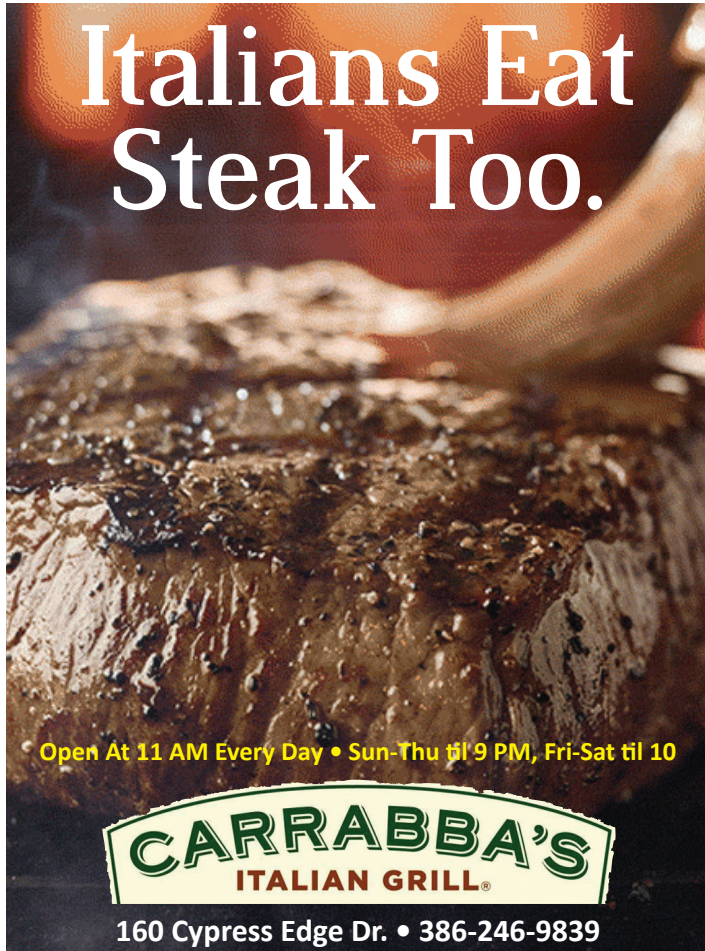
A steak frites entree rounded out the meal and along with the surf and turf steak revealed the only flaw of the evening, really. Both steaks were slightly overcooked from the ordered temperatures of rare and medium rare, which, as mentioned above, is easily correctable. But both still tasted great since they were quality pieces of meat to start with so they were still very enjoyable.

This is not a golf course restaurant per se, but rather a good restaurant located on a golf course. The difference is clear and very welcome.

— Tom Aikins

October, 2021

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\$5.95

Saturday

Lunch: Eggplant Florentine hero, \$10.95

Sunday

Lunch: Ravioli with meatball, \$7.95

Entertainment

What happens when you have to pay to pee?

Water shortages can bring out the worst in human beings.

That is the premise of the musical, "Urinetown," being presented this month by Palm Coast's City Repertory Theatre.

"It is a very funny show," said John Sbordone, co-founder of the CRT and the organization's lead director. "It's the little guy fighting the big guy."

Abuse of power and greed are just two of the dastardly elements on display in the plot of this musical that is chock full of potty humor. To avoid setting



off any spoiler alerts, we won't tell you all the bad things that happen to the characters in this show. You will have to go see the show yourself to find out exactly what a water shortage does.

However.... we can tell you the following without ruining the show for your watching enjoyment.

The plot is this: Extended drought has created a significant water shortage and public toilets are targeted as excessive users of water. The powers-that-be in the fictional locale have determined the best way to ration water is to charge the residents – the bulk of whom are lower class poor – to use public toilets. A less-than-above board company – ironically named Urine Good Company – is created to oversee the pay-to-pee scheme. Of course, the residents rebel. And bad things happen to them when they are caught attempting to use public toilets with paying to do so or opting to use the bushes instead.

"This show is absolutely a statement on our culture today," said Sbordone. "It is a satire on our legal system, capitalism, social irresponsibility, corporate mismanagement and corrupt politics."

But that's not all. What show dealing with human behavior would be complete without some romance?

Urinetown offers that as well as Hope Cladwell, CEO of the UGC, and Bobby Strong, the leader of the resident rebels, falling madly in love, creating the type of conflict that the sale of romance novels depends upon.

And as can be common in a small-town setting, Urinetown also gives acknowledges nepotism. The woman heading up the UGC is the daughter of Cladwell B. Cladwell, the town's head law enforcement whose main task to ensure that its residents pay to pee adding positively to the UGC's bottom line.

Earl Levine, a longtime actor with the CRT whose past theatrical experience includes on



and off-Broadway work, plays Cladwell B. Cladwell.

He told Palm Coast Magazine he is ready to have some "fun" with the role. Well, so actually what he said is that he is ready to be the nasty villain that Cladwell B. Cladwell is written to be.

"It is always fun to play a villain," said Levine, who played the evil Mordred in "Camelot" in upstate New York playhouses. "You get to be nasty and do all the things that you don't necessarily do in real life. You get to express anger and venom. The nastier and the angrier you are, the better job you do playing a villain. That is how you play a villain."

Levine, who is known around Palm Coast as a genuinely "nice" gent, uses advice from one of the greatest British actors of the 20th century in his preparation to get mean.



101 Palm Harbor Pkwy , Palm Coast, 386-246-6366, Italian, Steakhouse, Seafood

La Pizza Nostra

7 Old Kings Rd N, Palm Coast, 386-445-5608, Pizza, American

Mamaling Asian Street Food

1280 Palm Coast Pkwy SW Palm Coast, 386-302-0777, Asian, Veggie

Metro Diner

250 Palm Coast Pkwy NE #250, Palm Coast, 386-951-4490, American, Diner, Veggie

Mezzaluna Pizzeria

101 Palm Harbor Pkwy #104A, Palm Coast, 386-445-1004, Italian, Pizza

Millennium Bistro

5 Utility Dr, Palm Coast, 386-225-4809, Brazilian, European, Portuguese

Moe's Southwest Grill

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

Moonrise Brewing Company

101 Palm Harbor Pkwy, Palm Coast, 386-627-8614 , Gastropub, American, Bar

My 5th Element

101 Palm Harbor Pkwy #126, Palm Coast, 386-302-0202, Indian, Veggie

Napoli Pizzeria

4845 Belle Terre Pkwy, Palm Coast, 386-225-4569, Italian, Pizza

Olive Garden

5924 E. Hwy 100, Palm Coast 386-586-2924, Middle Eastern, Veggie

Outback Steakhouse

45 Plaza Dr, Palm Coast, 386-446-6280, American, Steak

Palm Harbor Grill

9 Harbor Center Dr #11 Palm Coast, 386-283-5656, Barbecue, European, Portuguese

Portugal Wine Bar & Grill

15 Palm Harbor Village Way Palm Coast, 386-225-4753, Seafood, Mediterranean, European

Red Crab

60 Garden St S, Palm Coast, 386-585-4245, Seafood

Red, White & Blues

101 Palm Harbor Pkwy, Palm Coast, 914-804-4975, American, blues music

Rodie's Place

5115 N. Ocean Shore Blvd
Palm Coast, 386-283-4647,
American, Veggie

Sakura Japanese Steakhouse

260 Cypress Edge Dr, Palm
Coast, 386-447-9888, Japa-
nese, Sushi, Asian

Salsas Mexican Restaurant

250 Palm Coast Pkwy NE,
Palm Coast, 386-445-3096,
Mexican, Southwestern,
Veggie

Sami's

4982 Palm Coast Pkwy NW
Palm Coast, 386-246-5900,
Italian, Pizza, Veggie

Sonny's BBQ

25 Cypress Edge Dr
Palm Coast, 386-446-5700,
American, Barbecue

Sushi 99

250 Palm Coast Pkwy NE
Palm Coast, 386-302-0399,
Japanese, Sushi, Asian

Sushi Bar At Hammock Beach

200 Ocean Crest Dr, Palm
Coast, 386-447-4600, Japa-
nese, Seafood, Sushi

Texas Roadhouse

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

Thai By Thai

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

The Brass Tap

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

The Anchor

500 Ocean Shore Blvd S,
Flagler Beach, 386-439-1818
American, Bar, Seafood

The Brown Dog

215 St. Joe Plaza Dr, Palm
Coast, 386-225-4587, Ameri-
can, Bar, Pub

The Island Grille

1224 S. Ocean Shore Blvd
Flagler Beach, 386-693-
4966, Seafood, Vegan/Veggie

Tram's Cafe

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

Village Market Pub & Deli

101 Palm Harbor Pkwy, Palm
Coast, 386-225-4500, Sand-
wiches, Deli, Pub

Woody's BBQ

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

Entertainment from Page 23

"Olivier (Laurence Olivier) said that the actor is the great understander," he said. "This is what enables you, as an actor, to get behind every character you play and figure out what motivated that character to do that thing you (as the actor) are portraying."

Levine's character gets some backup from Officer Lockstock played by Beau Wade, a CRT actor since 2016 who also occasionally takes on the role of director with the playhouse.

That is Officer Lockstock assists Cladwell B. Cladwell with pay-to-pee enforcement when he isn't busy with his other role in the musical serving as one of two "narrators of sort."

Officer Lockstock and the character, Little Sally, spend a fair amount of their onstage time engaged in commentary of the musical ranging from the "predictability" of Hope Cladwell and Bobby Strong's relationship to social commentary on the "unsustainable way of life" the water shortage highlights.

"This musical is a lot about class warfare," said Wade, who has played the role of Lock-

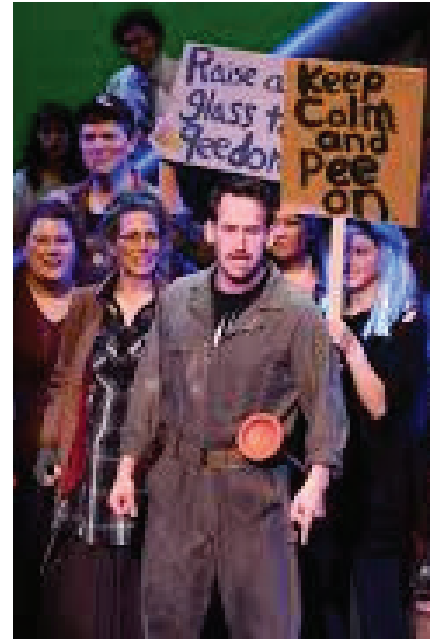
stock before. "It is your class rich versus poor scenario."

The musical score of "Urinetown" includes references to songs from classic Broadway hits including "Les Misérables," and "Fiddler on the Roof."

The highlight song of the musical is titled, "It's a Privilege to Pee," scheduled to be song by the CRT's powerhouse soprano, Philippa (Flip) Rose as the character, Penny.

The lyrics of the song chide Bobby Strong to "get his head out of the clouds" and recognize "that no one gets in for free," as Bobby pleads the case of an older man who doesn't have enough money to cover the cost of using the public toilet.

The 14-member cast of CRT's production of "Urinetown" are all vaccinated, Sbordone said. Theater officials are using cleaning and sanitation protocols that meet COVID guidelines and the audience is asked to wear a mask in an effort to provide an venue ready for safe enjoyment of comedic theater, he said.



"This show throws barbs at everything," said Sbordone. "For each member of the audience, it will hit something along the way. But it will do it while you are laughing."

"Urinetown" performances are scheduled for Friday, Saturday and Sunday the weekends of October 22-24 and 29-31. Friday and Saturday performances begin at 7:30 PM, Sunday performances begin at 3 PM.

Tickets are available at the CRT website: www.crtpalm-coast.com/urinetown.



Comedy In Palm Coast

Just so you know, comedy is alive and well in Palm Coast. After attending a sold-out show on September 17, produced by CristyB Comedy, in the Hilton

Garden Hotel, we can make this statement unequivocally. After struggling through pandemic restrictions for over a year, Cristy B, a comedian in her own right (she opened the show on the 17th), is seeing some light at the end of the tunnel.

And if the crowd reaction to the show on this night is any indication, people are ready to laugh again. The three comedians on the bill, which was headlined by Jimmy JJ Walker (that's right, from the TV show Good Times), all delivered.

The laughs were plentiful, the language was clean and the audience seemed to really enjoy themselves. Don't get me wrong. This was not a Disney show. They weren't any f-bombs go-

ing off but the topics were racy. They were just presented, by all three of them, in a very clever way that got the point across without hammering you over the head. We were actually quite impressed by this and it seemed as if the audience was to.

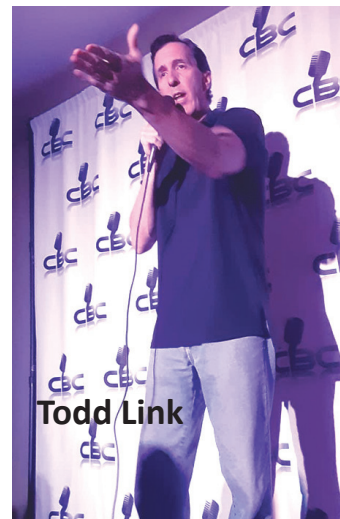
We didn't poll any audience members after the show but it would be a safe bet to assume that most, if not all, of them would turn up at another Cristy B production.

She hopes to be doing a show at the Hilton every month going forward and has Michael Winslow from Police Academy fame appearing on October 15th.

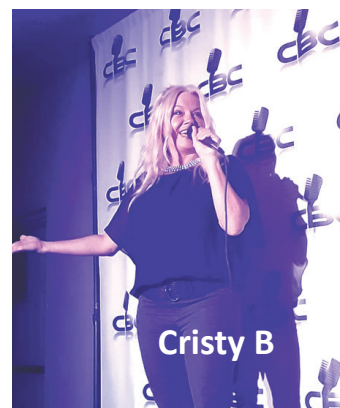
You can check out details about all of her shows on Facebook at Cristy B Comedy or on her website at cristybcomedy.com. If you go to a show we doubt you'll be disappointed.



Jimmy JJ Walker



Todd Link



Cristy B



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THE VILLAGE #2
Roast beef & Gournay style herb cheese topped with lettuce and tomato served on a kaiser roll.

THE VILLAGE #3
Maple glazed honey turkey, Tavern ham, Swiss cheese, honey mustard, and mayo topped with lettuce, tomato, and red onion on your choice of bread.

THE VILLAGE #4
Chipotle chicken, Pepper Jack, honey mustard, mayo topped with lettuce, tomato, red onion served on your choice of bread.

THE VILLAGE #5
Roast beef, Cajun turkey, American cheese, and mayo topped with lettuce, tomato, red onion and your choice of bread.

THE VILLAGE #6
Chicken breast, Mozzarella cheese topped with pesto mayo, balsamic glaze, lettuce and tomato served on a Kaiser roll.

*All sandwiches served on bakery fresh breads with a pickle and a bag of Lay's chips.

*Substitute pasta salad or coleslaw for chips for \$1 more or add for \$1.25

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Arts In Flagler

Birds spark a creative excitement in artist Art LeMay

If the “We’re Open” sign is displayed outside of Art LaMay’s studio on Ocean Shore Blvd, would-be patrons and visitors are welcome to come join the longtime bird artist at his artistic nest.

“People call for our hours,” LaMay said with a chuckle. “But I just tell them, if I am here, I am here and come on by.”

That’s just one of the relaxed luxuries of being retired for LaMay, a former visual communications chief for the General Accounting Office of the federal government. In that role, LaMay produced the graphics for an endless list of congressional reports.

He and wife, Bonnie, lived in Great Falls, Virginia, and she noticed an advertisement for artists to exhibit at an upcoming show in Easton, Maryland, located just an hour and half away from the hustle and bustle of the Beltway.

Bonnie submitted some of Art’s bird paintings and his work was accepted for the Waterfowl Show.



“That got the ball rolling,” Art said.

Fifty years later, Art’s paintings remain a mainstay of the show. Art and Bonnie will once again go the opposite direction of snowbirds for the show scheduled for November 8-11, 2021.

For years, Art produced the show’s annual flyer. Then, he took a break for a decade or so. This year – the 50th anniversary of the show – has Art’s handiwork once again gracing the show’s flyer.

“But this is going to be the last one for me,” he said. “I am getting old.”

Art grew up in Pennsylvania where the first day of hunting season is akin to a national holiday. It gave him a hands-on education about birds ranging from their anatomy, behavior, flight patterns and myriad of colors. As a teen, he started to paint them.

But as he likes to joke, “I never took it very seriously. I figured if you ran out of relatives and friends to give your paintings to, that is enough.”

Despite his nonchalant ap-

proach to himself as an artist, the way Art captures birds on canvas has impressed many beyond his inner circle.

The Audubon Society, Ducks Unlimited International, the National Rifle Association, the National Wild Turkey Federation and the National Wildlife Federation have each honored his work as an artist of the year award or prints of the year away. From 1995 through 2005, he was one of 15 artists selected from an international pool to exhibit at Disney’s Epcot Center.

“There are just so many characteristics associated with birds, you just cannot get bored painting them.” He said. “Every bird is different. It has its own flight pattern; it has its own distinct color. Painting them is just exciting.”

You can learn more about LaMay’s artwork online at www.artlamay.com and about the Waterfowl Festival at www.waterfowlfestival.org.

You can visit LaMay at his studio at 4480 Ocean Shore Blvd in Palm Coast — just be sure to call first: 386-503-4663.

— Amy Armstrong



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Events, Meetings, Classes, etc.

Events

Wednesday, September 15, 2021

Elite Dance and Travel 515 Palm Coast Pkwy S.W. Suit 15. Join the Professional Women of Flagler County for their monthly social. Join Sadira for a fun night of belly dancing and networking hosted by 5:30-7:00 PM. This event is Free for members and \$15 for future members. Register on Facebook to attend.

Coffee & Contacts in Flagler County

Friday September 17, 2021 at Metro Diner in the Island Walk Plaza. Meet with other local professionals at 8-9 AM. Bring your business cards and come network. Everyone is welcome. Don't miss this Power Hour networking.

Food Truck Tuesday

October 19 @ 5:00 PM - Central Park in Town Center Benefiting Pink On Parade 5K, gourmet food is served out of trucks from 5-8 PM. The Food Truck event will feature a variety of food trucks - mobile kitchens, canteens and catering trucks that offer up appetizers, main dishes, side dishes and desserts. Proceeds from each event benefit a local charity.

Movies In The Park

October 8 @ 8:30 PM - **Hocus Pocus**, The City of Palm Coast's Parks and Recreation Department and Flagler Schools proudly present Movies in Central Park on the second Friday of each month.

Palm Coast Farmer's Market

October 3, 10, 17, 24, 31 @12-4 PM

European Village, 101 Palm Harbor Pkwy

Book Club

Sept. 3-Dec. 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. September: Potpourri; October: Tricks, Treats or Terror; November: Best Sellers-Fact or Fiction?; December: Reader's Choice. Go to www.parksandrec.fun/adults to sign up.

Parents' Night Out

Fridays, Oct. 15, Nov. 19, Dec. 17, 5:30-10 PM. Parents, are you in need of a date night or just wish for peace and quiet around the house on a Friday night? Let us watch your kids while you have the night to yourselves. Participants will eat pizza, play games, watch movies, and have fun. Ages: 5-12 years, Palm Coast Community Center, \$15/first child and \$5/each additional child. Go to www.parksandrec.fun/adults to sign up.

eSports Tournament: Madden 21

Saturday, Oct. 23, Palm Coast Community Center room 112, 10 AM-4 PM, Ages 13+. Are you a fan of football? Are you also a fan of video games? If you answered yes, then sign up for the Madden 21 eSports tournament. This tournament will be played on the Xbox One in a double-elimination fight to be the best. There's a \$5 entrance fee and you can register at www.parksandrec.fun/events.

Hall of Terror

Friday, Oct. 29, 7-9 PM, Saturday, Oct. 30, 7-9 PM, Sunday, Oct. 31, 7-10 PM, Fire Station 21

Hall of Terror takes those who dare through a haunted house and show at Palm Coast Fire Station 21. Volunteer characters, many of whom are firefighters and other city employees, provide the scares. No admission fee.

Classes

Diabetes Self-Management Education

Tuesdays, Aug. 24-Dec. 28, 1-3pm, Palm Coast Community Center, Free. This program is designed for individuals who have already been diagnosed with Type 1 and 2 Diabetes. Classes are based on the International Diabetes Center (IDC) Curriculum and require a physician's referral. The overall goals of the program are to lower A1C and reduce the risk of developing diabetes-related complications. Please contact Alana Shawah at 386-313-7263 for assistance with the referral process. Classes will begin once they are filled. Go to www.parksandrec.fun/adults to sign up.

Yoga for All

Tuesdays & Thursdays, Aug. 24-Dec. 16 (no class Nov. 11 or 25), 8:30-9:30am, Palm Coast Community Center, \$5/Class. Relax and restore through stretching, yoga poses, breathing, and relaxation led by certified instructor Michelle Cotto. All levels are welcome. Please bring your own mat, towel, and water bottle. Go to www.parksandrec.fun/adults to sign up.

Munchkin Soccer

Session 1: Thursdays, Sept. 23-Oct. 2, 4:30-5:15 AM; Session 2: Saturdays, Sept. 25- Oct. 23, 10-10:45 AM, This child-with parent program teaches toddlers the basic motor skills necessary to play organized sports such as soccer. The program is designed for parents to assist the child during the lessons. Ages: 3-5 years, Holland Park Playground, \$40/session. Go to www.parksandrec.fun/adults to sign up.

Indoor Rowing Exercise Class

Thursdays, Sept. 2-Dec. 16 (no class Nov. 11 or 25), 4:30-5:30pm, Palm Coast Community Center, \$7/class. The Flagler Rowing Club will keep participants energized during this hour-long, interval training class. Instruction will include proper technique while using the erg with a focus on both mechanics and breathing. All fitness levels are welcome. Participants should bring a towel, water, and a mat for floor exercises. Go to www.parksandrec.fun/adults to sign up.

CPR/First Aid/AED

Saturdays, Oct. 23, Nov. 13, Dec. 11, 9-4 PM Presented by the City of Palm Coast Fire Department, CPR/AED Heartsaver First Aid is a 7-hour classroom course (includes 1 hour for lunch) that is designed to meet OSHA regulations. The course teaches basic first aid skills: Administering CPR to an infant, young child, or an adult Using an Automated External Defibrillator (AED) and more. Ages 13+, Community Center, \$50/person; pre-registration required at least 48-hours in advance Go to www.parksandrec.fun/adults to sign up.

Welcome to Tennis

Thursdays, Session 1: Aug. 19-Sept. 23; Session 2: Sept. 30-

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December 17, 2021 - 7 PM



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December 19, 2021 - 3 PM



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January 7, 2022 - 7 PM



The Bronx Wanderers
January 27, 2022 - 7 PM



Rocky And The Rollers
January 30, 2022 - 2 PM



Adbacadabra
February 4, 2022 - 7 PM



Melissa Manchester
February 6, 2022 - 7 PM



Motones & Jerseys
February 18, 2022 - 7 PM



Six Appeal
February 28, 2022 - 7 PM



Married To Broadway Sharpe Family Singers
March 10, 2022 - 7 PM



Doo Wop Project
March 18, 2022 - 7 PM



The Texas Tenors
March 25, 2022 - 7 PM



Canadian Brass
March 29, 2022 - 7 PM



One Night In Memphis
April 18, 2022 - 7:30 PM



Bobby Darin Splish Splash!
April 24, 2022 - 3 PM

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Events, Meetings, Classes, etc. from page 28

Nov. 4, 9:30-10:30 AM, Palm Coast Tennis Center, 18+ years. Presented in partnership with AdventHealth. New to tennis? Learn the game in a friendly, fast-paced environment! Each week the Tennis Center's certified professional coach will teach a 60-minute instructional clinic focusing on the fundamentals. Loaner racquets are available at no additional cost. Fee: \$60/session. Go to parksandrec.fun/tennis to sign up.

Bellies & Babies

Oct 12-Dec. 14, 2nd Tuesday of the month, 4:30-5:30 PM, Palm Coast Tennis Center, free. A gathering for new mothers and moms-to-be, Bellies and Babies is designed to support women during pregnancy, new motherhood, and breastfeeding. Go from feeling unsure to I got this, all while building friendships in a supportive environment. Education, advice, and encouragement provided by lactation consultants/counselors from The Florida Department of Health. Go to parksandrec.fun/adults to sign up.

Medicare Information Workshop

Oct 12, 10 AM, Palm Coast Community Center, free. Learn about Medicare options from Atlantic Benefit Consultants.

Elite Dance & Travel

515 Palm Coast Pkwy SW, **October 15** is guest night with free admission and some refreshments. You must RSVP. On **October 21** there will be a Halloween Party with a \$15 admission. Plenty of dancing will be going on both nights.

Nine & Dine Golf Event

October 25, 3:30 PM, Palm Harbor Golf Course, Shotgun style golf tournament followed by dinner to commemorate the 50th anniversary of the opening of the course. Limited to 50 players with an entry fee of \$50 which includes dinner at the Green Lion Cafe. Produced by the Palm Coast Historical Society. To register go to www.palmcoasthistory.org.

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Oct 8 SHINEDOWN

Oct 14 EARTH, WIND AND FIRE

Oct 20 PAT BENATAR & NEIL GIRALDO, with John Waite

OCT 30 BUDDY GUY & KENNY WAYNE SHEPHERD BAND

Theater

Oct 22-24, 29-31, URINETOWN

City Repertory Theater, 160 Cypress Point Parkway, Suite B207, 386-585-9415. Friday and Saturday performances begin at 7:30 PM, Sunday performances begin at 3 PM.

Oct 4-14, THE WORLD GOES 'ROUND by Kander and Ebb. Flagler Playhouse, 301 E. Moody Bouvelard, Bunnell, 386-586-0773

Comedy

Oct 15, 7 PM, Cristy B Comedy presents Michael Winslow at the Hilton Garden Hotel. Show starts at 7 PM. Check www.cristyb-comedy.com for information on all shows.

European Village Live Music Lineup

Friday, 1st — Kary Adams w/ "On Island Time" 7-11

Saturday, 2nd — Clayton Sturgeon 7-10

Friday, 8th — Sterling Mattern 7-11

Saturday, 9th — Claire Vandiver Duo 7-10

Friday, 15th — Full Circle 7-10

Saturday, 16th — Chillula 7-10

Friday, 22nd — Mike & Vin 6-10

Saturday, 23rd — Ian Opalinski 7-10

Friday, 29th — Sterling Mattern 7-11

Saturday, 30th — Halloween Bash at the European Village Live music w/ 80's Hair Band "Bedrock" 8-midnight

Business Functions

Referral Diamond Network Meeting

October 6, 13, 20, 27 @ 8 AM

Carrabba's Italian Grill, 160 Cypress Park Dr. Weekly networking meeting of local business owners. Call 386-283-0955 for info.

Palm Coast Business Professionals

September 7, 14, 21, 28 @ 7:30 AM

Carrabba's Italian Grill, 160 Cypress Park Dr., Weekly networking meeting of local business owners. Call 904-236-0431 for info.

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