

Palm Coast

ISSUE #31

FEBRUARY 2024



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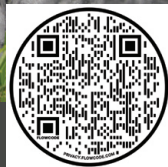
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Welcome to our third Health & Wellness issue which has lots of information about various topics devoted to taking care of your body. We've also included listings of some of the health and wellness providers here as well as an article on how the arts can contribute to your good health.

Our regular columns are all back after a one-month absence due to the January Year-book issue taking up all of the editorial space last month. And if you're wondering what's coming up in future issues, we'll be publishing our Homeowners issue in March and the Garden Club of Palm Coast's Spring Festival will occupy the cover in April.

We've mentioned our subscription sales effort which will offer yearly subscriptions to the magazine for the low price of \$39.95 (12 issues) which we'll selling through our website at www.palmcoastmag.com. We'll let you know as soon as the sales process on the site is completed. And, as always, if you have any feedback you'd like to send in then please use the email address to the left.

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— Tom Aikins, Publisher, Palm Coast magazine.

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News Of The Palm Coast World



5K RUN & WALK ★ ★ ★ ★ ★ ★ ★ ★ PALM COAST, FL

3rd Annual Tunnel to Towers 5K Palm Coast Returns on Saturday, February 3, 8 AM

The City of Palm Coast will host its 3rd Annual Tunnel to Towers 5K Run/Walk Palm Coast on Saturday, February 3, 2024 at Central Park in Town Center, beginning at 8 AM. The previous two events raised

nearly \$30,000 with all proceeds going to the foundation.

The Tunnel to Towers Foundation was formed in 2001 by Frank Siller, brother of Stephen Siller, who was among the 343 first responders killed in New

York City on the morning of September 11, 2001. Stephen, a Brooklyn firefighter, had just gotten of his shift that morning when he heard the news of what was happening at the World Trade Center. He quickly grabbed his bunker gear and headed towards the Twin Towers to help, only to find himself stuck in traffic at Brooklyn's Battery Tunnel. He then abandoned his truck and rank in full bunker gear from the tunnel to the World Trade Center where he would lose his life while saving others – hence the name Tunnel to Towers.

Since its inception just weeks 9/11, the organization has been committed to helping families of fallen veterans and first responders, as well as catastrophically injured service members by providing mortgage-free homes and has raised over \$250 million to date. In December of 2021, the Tunnel to Towers broke ground on the "Let Us Do Good" village, a first-of-its-kind neighborhood in Land O' Lakes, FL which features "smart homes"

that are tailored to serve the needs of injured veterans with special features that assist in helping them to have normal functionality and mobility in their home, despite their injuries. The foundation's latest effort is eradicating veteran homelessness across the United States.

Registration for the Tunnel to Towers 5K Palm Coast is open now through Friday evening via the event registration page. Day-of registration will also be available at the event beginning at 7am. Those interested in volunteering may also sign up via the volunteer registration page. All participants and volunteers will receive a Tunnel to Towers t-shirt, and other commemorative items while supplies last. For all inquiries or sponsorship opportunities, email palmcoast@t2t.org.

You can learn more about the event by watching the following video:



Florida National Guard Starts Work On Flagler Facility

Barely three years after cutting the ribbon on its \$22 million, 73,000-square-foot Flagler Palm Coast Readiness Center on the south expanse of Flagler Executive Airport, the Florida National Guard today broke ground on a 37,000 square foot building that will consolidate truck and weapons maintenance operations from two other units into the Palm Coast facility.

It's the first maintenance shop to be built by the Florida National Guard since 2006. "It'll consolidate two smaller shops creating a more robust, efficient operation that serves over 10 separate units. That translates to over 300 vehicles

and trailers and over 900 soldiers that will be supported by this facility throughout the northern Florida region," Maj. Gen. Robert Carruthers told a group of local elected officials, including every member of the County Commission, and others who'd gathered for the occasion.

It'll also add 30 permanent jobs to the center and the area, said Lt. Col. Ryan Leonard, who oversees facilities across the state. "That's huge," Commission Chairman Andy Dance said, describing the additional facility as a big investment. "It says a lot about their commitment here to the county. They like it here."

The units' maintenance shops being consolidated locally are in St. Augustine, headquarters of the National Guard—that maintenance facility is too small now—and Titusville, where the National Guard has been leasing a facility for 20 years.

The Palm Coast Readiness Center enabled the Guard to close a 24,000-square-foot facility it used to lease in Daytona Beach for many years.

"This location was selected for the main strategic reason: it is proximity to all of those units



Photo courtesy of Flaglerlive.com

in its key location," Carruthers said. "It also allows us to close a leased facility that we have been spending a lot of money on in order to do the type of work that we need to do in this new maintenance facility."

— Text courtesy of flaglerlive.com

Three Challengers Line Up to be Mayor of Palm Coast

The 2024 election for Palm Coast Mayor is already underway – not voting just yet, but certainly the process of candidates immersing themselves into the world of campaigning has begun. It will be the first chance for the residents of Palm Coast to choose their mayor since the special election in summer 2021. Incumbent Mayor David Alfin has said with certainty he’s running for re-election, but has yet to file as of mid-January 2024. Three challengers, however, have.

One is Peter Johnson, a 30-year-old handyman. Johnson became engaged in city politics in a dispute about Palm Coast’s stray cat population. Now, he wants residents to entrust him as their mayor.

“It’s a beautiful area with so much potential for other Florida coastline communities to model how you can properly

balance the influx of growth that the state is experiencing while simultaneously preserving its natural beauty,” Johnson said. “Yet the current administration is not doing that and almost every resident I have spoken to agrees – we need to slow residential growth before expanding the city’s footprint.”

Next is Scott McDonald, a 48-year-old small business owner. McDonald was driven to seek the mayorship to support the city’s economic development, technological innova-

tion, and infrastructure.

“I am running for Mayor because I believe that I have the experience, the skills, and the vision to lead our city into the future,” McDonald said. “I am passionate about making Palm Coast the best place possible for all of our residents, and I believe that I can make a real difference in our community.”

Third is Mike Norris, a 54-year-old Army veteran. Norris specifically highlighted infrastructure, public safety, industrial growth, sustainable

development, and the city’s central business district as priorities of his potential mayorship. His military career led to several administrative and leadership roles which he says give him the experience to lead Palm Coast.

“Simply put, our city needs to get back to the basics of good governance and prioritizing resources where they are needed most,” Norris said.

The primary election for Palm Coast Mayor will take place on August 20th, in which the top two vote-getters will advance to the general election on November 5th. A candidate could conceivably win the election in August if they accrue over 50% of the vote, but with three and likely four candidates running, that may be easier said than done. Beyond that, candidate registration will remain open until mid-June.



Mike Norris

Peter Johnson

Scott McDonald

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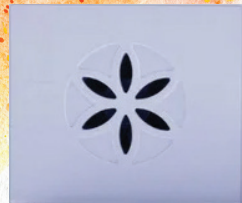


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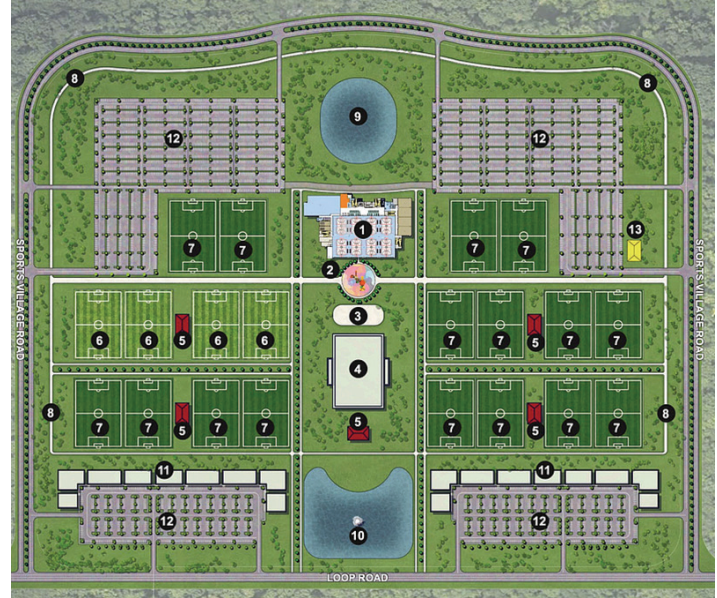


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City Council Reviews Sports Complex Plan

The City of Palm Coast is pleased to announce the successful completion of the sports feasibility study, marking a significant milestone in the city's ongoing efforts to enhance community ameni-

This plan outlines goals and strategies for the development of facilities that not only meet the demands of the expanding community but also position Palm Coast as a destination for sports enthusiasts, events, and

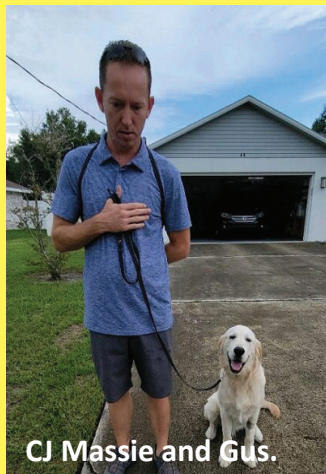


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ties and stimulate economic growth. Set in motion in 2022 through the Strategic Action Plan process, the study sought to assess the viability of a proposed sports complex, considering factors such as economic impact, community engagement, and potential benefits for residents and visitors alike.

The comprehensive presentation was reviewed by the City Council on Tuesday and includes a regional gap analysis comparing similar facilities across the Southeast. The study is a crucial component of the City Council's decision-making process regarding the development of this substantial community asset.

Acknowledging the growing need for recreation amenities as Palm Coast experiences smart-managed growth, the City Council approved the Parks Master Plan on December 5th.

tournaments.

The proposed sports complex, set to be located on the currently undeveloped western extent of Palm Coast, encompasses 112,000 square feet of indoor facilities with basketball courts, volleyball courts, multipurpose rooms, and support space. Outdoors, the facility would be comprised of 16 synthetic turf fields, four natural grass fields, five support buildings, and a court for food trucks. This future venue has the potential to serve as an economic catalyst for the prosperity of Palm Coast, attracting visitors and creating sustainable revenue streams.

The city is strategically working on various initiatives to make the sports complex a reality, including seeking private funding. Several companies have an interest in helping build, manage, and fund these types of projects.

2023 Parks & Recreation Master Plan Approved

The Palm Coast City Council took a significant step forward in its commitment to providing residents and visitors with a high quality of life by approving the 2023 Parks & Recreation Master Plan.

The City of Palm Coast has long prioritized the development and continued upkeep of public parks, open spaces, trails, greenways, and recreational facilities to contribute to the overall well-being of its community. Recognizing the importance of this goal, in December 2022, the City of Palm Coast collaborated with Flagler County Government and BerryDunn, a firm specializing in comprehensive

pillar guiding the comprehensive development and enhancement of the City of Palm Coast and Flagler County's parks and recreational offerings. Goal 1 emphasizes the imperative to invest in current infrastructure and address aging facilities, ensuring the longevity and efficiency of existing assets. Goal 2 aims to elevate the quality and reach of programming and outreach initiatives, enriching the community's engagement with recreational activities. Goal 3 underscores the need for streamlined and improved organizational operations, fostering greater efficiency in delivering services. Lastly, Goal 4 centers on increasing financial opportunities to support the ambitious vision outlined in the Master Plan.

Acknowledging the pivotal role of the Parks & Recreation Master Plan in advancing these efforts, the NEFRC and the National Park Service have committed to providing invaluable technical assistance to elevate the trail experience throughout Flagler County. Furthermore, they are actively involved in identifying potential funding sources to bring the ambitious goals outlined in the Master Plan to fruition. This collaborative and forward-thinking approach underscores the commitment to not only envisioning but actively realizing a more accessible, interconnected, and enriching parks and recreation system for the residents and visitors of Flagler County.

The adoption of this Master Plan aligns with the City's Imagine 2050 initiative, the comprehensive plan update that is currently underway. The vision emphasizes creating a unique and vibrant city recognized for its exceptional quality of life, attractive job opportunities, diversified housing, and superbly designed commercial areas.

parks master planning, to work towards a countywide approach to strategically map out the future of parks and recreation throughout Flagler County. The initiative was branded POP: Planning Our Parks.

The development process of the Master Plan was extensive and inclusive, involving an active public engagement program. This program featured discussions with various recreational facilities user groups, City Council and staff interviews, public forums, citizen surveys, an interactive social pinpoint website, and a Geo-Referenced Amenities Standards Process (GRASP) analysis combining GIS mapping with onsite reviews of parks, trails, and recreation facilities.

The Parks & Recreation Master Plan has laid out four overarching goals, each serving as a strategic



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United We Art Aims to Unite Art Scene Efforts Here

A new non-profit organization, United We Art, has recently launched in Palm Coast with a purpose; bring together the City of Palm Coast, the arts community, and residents by establishing an arts district in Town Center.

Town Center, a mixed-use cityscape of businesses, entertainment, and housing, is the ideal place to host performances, displays, creative expressions, and more.

The groundwork for this movement was set by the Palm Coast Arts Foundation (PCAF). "Our mission echoes the sentiments of unity and creativity. We aim to foster economic vitality and offer unparalleled cultural experiences through a harmonious blend of art, education, and commerce," remarked Lisa Love, President and CEO of United We Art. This initiative resonates with the City of Palm Coast's 2022 Strategic Plan, which emphasizes

a resilient local economy.

"Though we're passionate about elevating Palm Coast's art scene, our role is one of planning and vision. The actual event coordination will be overseen by the city," says Ms. Love. The city envisions a diverse palette of vi-

sual and performing arts events.

As Palm Coast flourishes, Ms. Love believes the artistic blueprint must evolve accordingly. "Our growth should be complemented by a rich tapestry of art

seasoned perspective promises to guide United We Art through Palm Coast and Flagler County's artistic evolution. PCAF, over the past two decades, has been a champion of

artistic endeavors. From hosting the Jacksonville Symphony, curating the Palm Coast Arts Festival, to pioneering Shakespeare in the Park and Violectric, its legacy is well-established.

Some notable milestones from PCAF include the Creative Bazaar Arts & Crafts market, 17 Turtle dedications, and a plethora of family-centric musical events.

In collaboration with the city and The Arts District Advisory Group, United We Art has charted a phased strategic blueprint. Initially, the focus will be on amplifying the existing PCAF infrastructure, transitioning it into a city venue, complete with a permanent roofing solution and an expansive parking area.

Ms. Love assures that while immediate plans are set, the long-term vision remains adaptive, always pivoting to the community's evolving needs.



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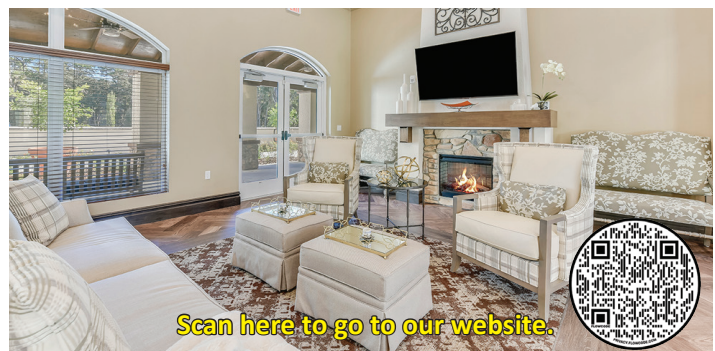


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Local Happenings



Photo courtesy of www.flaglernewsweekly.com

The Bold Ladies In Business, Inc. of Flagler County celebrated an almost year-long launch and rebranding of their organization during 2023, becoming a non-profit organization and also starting to branch out into other Florida counties.



Chloe Long (3rd from right) was one of six students selected in the state of Florida to be a Take Stock in Children Leaders 4 Life Fellow becomes just the second Flagler Schools student in the history of the program to be selected. The first was her brother Dylan.



Residents, dignitaries and volunteers gathered at the G.W. Carver Center on recently to celebrate the expansion of the facility and remember Dr. Martin Luther King, Jr., and was symbolic of a community striving to move forward, together.



SeaWorld Orlando successfully returned Reckless and Churro, a mother and calf manatee duo, to Broward County in Florida after more than a year of rehabilitation at its Rescue Center. The rehabilitation work included 12 lifesaving procedures and special care.



Florida State Representative Paul Renner invited the Palm Coast Fire Department Honor Guard to present the Nations Colors on the House Floor on the first day of the 2024 Legislative Session in Tallahassee in January.



Members of the Shirley Chisholm Committee Unveiled Seven Trail Markers on the Shirley Chisholm Trail on November 30, 2023. Each marker included one of Rep. Shirley Chisholm's famous slogans. Chisholm retired to Palm Coast in 1991.



The City of Palm Coast has received the Certificate of Achievement for Excellence in Financial Reporting from the Government Finance Officers Association for its 2022 Annual Comprehensive Financial Report (ACFR).



The Professional Women of Flagler County held a breakfast meeting at the MIP, Me In Progress, location in Palm Coast. See their Facebook page for more information on membership and monthly meetings.

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Palm Coast People

David Lydon helps veterans in Flagler County, by James Moore

According to the 2022 Census, there are nearly 11,000 veterans in Flagler County. I am one of them and stepping out of the active duty lifestyle and into the civilian world is a daunting task.

Because of the large group of veterans in this county, community centers like the county library in Palm Coast host an annual veterans' fair. Veteran centered organizations set up tables ready to help anyone who wanders to them, and among them is David Lydon of the county Veterans Assistance Office.

David has been in this position for seven years. He had served in the Air Force in the Security Forces for 8 years on active duty and the last 31 years in the Reserves. During those 31 years, he had started and retired from a career in the New York State Police and worked as a private investigator and realtor.

Like many Florida residents, David is a transplant, having moved to the state in 2010 to avoid the gray skies and cold weather of New York. The quiet life of Flagler County beckoned and provided opportunity in the Veterans Assistance office in the Flagler County Building.

Having served himself, and with two sons both serving in the Army at this time, David has experienced and can empathize with the veterans who come into his office. Some seek his help on that first day of being a civilian, and many come after having separated for several years. All needing their VA benefits and medical help but are discouraged and confused by the entire system and process.

After a veteran submits a disability claim, the VA takes 150.25 days on average to make a decision. That is a long time to be left wait-

ing. And life carries on. It is David's job to sit with the veteran and draft these disability claims effectively to ensure the veteran receives the greatest coverage they are entitled to after their service.

The office's 2023 annual report 5,283 veterans served for the year. That is almost 23 served a day in this office. David and his team closely monitor each claim from its submission to its resolution. If the resolution is not in the veteran's favor, David re-evaluates the next step in resubmitting the claim.

These strategies include revisiting questionnaires, and drafting opinion letters with other doctors, which are submitted into the veteran's medical records prior to the disability resubmission. Laws regarding veterans benefits change regularly, each change and David receives the notification.

For example, in August 2022, the PACT Act ensured expanded benefits for victims of burn pits, and for Vietnam vets for Agent Orange. The VA received a million



claims from that alone and had been working through a backlog of 600 thousand cases. Now the backlog is estimated at 400 claims and is shrinking every day. All of this is free of charge, as well.

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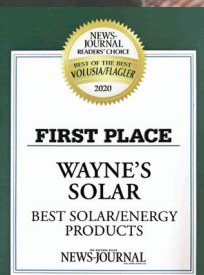
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Community Focused Initiative Addresses Many Issues

Flagler Cares is a community-focused initiative that aims to address various social issues and improve the overall well-being of individuals in Flagler County, Florida. This multifaceted program encompasses a range of services and activities geared towards fostering a stronger, healthier community. Their mission statement being the driving

This group started as an informal coalition of professionals from health and human services professions in 2013. Originally meant as a networking program, two years later they installed their first Board of Directors and became a non-profit organization.

One key aspect of Flagler Cares is its commitment to supporting vulnerable popula-

other hardships. Through strategic partnerships with local nonprofits, government agencies, and businesses, Flagler Cares fosters the “No Wrong Door” approach. They work to provide essential resources, including food assistance, housing support, and healthcare services.

The initiative places a strong emphasis on promoting health

campaigns to educate residents about preventive care, healthy lifestyles, and mental well-being. By engaging with healthcare professionals and community leaders, Flagler Cares strives to create an environment that prioritizes the overall health of its residents.

An example of this was how quickly they mobilized to address those negatively impacted by the COVID-19 pandemic. Partnering with United Way, Volusia Flagler County Coalition for the Homeless, and the Flagler County Board of County Commissioners, Flagler Cares came to the rescue of many residents and families.

Furthermore, Flagler Cares is actively involved in community-building initiatives, like the Flagler Catalyst Fund in 2022. This bold new initiative is a grant making program that has an investment of \$1 million



FlaglerCares

Helping People. Transforming Communities. Changing Lives.

force behind bold innovations and community improvement, creating a coordinated safety net of health and social care services.

tions. The initiative recognizes the importance of addressing the needs of individuals and families facing economic challenges, health disparities, and

and wellness within the community.

Flagler Cares organizes various health-related events, workshops, and awareness

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annually to address pressing social services needs in the community.

Be they through single year capacity building grants or larger, multi-year projects, Flagler Cares aims to create more "Yes Options" for residents.

Flagler Cares strengthens the social fabric of the county and promotes a positive and inclusive atmosphere. This nonprofit stands as a beacon of community support, addressing the diverse needs of Flagler County residents through a comprehensive and collaborative approach. By focusing on social issues, health and wellness, education, community-building, and volunteerism, Flagler Cares actively works towards creating a resilient and thriving community for all. Through its dedication

to fostering positive change, Flagler Cares serves as a model for community-driven initiatives that prioritize the well-being and success of every individual.

Their office is on 160 Cypress Point Parkway, Building B, Suite 302. Walk in to ask how you can help your community. Or

log onto their website and sign up for their newsletter to learn about job opportunities, new resources, and more.

— James Moore



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Shirley Chisholm: Political Pioneer With Palm Coast Ties



In February our nation celebrates Presidents' Day and Black History month. Shirley Chisholm deserves recognition for her contributions to both aspects of American History. Before retiring to Palm Coast in 1991 Ms. Chisholm established a remarkable career in politics, breaking several glass ceilings.

In an upset victory over James Farmer in 1968 she became the first black woman to be elected to the United States Congress representing New York's 12th Congressional district. Statements from a sound truck announcing "Ladies and gentlemen, this is fighting Shirley Chisholm coming through" introduced her to voters. She described herself as "unbossed and unbought" which appealed to many. Despite resistance based on her sex she succeeded in winning the election and became the only woman

in the first-year class that year. She served for seven terms and retired from politics in 1983.

Her most notable achievement came in 1972 when she became the first black candidate for a major-party nomination for President of the United States. She was also the first woman to run for the Democratic Party's Presidential nomination. In her presidential announcement Chisholm described herself as a representative of all people. A campaign poster from the era states "Bring Us Together." She described herself by saying "I am not the candidate of black America, although I am black and proud. I am not the candidate of the women's movement of this country, although I am a woman and

equally proud of that. I am the candidate of the people and my presence before you symbolizes a new era in American political history."

Initially barred from televised debates, in June of that year Chisholm became the first woman to appear in a United States presidential debate. Despite these achievements she struggled to be regarded as a serious candidate instead of a symbolic political figure. Her campaign was underfunded and the Democratic political establishment ignored her. In spite of hopeless odds she ran for office to demonstrate her sheer will "and refusal to accept the status quo." George McGovern eventually won the nomination.

In February 1982 Chisholm announced that she was looking forward to a more private life.

Dissatisfied with the course of liberal politics in the wake of the Reagan Revolution Chisholm decided to leave Congress. She reportedly lamented the tactics of the Christian right which she said made potent use of the media and the symbols of family, morality and the national flag to quiet dissatisfaction in the people. Ultimately she said she had never intended to spend her whole career in politics and looked forward to returning to teaching.

In 1991 Chisholm moved to Palm Coast and resided in the Pine Lakes area. She became involved with the community, delivering speeches and encouraging everyone to exercise

their right to vote. She attended the First AME Church on Old Kings Road North. At her funeral in 2005 Reverend G. Glover stated that Chisholm brought about change because "she showed up, she stood up and she spoke up." In 2015 she was posthumously awarded the Presidential Medal of Freedom.

Chisholm's fighting spirit inspired many over the years, including members of the Democratic Women's Club of Flagler

County. They appealed to the City of Palm Coast to help recognize her legacy as a Trailblazer by having a trail in her honor. On November 30, 2022 Palm Coast paid tribute to Shirley Chisholm with a Proclamation designating the 3-mile Pine Lakes path the "Shirley Chisholm Trail" and unveiled a stone marker.

On November 30, 2023 the City unveiled seven trail markers spaced at 1/2 mile intervals which include famous quotations by Chisholm. The Democratic Women's Club is proud to have played a part in raising awareness about her impactful slogans and accomplishments. May they remind others that "If they don't give you a seat at the table, bring in a folding chair."

Shirley Chisholm:
A TrailBlazer in American History

Nov. 30, 1927
Born in Brooklyn, New York

"Service is the rent you pay for room on this earth."
-Shirley Chisholm

Shirley Chisholm:
A TrailBlazer in American History

1991
Moved to Palm Coast, Florida

"I have never cared too much what people say. What I am interested in is what they do."
-Shirley Chisholm

By Kathy M. Reichard-Elavsky, Palm Coast Historical Society President

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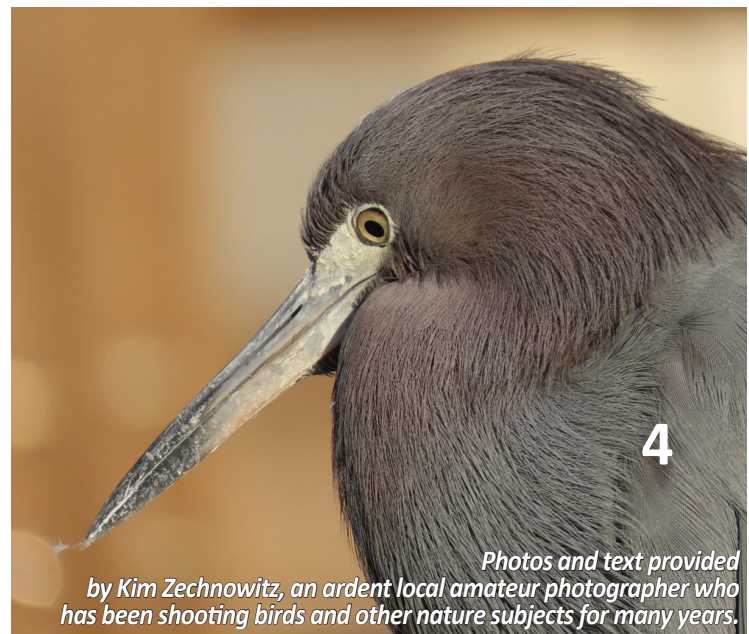
Flora and Fauna

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



Photos 1, 2, 4 are Little Blue Herons. Living up to seven years they can be seen along lakes and rivers hunting during daylight hours. They eat shrimp, fish, insects and amphibians.

Photo 3 is a Red Shouldered Hawk which can live up to ten years in the wild. Also a daylight hunter, they grab small mammals, lizards, amphibians and snakes then fly to a tree to consume their prey. For more information on any bird you may encounter, please visit: www.birds.cornell.edu/home.



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

Can You Help Us On Our Journey?

The Flagler County Education Foundation's mission is to engage the community to support public education and enhance the academic opportunities and resources available to our students.



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386.437.7526

www.FlaglerEdFoundation.org

1769 E Moody Blvd, Bldg 2, Bunnell

Flagler County
Education Foundation

A Changing World Creates New Health Challenges

By Chris Gollon

The world is changing. It's undeniable and unavoidable. Technology has taken such an active role in our lives that living the way we did twenty years ago would be called "off the grid" now. Like it or not, things are different. We're all just along for the ride, either embracing the change or trying to resist it.

The world is changing both figuratively and literally. Yes, our society and culture are onto an entirely new page, but the planet we live on is transforming as well. For one thing, you may notice fewer undeveloped lots than there were 20 years ago (Palm Coast residents can relate to that). Maybe you're seeing fewer fireflies nowadays, or different bird sounds when you sit outside on your porch. Or maybe you're feeling hotter.

Yes, the world is warmer now than when many of us were young. The data showing this is exhaustive, and on many days it's entirely evident just by stepping outside. Science tells us the median global temperature is nearly one whole degree higher now than it was less than a century ago, and that with this instability we're seeing more weather extremes such as hurricanes, floods, and even sharper cold snaps.

The response to this phenomenon is being debated on the news every day, but at some point the average person has to figure out how to deal with it. Doing the same things outside that we've always done can be more dangerous if it's a record high or low temperature day. And with us seeing records on both ends of the spectrum several days a year like clockwork, adjusting habits is an unavoidable necessity, especially for seniors. This year's edition of Palm Coast Magazine's Health & Wellness aims to provide readers with realistic, effective strategies to spend time bettering themselves while staying safe from whatever Mother Nature throws our way.

BEATING THE HEAT

According to the US News & World Report, Florida is the fourth hottest state in the United States. Six months out of the year have highs in the 80's in Palm Coast particularly, and residents know full well that 80-degree weather can and will occur year-round. It's not bad without humidity. But the phrase

'low humidity' occupies a space in Palm Coast-ers' minds somewhere between 'winning lottery ticket' and 'one-dollar gas.' That is to say, it's wishful thinking.

That's a troubling trend for a community which bills itself as a local leader in outdoor recreation. Palm Coast is taking intentional steps to become a destination for pickleball, and the city is always promoting its intricate network of walking and biking trails. The newest set of apartment buildings in Town

The first precaution available is one which does not have to affect an active lifestyle at all: exercising in the mornings and evenings. For those who believe the early bird truly does get the worm, a 7:00 AM jog or bike ride is a refreshing, healthy way to start the day. The view at Waterfront Park in particular, with the eastern sunrise illuminating the waterway, is a must-see for the Palm Coast outdoor enthusiast.

Those looking for something a little lat-



Center are located a biking distance away from a movie theater, grocery shopping, schools, a convenience store, and medical offices. Palm Coast is not blinking in its goal of being a city that lives outdoors.

At the same time, however, Palm Coast is composed of a higher percentage of seniors than the average city. It was conceived as a retirement destination and even as it pivots toward younger families, the 50+ transports are not slowing down. That poses a problem for the active senior who's facing more oppressive heat than they've ever lived in before. It's an issue of comfort, yes, but beyond that it's a recipe for increased risk of heat stroke or cardiovascular issues.

er may consider opting for sunset activities instead. Rather than going for a ride or run which may leave you far from your car after dark in the event you miscalculate, consider something illuminated: Palm Coast's parks feature facilities for basketball, softball, volleyball, racquet sports, and more that are illuminated at night. Holland Park is a great choice for this, as is Wadsworth Park just over the Flagler Beach line.

Beyond time of day, it's also possible to find a good workout indoors. Palm Coast is home to two Planet Fitness locations, each of which offer a high-value gym membership for a low monthly rate. Those looking for something a little less corporate can con-

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Palm Coast Health & Wellness Providers

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



AdventHealth

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

60 Medical Memorial Parkway • 386-586-2000

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



Halifax Home-Health

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

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

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

American Health Associates

This clinic specializing in laboratory services advertises itself as a place where the foundations for patient's health outcomes is created. Its owners describe its various laboratory services as be-



ing patient-focused, fast and accurate. Patients come to American Health as referrals from private physicians, hospitals, drug rehabilitation centers, home health agencies, community health clinics, skilled nursing home and assisted-living facilities. This clinic is open 24 hours per day seven days a week – including all holidays.

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

www.americanhealthassociates.com



Oceanside Medical Center

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

5915 N. Oceanshore Blvd • 386-866-9393

www.oceansidemedicalpr.org



VITAS Healthcare

This firm's website offers a significant amount of information

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

4 Old Kings Road, Suite B • 386-225-2000
www.vitascare.com



Brooks Rehabilitation

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

9 Pinecone Drive, Suite 104B • 386) 446-9716
www.brooksrehab.com



Flagler Health & Rehabilitation Center

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

300 Dr. Carter Blvd, Bunnell • 386-437-4168
www.flaglerrehabilitation.com/

Vitality Senior Fitness

This firm offers a team of certified senior fitness personal trainers with extensive clinical background in occupational and physical



therapy whose goal at Vitality is to help seniors become and stay more active in a safe manner. This group specializes in helping patients with medical conditions such as Alzheimer's disease, chronic obstructive pulmonary disease, Lou Gehrig's disease, multiple sclerosis, and Parkinson's disease recover their physical abilities and strength as much as possible. Improving strength, balance.

813-395-3746 • VitalitySeniorFitness@gmail.com
www.vitalityseniorfitness.com



Drs. Brian and Heather Schuerlein

Palm Coast Acupuncture & Chiropractic

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

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

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

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

First Coast Hearing

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

Wellness Providers *from page 25*



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



Excel Sports Medicine

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

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



JE Foot & Ankle Associates

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

filled blog addressing a range of foot and ankle topics including types of ankle sprains and the relationship between foot care and electrolytes.

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



Dave and Desiree Challice.

Peak Fitness & Rehab of Palm Coast

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

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



Massage by Natalie

The offerings at this practitioner's website highlight the diversity of massage treatments available. From massage focused strictly on relaxation to massage intended to provide pain relief, clients receiving services at this facility have numerous options. Massages are available in 30, 60 and 90 minute intervals. The Relax Melt massages uses a combination of warm CDB infused oils and DoTerra aromatherapy oils to provide grounding and relaxation. Prenatal massage is aimed at helping mom and baby prepare for birth. Cupping therapy works to improve the condition of tight ligaments, tendons, joints and muscles. Manual lymphatic draining is touted to reduce bruising, pain and swelling, speed up recovery and prevent infection and scar tissue. Reflexology, which focuses on pressure points on the feet that correspond to various body parts and organs, is also offered at this clinic. Treatment is available by appointment only. Some services require approval from the client's medical doctor.

4871 Palm Coast Pkwy NW, Suite 1 • 941-815-3029, 386-227-7499
www.massagebynatalie.org

A Changing World *from page 22*

sider Anytime Fitness, MPower Fitness, Just Train Fitness, and more. Each option provides a workout setting in the air conditioning and away from the heat.

Thirdly, the area is a great place to consider taking up water sports. The Belle Terre Swim & Racquet Club and Palm Coast Aquatics Center are popular choices for those looking to swim laps, allowing for a full-body cardio workout that keeps the athlete cool the whole time. There are also kayak and canoe launches at several locations within the county, providing an upper-body workout in areas with access to wind, shade, and water. Furthermore, there's extensive ocean access in Flagler Beach and unincorporated Flagler County where residents can take up surfing, paddleboarding, or simply swimming in the rhythmic waves. Just remember to wear sunscreen.

BEATING THE COLD

Just as heat can be a problem living in Florida, residents aren't entirely immune from the cold either. This being the February issue, if anything it's the more relevant and present concern than the heat. And it hasn't been just any Florida winter; temperatures are as far as ten degrees below the seasonal average in some parts of the state.

On particularly frigid days, the best idea may actually be to stay inside. The aforementioned indoor gyms will have heating just as they have air condition-

ing during the other portions of the year. But there are lots more ways to stay physically and mentally well than just taking regular exercises indoors.

One great way to nurture one's own body and spirit is to look into taking a yoga class. There are several options scattered around Flagler County, like Hot Yoga Lounge, One Love Yoga Studio, and Padma Yoga. Practitioners experience a renewed sense of their own balance and stillness, plus an opportunity to shut off the outside world and truly spend some time looking within. Plus, it's a great way to improve flexibility, reduce stress, and exercise the body without significant risk of injury.

In the same vein, Palm Coast offers a robust sampling of senior fitness classes for the town's golden year population. These classes present the opportunity to improve physical fitness and mindfulness in a variety of areas which will all contribute to the maximum physical comfort when joints and muscles will need it most. Senior fitness trainer Artie Gardella, whose schedule is available at synergyseniorfitness.com, is one of the most popular instructors for those sorts of classes.

For those whose bodies are still up to it, surfing can also be another great way to stay active in the winter. Usually considered a summer sport, the most serious about the craft often times



find spending the extra money on a full-body wetsuit is well worth it for the traditionally better waves that come around in the winter months. And if that's not reason enough to become a January shredder, the decreased crowds at the beach will provide a less stressful, more relaxing chance to enjoy the area's most accessible water sport.

MENTAL WELLNESS

Good news: we're living in the golden age of mental health awareness. No longer is it highly stigmatized to pursue avenues that uplift one's mental well-being, whether it's regular upkeep or more serious treatment. The winter can be a time when mental health care is most important, and it's one way of self-betterment that's equally available regardless of weather changes.

One easy way to nurture one's mental health is to spend time outside. Being exposed to fresh air and sunlight is beneficial for nearly everyone, regardless of what you're doing when you're out there. Maybe it's taking a walk around the block, or dusting off that street bike. Maybe it's meeting up with friends for a cup of coffee somewhere with outdoor seating. Or perhaps it's taking an hour or two before sunset to sit on the porch with a good book.

Another option is to consider pet adoption. The Flagler Humane Society is just one resource who's always looking to connect pets with loving homes. Owning a dog, cat, or other

small and manageable pet is one of the most reliable ways people have found to enrich their lives, and find companionship that's unconditional and easy to maintain. Of course, owning a pet isn't right for everyone's life circumstances and there are always right and wrong choices of animals. But it's impossible to discount the positive life impact a furry friend can have.

Lastly, it's never a bad idea to take up a new hobby. Birdwatching (see page 20) is especially popular in places like Princess Place Preserve, whose biodiversity is unrivaled in the area. Fishing, both salt and freshwater, is fun, easy, and inexpensive year round, and it might just provide you with the evening's dinner.

For the greatest variety of choices, all ages of residents can visit the Palm Coast Community Center for classes and programs ranging from sports to self-defense to gardening to books to board games. Not only do series like these provide a consistent activity year-round, but they also offer an opportunity to get to know your neighbors, and possibly make a life-long friend. Because, after all, we're at our best and healthiest when loved ones are around to make life better.

Even as technology continues to envelope us, it seems like it's still the simple things in life that can give us the most pleasure and give our lives more meaning and purpose as well as providing better health and wellness at the same time.



Arts, Culture and Healthcare

How do you define “Health?” The first paragraph of The Constitution of the World Health Organization states, “ Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

When Americans think of providing better “health” for citizens, we often think of medical insurance, subsidized prescriptions, food security, housing services, employment services, legal support, education, and childcare. But in some countries, arts and crafts, nature, and social activities are considered part of good health.

Some countries have even gone so far as to write prescriptions for individuals to seek out “the Arts.” They have programs that aim to provide patients and clients with a whole-person approach to health and social care by formally incorporating the benefits of arts, culture, and nature into treatment plans and social services.

The arts in our country and our community are often considered a luxury, not a health benefit or a necessity, but consider the following benefits for your health:

- The performing arts provide students of any age with a creative outlet for expressing emotions and experiences. Acting, dancing, or playing music can serve as a form of catharsis, allowing them to release pent-up emotions and stress.

- Learning and participating in the performing arts requires focus, memory, and cognitive skills. This can contribute to developing and maintaining cognitive abilities, potentially reducing the risk of cognitive

decline. No matter the age, participating in a performance can boost self-esteem and confidence, contributing to an overall sense of achievement.

- Participating in group performances fosters a sense of community and social connection. This can combat feelings of isolation and loneliness, promoting mental well-being.

The Performing arts often involve elements of mindfulness and relaxation. Practices such as music, dance, or drama can provide a meditative experience, reducing stress and promoting a sense of calm. The impact of theater performances on health is significant, encompassing various physical, mental, and social well-being aspects. As a performer or audience member, engaging with theatrical productions can positively affect an individual’s health.

Watching a theatrical performance provides an opportunity for escapism, allowing individuals to detach from their daily stresses and concerns temporarily. This escape can contribute to stress reduction and relaxation.

Attending theater performances fosters a sense of shared experience among audience members. This communal aspect enhances social connection, reduces feelings of isolation, and contributes to overall mental well-being.

The arts have lost substantial support in our community over

the past few years. During the pandemic, we lost the Flagler County Art League, which provided meaningful support for lovers of the visual arts and those who want to take art lessons. The Flagler Playhouse continues with shows, but they cannot hold acting lessons for adults and offer all of the programs they did in the past due to the loss of their building in a fire. The City of Palm

these grants.

In order for Arts and Culture to survive, we need businesses to establish partnerships with local arts and cultural organizations. We also need healthcare institutions to consider bringing the transformative power of the arts to a broader audience. We should empower community leaders to recognize the role of the arts in fostering resilience, mental

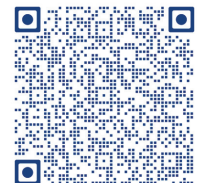


Coast, with a large parks and recreation budget last year cut cultural funding grants substantially for the nonprofit arts organizations applying for grants, making it more difficult for smaller organizations to continue programming without higher costs for the participants. We have many volunteer art and cultural organizations that work to provide opportunities for citizens of all ages and races to participate in arts and culture that apply for

health, and social cohesion within our community.

Together, we can create a future where the healing power of the arts is used to make Palm Coast a better place to live.

For more information on a groundbreaking study regarding “Arts on Prescription,” scan this code for U.S. communities.



Contributed by Amelia Fulmer, Director of the Fitzgerald Performing Arts Center at Flagler Auditorium.

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Gardening Tips

Florida-Friendly Landscaping™ Trends By Judy Jean and Claudia C. Lappin

In the Sunshine State, where vibrant ecosystems thrive, a movement is underway, one that celebrates the fusion of aesthetics, environmental consciousness, and community spirit.

Florida-Friendly Landscaping™ transcends mere curb appeal; it's a commitment to nurturing our natural heritage. In this article, we delve into two compelling trends that exemplify this ethos: the Homegrown National Park Movement and the Natural, Environmentally Friendly Native Landscaping at Sunbridge Community.

Let's explore how these trends are reshaping our green spaces and fostering a harmonious coexistence between ourselves

and nature. As the weather turns cooler, it's a good time to catch up on your reading, too.

As a reminder, Florida-friendly Landscaping™ harmonizes aesthetics with environmental stewardship. Florida-friendly Landscaping™ offers a host of advantages:

1. **Water Conservation:** By choosing native plants adapted to Florida's climate, you reduce water usage significantly.
2. **Wildlife Habitat:** Native species attract birds, butterflies, and other wildlife, fostering biodiversity.
3. **Reduced Maintenance:** Drought-tolerant plants require less care and pruning.
4. **Improved Soil Health:** Native plants enhance soil structure and nutrient cycling.
5. **Stormwater Management:**

Features like rain gardens filter runoff, protecting water quality.

Homegrown National Park Movement: Inspired by the idea of creating mini ecosystems in our own backyards, the homegrown national park movement encourages homeowners to cultivate native plants that attract local wildlife.

This is a new approach to environmental conservation that starts where we live and work. It is based on the idea that we can create natural habitats of biological corridors between parks and preserves,

and private and public landscapes, by planting native plants and removing invasive species. This way, we can support the biodiversity and health

of native insects, animals, and plants, as well as sequester carbon, manage water, and beautify our surroundings.

The movement was inspired by the work of Doug Tallamy, an entomologist, ecologist, and conservationist who is a professor at the University of Delaware. He has written sev-

eral books and papers on the importance of native plants for sustaining wildlife in our gardens. He has also conducted research on the impact of alien

plants on native ecosystems and the connections between plants and insects and how those relations are important to birds. He has called for

smaller lawns and more native plantings in our landscapes. He has also coined the term "Homegrown National Park" to describe his vision of a grass-roots conservation effort that can cover half of the U.S. land area with native vegetation.

To join the homegrown national park movement, you can start by planting native plants in your yard or garden, or even in a container or a window box. You can find native plants that are suitable for your region and soil conditions by using online resources or visiting local nurseries.

You can also remove invasive plants that compete with or harm native species. You can also reduce or eliminate the use of pesticides and herbi-

cides that can harm beneficial insects and animals. You can also provide water sources, nesting sites, and shelter for wildlife in your yard.

To list your yard as part of the homegrown national park, you can visit the website Homegrown National Park and click on "Get

on the Map." You will be asked to enter your address, the size of your yard, the percentage of native plants in your yard, and some optional information such as photos, plant lists, or stories. You will then see your yard marked on a map along with other participants in your area. You can also explore the map to see other yards and gardens that are part of the movement. You can also share your yard on social media using the hashtag #HomegrownNationalPark.

By selecting native species, you can create a vibrant habitat for birds, butterflies, and other creatures. In summary, try some simple ideas first:

- Consider planting milkweed to support monarch butterflies or native grasses to provide shelter for small animals.
- Create a butterfly garden in the spring to attract butterflies, birds, and bees.
- Encourage the presence of wildlife in your garden, such as turtles and birds, by supplying water in birdbaths and bird seed for food. These efforts contribute to the conservation of Florida's unique biodiversity.

See part two of this article in next month's issue.



Selection Of The Month

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



Irene and Valentina Trovato of Flametree Ct., have been recognized as January 2024 Selection of the Month by The Garden Club at Palm Coast. The Trovatos moved from Staten Island, New York to Palm Coast 32 years ago. Although Irene says her yard is even more spectacular in the warmer months, it is still a beautiful haven at this time of year.

The entrance sidewalk is flanked by two impressive large savin juniper topiaries which are meticulously pruned.

They have planted many clumps of stately Norfolk Island palms as well as cabbage palm, magnolia, bougainvillea, bush allamanda, azaleas, and Ligustrum japonicum (Japanese privet) which provide some shade. Their gardens have a diversity of herbaceous plants including pink vincas, lilyturf, burgundy leaf canna lilies, elephant ears, Star of India, chrysanthemums, crown of thorns, calladiums, and Chinese juniper and much more.

They are located on a saltwater canal and have planted several types of fruit trees such as peach and lemon which are ready to harvest. The Trovatos love to grow their own vegetables and presently they are growing broccoli, fennel, and celery. In the spring they plant eggplant, zucchini, lettuce, peppers, cucumbers, basil, and parsley.

Nestled throughout the gardens are old fashion solar lanterns, statuettes of a Greek goddess, an impressive blue heron, a deer and small children with solar lanterns and a charming concrete bench.

Submitted by Nancy landoli, Selection of the Month Committee

The Garden Club meets monthly on the second Monday of the month at 1:00 p.m. at VFW, 47 Old Kings Rd. N, Palm Coast, September through May. The plant sale under the pavilion is open to the public 11:30-1:00 PM www.gardenclubatpalmcoast.org



Homeowners Corner

Unexpected challenges of various window treatments

If you're in the market for new window coverings, all the options can be a little overwhelming. While it might be easy to choose a product based on overall design and function, there are some smaller details that only come to light after installation. As a consumer, it is important to understand the differing expectations certain products can have. Below, we have outlined some expectations that come with various

blind or shade to raise and lower. While your windows will be measured to insure the best custom fit, measurement and production tolerance can vary from 1/8 inch to 1/4 inch. This is industry standard.

Multiple Shades in 1 Window: When multiple shades are mounted on 1 headrail there will be a small gap between each shade that can affect light flow and privacy. This gap can be between 1/2 inch and 1 1/2 inches, depending on shade type and manufacturer.

Solar Shades: If there are mesh screens on the windows, they may interact with the mesh in solar shades with a very loose weave. This can create a visual moiré effect and can be distressing to some people.

Power Shades: Battery powered shades that are placed

side by side will eventually raise and lower at different times due to the inconsistent source of battery power. Fully recharging the batteries will eliminate this issue.

Woven Wood Shades: Woven wood shades are made from natural material and are naturally more prone to fabric inconsistencies and stretching/movement due to humidity and temperature changes. This may not be readily apparent in

samples that have not been repeatedly used.

Roman Shades: Initially, roman shades will require "dressing" to ensure the folds and creases are even when the shade is raised up. It will take time for the fabric to hold a "memory" of the folds. The outside view of the shades will show the liner, lift cords, and ring holes. Flat roman shades have visible stitching and pinholes of light where the rings on the liner are attached to the shade. This is more noticeable on plain or solid fabrics.

Panel Tracks: There is a small overlap of fabric where each panel meets, which will create a darker vertical color strip.

Wood Blinds: Wood blinds have visible holes down the front of the blinds where the string runs through to connect the slats. The wider the blinds, the more sets of strings and holes there will be.

Fabric: All fabric shades and draperies that are more than 40 inches wide may have vertical seams that can sometimes be visible. Fabric is typically ordered and cut on an as-needed basis which allows for truly custom drapes. Therefore, fabric products typically have a longer turnaround time because of potential flaws and backorders.

Drapes: Different fabrics can have different compositions

which may affect the draping. Thick upholstery weight fabrics do not always drape well, and fabrics with a high polyester content are prone to flaring at the bottom. Room darkening liners add extra weight to any drape and may causing tenting at the bottom.

Shutters: Hang strips or frames will provide a more visually pleasing shutter installation. However, if a window has a tilt-in feature for glass cleaning, the shutter will interfere with the tilt in window. To avoid this issue, a direct mount should be used so the shutter can be removed with the hinge pin to allow for glass cleaning.

While some of these small issues may seem insurmountable, most of them will be barely noticeable within the large-scale design of a room. However, it is always a good idea to consult with a professional when tackling any window covering projects. A good consultant can not only provide example pictures, but they can also walk you through all the pros and cons of each type of product.



Roman Shades

window covering options that you may not have considered.

General Light Gaps: Inside mounted window coverings will always have small light gaps on the sides to allow the

If you need any kind of products or services to do with covering your windows then call Jason's Blinds in Bunnell at 386-445-5611 and they'll take care of you.



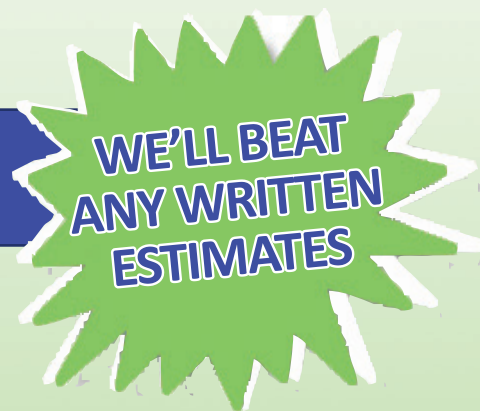
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Parks And Recreation In The City

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 • 2860 Palm Coast Parkway NW

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



Live Music

February acts at the Fitzgerald Performing Arts Center at Flagler Auditorium



Invincible: A Glorious Tribute to Michael Jackson • Feb 3

"Invincible: A Glorious Tribute to Michael Jackson" is a tribute show dedicated to honoring the iconic musician Michael Jackson. The production aims to recreate Michael Jackson's performances' energy, talent, and magic and pay homage to his influential career. The tribute show typically features a performer or a group of performers who impersonate Michael Jackson, capturing his signature dance moves, vocal style, and stage presence. They often wear costumes reminiscent of Jackson's famous outfits and perform his most popular hits, including songs like "Thriller," "Billie Jean," "Beat It," and many others.

"Invincible: A Glorious Tribute to Michael Jackson" strives to create an immersive experience for fans of Michael Jackson, allowing them to relive his music and experience his captivating live performances. The show may incorporate multimedia elements, elaborate choreography, and special effects to recreate the atmosphere of a Michael Jackson concert.

Stayin' Alive: One Night of the Bee Gees • Feb 14

STAYIN' ALIVE offers to their audiences the songs and sights of a full Bee Gees play list, singing blockbusters such as "Night Fever," "Jive Talkin'," "How Deep Is Your Love," "You Should Be Dancing," "Nights on Broadway," and "Stayin' Alive." In addition, they perform softer poetic ballads such as "I Started a Joke," "Massachusetts," "Fanny Be Tender," "Words," and "To Love Somebody," among other great hits. STAYIN' ALIVE is the largest and most definitive production, offering big-screen video clips, photos, and dazzling imagery. STAYIN' ALIVE has played intimate settings as a six-piece band and huge venues with a 62-piece orchestra. STAYIN' ALIVE is the quintessential tribute band to the Bee Gees, capturing the excitement of live performance and the tender subtleties of the human voice.



An Evening with Anthony Smith and Darryl Worley: Nashville Songwriters • Feb 16

Darryl Worley is an American country music singer and songwriter. Worley gained popularity in the early 2000s with his debut album, "Hard Rain Don't Last," which produced several hit singles. Some of Darryl Worley's notable songs include "Awful, Beautiful Life," "Have You Forgotten?," and "I Miss My Friend." Anthony Smith is a country music singer and songwriter. As a songwriter, Anthony Smith has penned several successful songs for other country artists, including George Strait's "Run," Trace Adkins' "Chrome," and Montgomery Gentry's "What Do Ya Think About That."

Fouerever Fab & Sixtiesmania: A Journey Through the '60s • Feb 22

Sixtiesmania is a true celebration of the musical sixties. Founded by Andrew Hill back in Australia, Andrew has toured worldwide with his different production shows celebrating the music of both the Sixties and The Beatles. A left-handed Paul McCartney "sound-alike,"; he found his calling in this role, entertaining hundreds and thousands of people in over 15 countries for the last 20 years. With authentic tailored suits from England, a full multimedia backdrop (where available), vintage instruments, a song pool of over 250 songs, incredible musicianship, and vocals... and an absolutely killer set list of songs... Covering all the great groups and songs that became an iconic backdrop to that turbulent decade, Sixtiesmania takes the audience on a musical roller coaster from the Beatles to the Doors and everything in between, including the British Invasion, Beach Boys, Carnaby Street, Flower Power, Woodstock and so much more.





Fiber Art - Natural Expressions

A collection of sculpture and wall art by
Liz Canali • Jenna Weston • Amy Hemphill Dove



FEBRUARY 4 - MARCH 16, 2024

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facebook.com/expressionsgalleryoncolbert
for more info contact Jan Jackson at 505-688-3190



Flagler Artists

David Contreras, glassblower, wants to promote the arts here, by James Moore

David Contreras is a Seattle born artist who has been glass blowing for 20 years. This long-term journey began while he worked at Nordstrom to pay for college. There he learned

feeling. Realizing this was what he was born to do, David accumulated enough savings to last him two years to quit Nordstrom and became a full time glass blower. Lucky for him,



salesmanship and managerial skills that would serve him well later down the line. The first glass blower he met, through his friend group, had a studio three blocks from where David had been living.

The practice came naturally to him. David describes it as a “You know when you know”

Seattle was the glass blowing capital of the world.

During that time, he worked for anyone who could take him, learning as much as he can. Just as his savings was almost out, the paid jobs started coming in. It kept him humble — one job here, another job there, until his schedule was full and could



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take care of himself.

He kept himself active on two fronts. Much of his work was in the Seattle Glass Blowing Studio and David began involving himself in the city politics. It was through city grants and wealthy patrons these studios could open and thrive. This was the perfect coupling to learn the business side of this art form, as well as the intricacies of how to keep that business side afloat with government assistance and support for the arts.

There is a healing aspect of art that David noticed immediately. Seasonal depression is a common affliction that affects many, including David. “Making art for the sake of art is great,”

he says. “But making art to give back and assist in healing is something else.”

As he grew in the craft, he taught classes himself, including to veterans,

using the art form to manage PTSD. “It is one of the ultimate therapies. Zoning out and relaxing while still being at attention, all senses dialed up.”

Eventually, David stepped out on his own and founded Pipe Place Market, which he ran for 17 years. It had survived the recession in 2008 through 2009, but Covid and political turmoil in Seattle pushed him to move to Flagler.

In 2022, he started a new business, David Contreras Glass after moving to Palm Coast. The change of venue provides him with new freedoms. He can provide products to the other companies, while still

able to sell his products himself, and can pull his product from these other companies if he feels they are cheating their customers. One of these services includes creating memorial pieces through Heritage Funeral Cremation in Bunnell.

The next big step for David is to improve his new home, Flagler County. “I want to put art on the map for Palm Coast,” he says. You can meet and connect with him every Sunday at his stand in European Village. Getting involved helped his community in Seattle, and David is continuing that practice here, seeking to join the committee of market managers in



European Village.

His goal is to build and feature other artists and give them a platform to be introduced into the industry. With a gradually growing artistic community, there might be a need for grants and programs to ensure artists thrive, and use those skills to benefit the mental health of the community.

“I am hoping I can provide artists a new outlet to feel their worth, and feel they are giving back,” David says. “I do believe there’s a greater purpose for my life and I find myself here in Palm Coast, and whatever reason that is, will be something positive for the future.”

Palm Coast

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Events, Meetings, Classes, etc.

Events

Palm Coast Farmer's Market
February, 4, 11, 18, 25 @12-4 PM, European Village, 101 Palm Harbor Pkwy, Vendors include sellers of seafood, meats, dairy products, nut butters, many varieties of crafts and a lot more every Sunday.
First Saturday Creative Bazaar Arts & Crafts Market
February 3, 1500 Central Avenue, Town Center. Pro-

duced 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
February 2, 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 sugges-

tions are available on our website if you need a little help. That month we will meet to share our impressions, reactions, and feelings. June: Reader's Choice. Go to www.parksandrec.fun/adults to sign up.

Texas Roadhouse Events
January 9, 2-8 PM
 Come support the Palm Coast Garden Club at Texas Roadhouse! Mention their fundraiser and 10% of your check will be donated to a great organization.

January 12, 11-5 PM
 Come support the Flagler Volunteer Services at Texas Roadhouse! Mention their fundraiser and 10% of your check will be donated to a great organization.

January 15, 2-8 PM
 Come support the University Women of Flagler at Texas Roadhouse! Mention their

fundraiser and 10% of your check will be donated to a great organization.
January 22, 2-8 PM
 Come support the Flagler School of Dance at Texas Roadhouse! Mention their fundraiser and 10% of your check will be donated to a great organization.

January 23, 2-8 PM
 Come support First Baptist Christian Academy at Texas Roadhouse! Mention their fundraiser and 10% of your check will be donated to a great organization.

January 30, 5-8 PM
 Kids Night at Texas Roadhouse. Come enjoy corn hole, a bounce house, free face painting, giveaways, and meet community partners! Email 673marketing@texas-roadhouse.com to become a vendor. It's FREE!

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



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



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



An Evening with Darryl Worley & Anthony Smith
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



BOX OFFICE - 386-437-7547 • FlaglerAuditorium.org
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Events, Meetings, Classes, etc. from page 40

AARP Foundation
TAX-AIDE
 Free tax assistance for those who need it most


AARP FOUNDATION TAX AIDE. FLAGLER COUNTY IS RECRUITING NEW VOLUNTEERS DURING THE FALL FOR THE 2024 TAX SEASON. To learn more about volunteer opportunities call (386) 243-5556 or email flaglerctytaxaide@gmail.co

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

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.




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 without 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.



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

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
- Sat Feb 3 11 AM**, 12x24 Acrylic Mermaid Painting, \$75.00
 - Sat Feb 3 11 AM**, "Sun Glow" 4ft Surfboard Workshop \$325.00
 - Sun Feb 4 11 AM**, Beach Couple 16x20 Acrylics, \$75.00
 - Sat Feb 10 11 AM**, 12" Sea Turtle Wood Heart Sign Regular price \$65.00
 - Sun Feb 11 11 AM**, Wood Sea Horse Heart Stand, \$65.00
 - Sun Feb 11 11 AM**, Wood Sea Horse Heart Stand, \$65.00
 - Mon Feb 12 11 AM**, Elegant Flamingo Heart Wood Sign/Stand, \$75.00
 - Sun Feb 18 11 AM**, "Bubbles Up" The Dolphin 12x24 Acrylics, \$75.00

Activities

AQUA ZUMBA®
Mondays & Wednesdays,

March 4-May 29 (No class May 27) 5:30-6:30 PM, Tuesdays & Thursdays Feb. 6-May 30, (No class Feb. 19 & May 27), 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, so you can really let loose. 13+ years, \$10/class

WATER AEROBICS
February-May, Palm Coast Aquatics Center, Mondays & Wednesdays, Feb. 5-May 29 (No class Feb. 19 & May 27) 9-10 AM. Membership please visit: usms.org. Please call for days, times, and registration, \$30/month or \$4/drop-in. Water Aerobics combines aerobics with strength training, moving your body through the water creates a resistance that will activate muscle groups without impacting your joints. 13+ years, Fee: \$10/class, Register: 386-986-4741


LUCK OF THE PICKLE PICKLE-BALL TOURNAMENT
Friday-Sunday March 8-10, 8 AM-4 PM, Southern Recreation Center. Wear green and stay out of the kitchen for our March Tournament. Play in men's and women's doubles and mixed doubles. For players level 4.0 and under only. First 100 sign-ups receive a t-shirt. 13+ years, \$40/person

MOTHER'S DAY PICKLEBALL TOURNAMENT
Friday-Sunday May 17-19 8 AM-4 PM, Southern Recreation Center. What's the best way to celebrate mom? Playing pickleball, of course! Play in men's and women's doubles and mixed doubles. For players level 4.0 and under only. First

Flagler County Orchid Society
 Monthly Meeting • January 25 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

Scan here for info.



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

We work year-round to help Flagler County families in need. Please contact us to see how you can help with some of the many day-to-day challenges we face as you can see below. We always need volunteers and donations.



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All sandwiches served on toasted focaccia bread

COLD SANDWICHES

ITALIAN

An Italian Favorite Thinly sliced salami, prosciutto ham, mortadella, and mozzarella cheese topped with sliced tomato, romaine lettuce, pepperoncini peppers, roasted garlic aioli and Italian dressing (710 - 3530 calories)

BRUSCHETTE CHICKEN

Our seasoned wood-grilled chicken topped with roasted tomatoes, burrata cheese and pesto (590 - 2930 calories)

CAPRESE

An Italian Classic Sliced tomatoes, burrata cheese and pesto (390 - 1940 calories) + Grilled Chicken (160 - 790 calories)

WARM SANDWICHES

CHICKEN PARMESAN

Coated with Mama Mandola's breadcrumbs, sautéed and topped with our pomodoro sauce, parmesan and mozzarella cheese (540 - 2690 calories)

STEAK MARSALA*

Sliced sirloin and mozzarella cheese topped with our Lombardo Marsala sauce with mushrooms (620 - 3120 calories)

MEATBALL SANDWICH

Meatballs simmered in our pomodoro sauce topped with mozzarella cheese and grated romano (910 - 4550 calories)

SIDES & MORE

ITALIAN SALAD

Romaine, garden vegetables, and kalamata olives served with our Italian vinaigrette dressing (200 - 1160 calories)

HOUSE SALAD

Romaine with carrots and shredded red cabbage topped with pepperoncini and kalamata olives served with our creamy parmesan dressing (200 - 1180 calories)

CAESAR SALAD

Romaine, croutons, and parmesan cheese served with Caesar dressing (290 - 1390 calories)

CHILLED PASTA SALAD

With penne pasta, red onion, grape tomatoes, olives, basil, sun-dried tomatoes, romano and parmesan cheese, tossed in Italian vinaigrette dressing (600 - 2870 calories)

MAMA MANDOLA'S SICILIAN CHICKEN SOUP

Spicy chicken soup that has soothed the family for generations! (250 - 1230 calories)

HOUSE MADE POTATO CHIPS

Thinly sliced and fried to crispy perfection (140 - 720 calories)

COOKIES

CHOCOLATE CHIP (190 - 930 calories)

OATMEAL RAISIN (350 - 1750 calories)

Unwrap delicious!



To place your order and for more information, visit us at [carrabbas.com/carrabbas-sandwich-bistro](https://www.carrabbas.com/carrabbas-sandwich-bistro)

*THIS ITEM IS COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS WHICH MAY CONTAIN HARMFUL BACTERIA MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Nutrition information is updated when new data is received from our suppliers. Due to this reason, calories on the print menu may differ from online information. The online information is the most up to date.

Events, Meetings, Classes, etc. from page 43

100 sign-ups receive a t-shirt.
13+ years, \$40/person

OPEN GYM VOLLEYBALL ADVANCED

Mondays, Session 1: Jan.

8-March 13, Session 2: March 25-May 22, 7-9:30 PM, Indian Trails Middle School. This fun, co-ed volleyball program is for advanced players only. 18+ years, \$30/session or \$3/drop-in

OPEN GYM BASKETBALL

Tuesdays & Thursdays, Session 1: Jan. 9-March 14, Session 2: March 26-May 23, 7-9:30 PM, Indian Trails Middle School. Play some hoops with your friends or meet new people. This adult co-ed basketball program is a non-competitive, recreation program. 18+ years, \$30/session or \$3/drop-in

OVER 35 OPEN GYM BASKETBALL
Fridays, Jan. 12-May 24, 7-9:30 PM, Indian Trails Middle School. Make some space for the legends of ball! This program is for adults over 35 who want to get out on the court and shoot some hoops. Play a variety of games with new people, 35+ years, \$30/session or \$3/drop-in

WELCOME TO TENNIS

Saturday, 10-11 AM & 11 AM-12 PM, Monday, 10-11 AM, Southern Recreation Center. New to tennis? Learn the game in an instructional clinic that will focus on the game's fundamentals. Loaner racquets are available at no additional cost. 18+ years. Please check the online catalog for session dates and fees

MORNING BLAST
Mondays & Fridays, Jan. 5-May 31, (No clinic Feb. 12 & 16), Clinic 1: 9-10 AM Clinic 2: 10-11 AM, Palm Coast Tennis Center. Tennis meets fitness with high-paced, high-energy drills and point play. Our tennis pros will lead both beginning

and advanced players alike through a challenging workout that will leave you feeling refreshed, confident, and ready to play. All skill levels are welcome. \$12/class

DOUBLES ROUND ROBIN

Sundays & Tuesdays, Jan. 2-June 2, (No play Feb. 13 & 18, March 31), Sundays, 9:30-11 AM, Tuesdays, 6-8 PM, Southern Recreation Center.

In round-robin tennis, everyone has a chance to play against each other and experience a variety of games. All ages and abilities are welcome. It's a great way to meet new members of our tennis community. You are not required to sign up with a partner. 18+ years, \$7/class

DOUBLES SKILLS TENNIS

Wednesdays Jan. 3-May 29, (No class Feb. 14), 9:30-11 AM, Southern Recreation Center. Build your doubles skills with instructor-led situational drills and games. You don't need to register with a partner and all skill levels are welcome. \$17/class

WOMEN'S DOUBLES HIGH PERFORMANCE

Mondays Jan. 8-May 27, 9-10 AM, Southern Recreation Center. Take your doubles game to the next level with a specialty clinic designed for intermediate level or higher doubles players. Please register in person. 18+ years, \$15/class

LEARN THE BASICS OF YOUR COMPUTER

Tuesdays, Jan. 16, Feb. 20, March 19, April 16, May 21 10-11:30 AM, Palm Coast Community Center. Learn more about your computer, like basic care, programs, and the importance of internet security. 18+ years, Free **FLORIDA HEALTH CARE PLANS WELLNESS WORKSHOPS**
Thursdays, Jan. 25, Feb. 29,

You can go to <https://www.palmcoast.gov/parks-and-recreation> to see a lot more activities that are offered by the city.

March 28, April 25, May 30, 10:30-11:30 AM, Palm Coast Community Center. Presented in partnership with Florida Health Care Plans. Join the conversation as healthcare professionals discuss a new topic each month that focuses on health and wellness. Check our online catalog for a list of topics. Free.

WOMEN'S SELF-DEFENSE Mondays, Session 1: Feb. 26-March 11, Session 2: April 29-May 13, 6-8 PM, 13+ years, Palm Coast Community Center. Commander Michael Lutz from the Flagler County Sheriff's Office will show you how to protect yourself from attackers and stay safe. Pre-registration

is required at least 48 hours in advance; participants must attend all three classes. Free

YOGA FOR ALL Tuesdays & Thursdays, Jan. 2-May 28, 9-10 AM, Palm Coast Community Center. Relax and restore through stretching, yoga poses, breathing, and relaxation led by certified instructor Michele Cotto. \$8/class or \$6.25/class with the punch pass

ZUMBA® Wednesdays Jan. 3-May 29, 9-10 AM, Palm Coast Community Center. Zumba® is a fitness program that combines Latin and international music with dance moves in helping cardiovascular health. \$8/class

University Women of Flagler will be hosting a scholarship fundraiser fashion show featuring vendors and fashions from Chez Jacqueline. Luncheon catered by Carrabba's included.

Tickets \$60: on line at <http://www.uwflagler.org>.

Date: February 24, 2024 from 11 AM to 2 PM at the new Palm Coast United Methodist Church at 6500 Belle Terre, Palm Coast- south of the Dollar Store on Matanzas Woods Parkway.

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
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Palm Coast Lanes	Imaging Center
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Sherry's Art Studio



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

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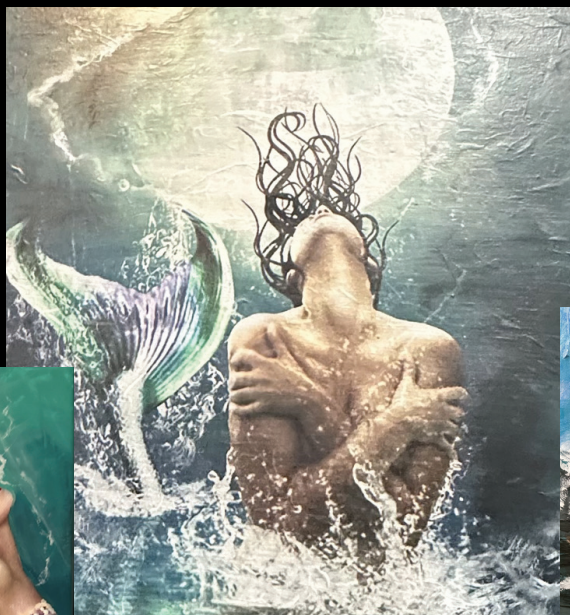
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Property

- Homeowners
- Renters
- Condo
- Flood
- Manufactured Home
- Landlord



Individual

- High & Ultra High Net Worth Individuals
- Life
- Term Life
- Umbrella Liability
- Valuable Articles



Vehicles

- Auto
- Boat
- Motorcycle
- RV/ATV
- Watercraft



Select Business

- Business Owners
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- Tradesman
- Public Liability
- Workers Compensation



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