

Palm Coast

ISSUE 4

NOVEMBER, 2021



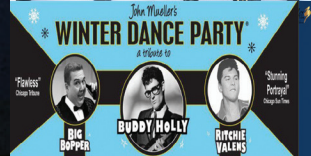
The Doo Wop Project



Aerosmith Tribute



Rocky And The Rollers



John Maule's WINTER DANCE PARTY



Buddy Holly and **Ritchie Valens**

WE'RE BACK!



Let's Hang On Frankie Valli Tribute



The Texas Tenors



Abacadabra ABBA Tribute



Canadian Brass



The American Sirens



One-Night In Memphis

Flagler

AUDITORIUM

DENNIS FITZGERALD PERFORMING ARTS CENTER



Melissa Manchester



Darlene Love

The Auditorium is back after a year off and the lineup is set for another great season of entertainment.

Arts • Recreation • Entertainment • Restaurants
Health & Wellness • Events • History • More...

Enhance YOUR Curb Appeal.



- Custom Concrete Curbing
- Mildew and mold resistant
- Wide range of colors and patterns
- Durable lasting beauty
- Color is in the mix!

401-862-3488

Call today for
a free quote.

MENTION THIS AD FOR A 10% DISCOUNT.

Custom Curbing

By IN THE WEEDS YARD MAINTENANCE LLC.



IN THE WEEDS YARD MAINTENANCE, LLC

intheweedsyardmaintenance@gmail.com • www.intheweedsyardmaintenance.com

Licensed & Insured #SPEC-001857

We're Here To Help.



Our staff is here to help you with any heating or AC problem you may have.



- * Free estimates on new systems
- * Price Match Guarantee



- * Free Second Opinion
- * Proudly Serving Your Community for over 15 Years

\$100 OFF

Air Purification Device



Bring in this coupon OR mention this ad for a \$100 discount. Not valid with any other offers or prior purchases. Expires 12/31/2021.

\$100 OFF

10-Year Parts & Labor Extended Warranty on New A/C Systems

Bring in this coupon OR mention this ad for a \$100 discount. Not valid with any other offers or prior purchases. Expires 12/31/2021.

\$45 Service Call

Valid 8 AM - 5 PM Mon-Fri

Call Arctic Breeze for more details. Not valid with any other offers or prior purchases. Expires 12/31/2021.

BUILT TO A HIGHER STANDARD®

American Standard®

HEATING & AIR CONDITIONING



FINANCING AVAILABLE WITH APPROVED CREDIT



Subject to credit approval and available credit limit. See dealer for details.

Your Local Air Conditioning Company
arcticbreezeair.com
Family Owned and Operated
License #CAC1817213

Call 386-446-8894 today for expert service.

ARCTIC BREEZE

Contents

Issue 4 • November, 2021



On The Cover

The Flagler Auditorium is back with a full schedule of shows in its 30th year. Find out about one of Flagler County's jewels and who's coming up on stage for the whole season. **Page 16.**

Welcome to the fourth issue of Palm Coast magazine. Everything we could have wanted to happen to our new business by now has, in fact, happened. Well, almost. We'd still like to convince the people running Winn-Dixie and Publix in Palm Coast to allow us to distribute our magazine in their stores but other than that we can't complain. Wherever we do put the magazine (there's a list of locations in our ad on page 28) the copies disappear very quickly, advertisers are getting response to their ads and we're getting leads to great stories that need to be told in the community. Check out the article on page 8 about a local charity, Christmas Come True, for example, that tells a heart warming story of a local woman who's been playing Santa for a number of years to local families in need. And the Palm Coast Historical Society is now helping us show our city as it grew from nothing in 1969 to where we are today. We hope you keep reading as we aim to provide you with interesting information each month about this special place we call home.

PC News



Read about our newest bank, a great charity and a chamber business program. **Page 6.**



Health & Wellness



Ways of clearing cobwebs as get older. **Page 14.**

Entertainment



Read about two new productions in local theaters by Neil Simon and Kander & Ebb and the Flagler Youth Orchestra and their upcoming concert. **Page 23.**



Palm Coast

Editor/Publisher

Tom Aikins

Contributing Editor

Amy Armstrong

Art Director

Lili Pappas

Business Manager

Mayures Chuimana

Advertising Manager

John Williams

Correspondents

Bennie Chai

Teri Pruden

Geoff Thompson

All contents copyright Palm Coast Publishing, 2021.

Arts



Local artist Hanneke Javons keeps on teaching. **Page 26.**

To contact us in regard to advertising or delivery information, or anything else, call 386-237-4450 or email us at:

palmcoastmagazine@gmail.com. Palm Coast is published the first week of every month.

Finances



Eric Trawick, FA, provides investment advice from Edward Jones. **Page 12.**

Restaurants



Texas Roadhouse has the steaks, and then some. **Page 20.**

PC History



The Palm Coast Historical Society provides a window into the past. **Page 10.**

Check Out Our New Special.

One Large Pizza w/two toppings and a Large Salad for \$15.99



LARGE 2 TOPPING PIZZA

8.99

USE CODE PCM

LARGE 3 TOPPING PIZZA

10.99

USE CODE PCM



Order online and earn Howie Rewards!



Palm Coast
5 Utility Dr, Suite 28
386-446-4461



Medicare Just Got A Lot Better.

EXCITING benefit improvements in Medicare Plans are coming to Flagler and Volusia Counties for 2022.

Call today for complete information.

386-206-1585 (Office)
949-981-0392 (Cell)



Gene Perez
FL License W225579

SUNSURE
INSURANCE

www.sunsure.me

Expect Better.

Work with a realtor that will go the extra mile for you.

Kim Carney did a wonderful job of assisting us in our journey to purchase a condo in Florida. Kim was very patient, intuitive and very pleasant to work with.



We also appreciate Kims professionalism in our interactions. We were very fortunate to have had Kim as our real estate representative. Thank you Kim! **Sean & Denise**



Worked with Kim Carney on a very difficult transaction. Kim was knowledgeable, professional and even kept her sense of humor. I have found my realtor for life. **David D.**



Call at 386-846-5493, email me at kimcarneyrealtor@gmail.com or go to my website and look for your dream home at kimcarneyrealtor.com

Better Homes and Gardens Real Estate Synergy
412 Beach Village Drive • Flagler Beach, FL 32136

News Of The Palm Coast World



Trustco Is Palm Coast's Newest Bank

Trustco Bank became the latest bank to call Palm Coast home as it celebrated the opening of its newest branch in the Target shopping center on Route 100 on October 25.

Executive Vice-President of Trustco Bank, Eric Schreck, pic-

tured above right in the gray suit, attended the opening in his role as Florida Regional President. Joining him in the ribbon cutting ceremony (above from right) was Palm Coast Mayor David Alfin, County Commissioner Greg Hansen,

Trusty, the bank's mascot, and Vincent Amore, the branch manager of the bank.

Trustco Bank was founded in Schenectady, New York in 1902 and now has 148 branches in New York, Vermont, New Jersey, Massachusetts and Flori-

da, where it has 53 branches alone.

Mayor Alfin spoke after the ribbon cutting ceremony, stating that "With Trustco's motto being, 'Our reputation is making you feel like family,' Palm Coast is absolutely the perfect partner for a branch bank location: our community has always valued a personal connection that brings us together for a common cause.

"That's why the alliance between the city of Palm Coast and Trustco Bank is the perfect relationship. I'm honored today to reach out to Trustco's own employees to welcome your new Belle Terre branch to our City family and to let you know that we look forward to working together as one unit to build community strength and spirit."

The event was attended by dozens of people and food was provided by Carrabba's Italian Grill.

Small Business Program Launched By Chamber

If you own a small business, home-based business or are an entrepreneur that wants to start a business in Flagler County, we're looking for you. The Palm Coast-Flagler Regional Chamber of Commerce, in collaboration with CareerSource Flagler/Volusia, is proud to announce the Chamber's first small business program for Flagler County business leaders.

CareerSource has secured grant funding, and partnered with the Chamber, to help fund 10 scholarships for small business leaders who will work with consultants at the Coastal Entrepreneur and Innovation Institute to grow and strengthen their businesses. This intensive, one-year program will

help coach small business leaders on different aspects of their business.

Finally, The Palm Coast Observer has committed to covering the progress of these businesses, which could help drive customers directly to program participants.

"Flagler County is home to thousands of small businesses. The first phase of our small business program is to begin working directly with a select group of small business leaders to help grow and strengthen their businesses," said Greg Blosé, President & CEO of the Palm Coast-Flagler Regional Chamber. "The second and third phases of our program will have a much broader reach, which will include addi-

tional education opportunities and will help connect consumers to our local small businesses. A special thank you to Robin King and the team at CareerSource Flagler/Volusia for help-

ing make this program free for all participants."

Robin King, President & CEO of CareerSource Flagler/Volusia, said "I'm grateful for the opportunity offered us by the Florida Department of Economic Opportunity to provide resources for Flagler County. Supporting the development of our small businesses is a great

investment for our community and workforce."

Palm Coast Mayor David Alfin said, "I applaud both the Chamber's and CareerSource's efforts to help strengthen and grow small businesses in Palm Coast. I urge our city's small business leaders to engage with both organizations to take advantage of these useful resources at no-cost."

To learn more about the program, click "Small Business Council" on the chamber home page, call the Chamber at 386-846-1864 or contact Greg Blosé, President and CEO of the Palm Coast-Flagler Regional Chamber, via email at Greg@PalmCoastFlaglerRegionalChamber.com.

Article courtesy of Flagler-Palm Coast Regional Chamber.

Massage

Sophia Mascarella
LMT

Pain Relief, Relaxation
Stress Reduction

386-864-2686

License #MA11536

License #MM38756

**393 Palm Coast Pkwy NW
Suite 3, Palm Coast**

All treatments by appointment only.

Sound Therapy

Christa Lynn Colletti

DEEP STATES

Vibrational Sound Therapy
For Relaxation And
Transformation

VSTCLP

386-269-8482

www.deepstatestherapy.com

Skin Care

Zenaida Alicea
BEAUTY IN ME 360

Body Contouring
Waxing, Facials, more...

386-693-6331

Lic# FB9777667 Lic# CE10028985

www.beautyinme-360.com

Massage

Christine Brinker

LMT

Therapeutic Massage
Touch For Health
Raindrop Technique

386-503-4300

License #MA19170



Dealer Care Without The Dealer Prices.

Your Mercedes-Benz Auto
Repair & Service Shop

All Factory Recommended Maintenance Services
SRS & Airbag Systems • Vehicle Electronics Systems
Steering & Suspension • Brakes & Brake Hydraulics
Engine & Transmission Diagnostics & Repair
Convertible Top Repair

MASTER
CERTIFIED
FACTORY
TRAINED
TECHNICIAN



Call for an appointment today at 386-585-4785.
15 Hargrove Ln, Unit 2J • Palm Coast • autohausofpalmcoast.com

Experience unparalleled customer service from
the first appointment to the final installation.

**GOTCHA
COVERED**

BLINDS / SHADES / SHUTTERS
DRAPERIES

386-225-1959

- Hundreds of custom window treatments
- Local, family owned
- Dozens of brands
- Free in-home consultations

www.gotchacovered.com

Serving Flagler, Volusia
and St. John counties.

Christmas Come True Charity Helps Flagler Families In Need Every Year

The holiday dreams of less fortunate families in Flagler County are about to be granted again through the work of the Bunnell-based non-profit, Christmas Come True.

"If everybody gave just a little bit, we would have a lot to help these families," said Nadine King, the organization's founder, and executive director.

CCT was founded 13 years ago when King retired to Flagler County right during the 2008 housing bubble economic crash. "Businesses were closing, and people were losing their jobs," recalled King. "Flagler County was falling apart and I saw children that needed to feel some security."

Even though she was new to the area, King went door-to-door to businesses that remained open and asked for assistance for the newly established non-profit. She joined the county's chamber of commerce and went to every "meet and greet" event available inquiring who could help.

"I went to everyone I could and just started asking people to help me get this done," said King.

Her efforts paid off.

That first year, CCT provided Christmas for 54 families with 152 kids. Since then, the CCT program has grown providing

Christmas for 164 families with 503 children in 2020 with a total price tag of \$168,000.

King's hope is that the organization, which depends on the generosity of others, will match, or exceed those num-

bers for 2021.

Christmas trees decorated with gift tags detailing the specific wishes of children in families CCT assists will be on display at 30-plus county businesses by the Sunday before Thanksgiving.

To make its deadline to deliver Christmas on Dec. 20 to area families, CCT needs donations by Dec. 10.

Each year, CCT volunteers interview the heads of household for each family to identify the exact needs and wishes of the children of the family – including their favorite colors.

"All of the presents are tagged and bagged without the kids seeing them so that parents and grandparents (who have stepped up to take care of for their grandchildren) have the ability to give these kids Christmas presents with dignity and make Christmas a special day for these children," said King.

She is facing a bit of a di-



Christmas Come True founder Nadine King.

lemma this year: She needs a 10,000 square foot space for the processing and distribution effort. King is still in search of such a spot – hopefully donated to the non-profit's work to keep more of its budget fo-



cused on presents and toys for kids.

But she remains hopeful that a local property owner with a Santa-like spirit will offer space for the temporary endeavor.

While its name implies a focus on the holidays, CCT operates year-round to help economically challenged families. Many single mothers and grandparents now taking on child-raising duties depend on CCT to offset the cost of clothing, food, and shelter needs.

"We work all year long helping families and getting them out of emergency situations and somewhat back on their feet," said King.

CCT's store, Begin Again Home Goods, generates enough to cover the group's operating expenses, said King. But it serves an even greater purpose: recycled goods available at affordable prices as well as a room in the store dedicated to the wares of local small business owners.

But as the calendar turns toward the holidays, King's energies are focused on Christmas and coordinating with the numerous volunteers that help CCT.

Stockings for the children are being sewn by one group of ladies; another group of women is baking enough cookies to provide one dozen per family.

Each family receives new clothing, wrapped toys and a Christmas turkey dinner with all the trimmings purchased from Publix.

In 2000, more than \$3,000 in Publix gift cards were donated by community members to assist CCT in purchasing the dinners, which average about \$60 per family.

"With the projected shortages, the dinners are going to cost more this year," said King. She estimates the Christmas dinners will cost anywhere from \$70 to \$75 per family this year. "I anticipate we are going to need more help to make Christmas Come True happen for these needy families."

"We truly do depend on the people of this community to make this happen," said King.

Begin Again Home Goods is located at 2729 E. Moody Blvd. in Bunnell. You can learn more about Christmas Come True online at www.christmascometrue.org or by calling 386-302-1290. — Amy Armstrong

Get \$50 off your first cleaning with us.



- Fully Insured
- Locally owned in Palm Coast
- Great prices
- Reliable

Call 386-283-7915 for a cleaner house today.

Timeless Beauty Starts Somewhere.



JEWELRY SALES • REPAIRS

1000 PALM COAST PKWY SW #105 • 386-276-3070

Increase The Value Of Your Home Now.

Dr. Paint will rejuvenate your house with a high-quality paint job.



I am so glad I chose Dr. Paint. Once I chose my color, they came right out and did the job. No waiting around wondering when. They did an excellent job and were so friendly and professional! I highly recommend this company.

Cathy P., 10/06/21

Call today for a free quote.



386-260-2444 • www.drpaint.com

HAVE YOU SEEN THIS?



In 2017, ActivePure® Technology was inducted into the Space Technology Hall of Fame by The Space Foundation.

*NASA Originated... FDA compliant tests show the Vollara Air & SurfacePro® with ActivePure® Technology eliminates airborne SARS-CoV-2 (virus that causes COVID-19), 99.9% in 3 MINUTES, On "surfaces" in 7 hrs. Up to 3000 sq. ft. indoor coverage.

Air & Surface Disinfecting Purifier
Compact Unit purifies up to 3,000 sq. ft.

WHAT IT DOES

- Patented ActivePure® Cell destroys over 99% of all surface and airborne contaminants
- Oxidizes and ionizes the air using UVC light
- Removes Odors and freshens the air
- Removes smoke, dirt and dust from the air
- Provides ozone-free air and surface sanitization

HOW IT HELPS YOU

- Healthier living environment
- Cleaner surfaces and air without chemicals or ozone
- Less irritation from asthma and allergies
- Better sleep
- Fewer sick days and cold/flu outbreaks
- Fresh-smelling air year-round
- Improved quality of life

WHO WILL BENEFIT

- Allergy or asthma sufferers
- Sensitive or compromised immune systems
- Restaurants
- Medical / Dental
- Schools
- Athletes
- Families
- Pet owners
- Business owners
- Caregivers / Daycares
- Places of Worship

DESTROYS AIRBORNE SARS-COV-2 (VIRUS THAT CAUSES COVID-19). 99.9% IN 3 MINUTES!

CLEAN AIR & SURFACES in your home, office & business! 24/7 PROTECTION



In 2017, ActivePure® Technology was inducted into the Space Technology Hall of Fame by The Space Foundation.

Three (3) Year Limited Warranty
30 Day Money Back Guarantee

AIR & SURFACEPRO® OZONE-FREE!



Glen Peacock
386-506-2207
glen@HealthiestIndoorAir.com
Vollara.com/HealthiestIndoorAir



The Origin Of Palm Coast And The Town's First Golf Course



The city of Palm Coast was originally created from a 48,000 acre tract of land which was part of a parcel that the American corporation ITT purchased in the late 60s to create a planned community. The company offered amenities — golf, tennis, boating and swimming — as activities for its residents. The first golf course was opened on September 17, 1971 and was named the Palm Coast Golf Club. Photos show the original welcome center for the entire community (upper left); the golf course in relation to the community (upper right); the first model homes (left); golf carts in front of the clubhouse (above); golfers on what was the 18th hole (lower left); and golfers returning to the "19th hole" (below). Photos are courtesy of the Palm Coast Historical Society which can be reached at 386-283-2959. For more information see www.palmcoasthistory.com.



We Provide A Once A Year Pest Solution.

And it's guaranteed — if the bugs come back then so do we, for a full year.



Pest Control • Termite Protection • Mosquito Control

CALL TODAY FOR A
FREE CONSULTATION



Our service area includes Palm Coast, Flagler Beach, Ormond Beach, St. Augustine and Bunnell.

EAGLE PEST SOLUTIONS

386-445-7414 • info@eaglepestsolutions.com • eaglepestsolutions.com

Personal Finances

A look at the state of the stock market now and in the future

Equity markets rebounded and bonds declined last week following September's fall and the first 5% pullback in about a year. A temporary deal to raise the debt ceiling until December boosted investor optimism, but volatility remained elevated amid a surge in energy prices, persistent supply-chain disruptions, and labor-market shortages. We offer the following perspective on two factors that are currently clogging the pipes of an economy that remains well supported by pent-up demand, strong consumer finances, and increased corporate spending.

Energy Crunch

- The price action in commodities stole the spotlight last week, contributing to the elevated volatility in equity and fixed-income markets. Among the eye-catching moves are that oil rose to a seven-year high, natural gas prices briefly spiked to 2008 levels after having doubled this year, and coal rose to record highs. The rocketing prices have triggered an energy crunch in Europe and China, hitting factory output and adding another complication in the long list of supply-chain issues that are holding back the global economic recovery.

- There is no single cause for the emerging commodity inflation. We see a combination of factors boosting demand and

limiting supply.

- Demand is primarily benefiting from the gradual return of the economy to normal. On top of that, the ongoing pandemic and the restrictions that are still in place in many parts of the world have shifted consumption patterns towards goods and away from services, which translates to higher energy consumption for the manufacturing-focused economies.

- The recent parabolic rise in coal and natural gas prices has sparked fears that a similar move could be in the cards for oil. We believe that prices will stay supported as oil demand continues to recover from the pandemic. However, the rise in prices is likely to prove self-limiting, as high prices will incentivize increased production.

- Over the last decade the U.S. rig count, an important barometer for the oil-drilling industry, has closely followed oil prices, as seen in the graph below.

However, following last year's collapse in oil and amid pressures from investors to exercise capital discipline, U.S. shale producers have been very cautious in adding supply. With WTI oil near \$80, U.S. producers are able to generate enough profits to maintain healthy financial positions and reinvest in production at the same time.

- Even as prices have climbed, OPEC and its allies

have maintained their output targets, slowly adding back production. But based on the difference between what the cartel is capable of producing and what it is actually producing, there is plenty of room to increase production to offset supply shortages, if they persist.

High energy prices generally act as a tax on the consumer and have the potential to dent economic growth. However, we think that currently the economy can withstand any temporary commodity inflationary pressures.

- Consumers and business are no strangers to \$80 or even \$100 oil. In the years between 2011 and mid-2014 oil prices averaged \$96, while the economy grew at a 2% pace despite a slow labor-market recovery and consumers focusing on paying down debt and saving more. In contrast now, household finances are in good shape, with the personal savings rate elevated and wages rising at the fastest rate in more than a decade.

- The U.S. and global economies are less reliant on oil than in the past due to significant energy efficiency gains over the years. Energy intensity, or the amount of oil necessary to produce a product or a service, has fallen by more than half since the 1970s, when frequent energy shocks caused stagflation (slow economic growth and rising inflation)

Worsening Labor Shortages

The U.S. economy added 194,000 jobs in September, the smallest gain this year and well below estimates. More encouraging was that the August numbers were revised meaningfully higher and the miss in private-sector jobs was less severe. Employment in leisure

and hospitality increased by 74,000, even though it remains about 10% below its pre-pandemic level¹. The biggest detractor and disappointment came from the 180,000 decline in education (90% in the government sector), which was likely impacted by seasonal factors. With job openings at record levels, the expiration of pandemic benefits, and improving delta-variant trends, we think that hiring will pick up in the coming months, but the path towards returning to full employment will not be a straight line.

- Despite the disappointing job gains, the unemployment rate fell more than expected, to 4.8%, a new post-pandemic low. However, that was driven by an unexpected drop in the labor-force participation rate, indicating that more people left the workforce. With labor shortages appearing to worsen, employers are boosting pay as they compete to attract workers. Average hourly earnings (wages) rose 4.6% from last year and 0.6% from the previous month, the strongest advance since April.


The bottom line

Simultaneous labor and material shortages are causing snags in supply chains, constraining economic activity, and driving prices higher. We think these tensions in the economy will prove to be temporary but are likely to trigger increased market volatility and more moderate returns than experienced over the last 18 months. With our outlook for next year still positive, supported by an improving labor market, excess household savings, low interest rates, and a likely inventory rebuilding, we would view any deep pullbacks as buying or re-balancing opportunities.



Eric Trawick, FA

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. For more information, please contact: Eric Trawick, FA, 5 Boulder Rock Drive, Suite G, Palm Coast, FL 32137, 386-246-7876 eric.trawick@edwardjones.com



**WINNER
READERS' CHOICE
17 YEARS RUNNING**

award-winning advertising & design...
with a twist!

386.503.1467

design
print
promos

curleytaildesign.com thebrandingbox.club

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



**Contact me today for
complete information.**

904-982-2210

John Reardon NMLS #555210



1452 N. U.S. Hwy 1
Suite 107
Ormond Beach, FL 32174
www.aag.expert/johnreardon

**Individualized, Personal
Care Is Our Specialty.**



24/7 Individualized Personal Care
Personal hygiene • Contenance management
Dressing • Feeding • Ambulating
Medication Management • Mobility Assistance
Customized Social Activities • Pet- Friendly

**Call us For A Tour
386-338-8856**

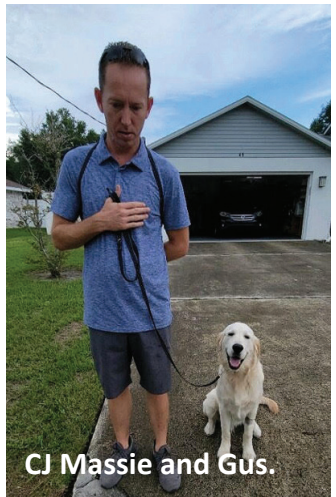
Tranquility 

Senior Care
For Your Peace of Mind
Lic. #69066936
Email: seniorcoastalliving@gmail.com • www.tranquilityseniorcare.com

**Your relationship with your
dog will never be better.**

**FREE
CONSULTATION**

- Consistency
- Repetition
- At home training
- Affordable pricing
- Flexible scheduling



CJ Massie and Gus.

**CJ's Canine Obedience
& People Training**

386-693-0304
cjmassie157@gmail.com

**Start Your New
Career Here.**

**Courses In
Esthetics & Nails**




**Small classes for
one-one-one attention.
Ask about our
scholarship program.**

Start learning today.
Call us for more information:
386-302-5220
Evolve Beauty Institute
4 Office Park Dr., Palm Coast



Health & Wellness

Ways of clearing the cobwebs as we get older..

As we grow older, many of us notice a decreased ability to remember a person's name, a sequence of events or even what we had for lunch yesterday. We call it "a senior moment," and the more we notice this occurring, the more we ask ourselves: "Am I losing it?"

Losing our mental capability is one of the biggest concerns we have as we age. The fact of the matter is that research suggests over 500,000 people die each year of Alzheimer's and many families know the burden of taking care of elderly parents and the challenging decision to move them into memory care facilities or nursing homes.

But cognitive decline can start years before symptoms emerge, depending on various factors: genetics, inherited and/or acquired belief systems, diet/nutrition, pathological aging due to toxins and inflammation, immune function, physical trauma/injury and in-

active lifestyle.

Genetics are important when evaluating a person's propensity toward health or illness, however the concept of a genetic predisposition toward a particular disease might be seen as a "sentence" rather than useful information on family health history.

More recently though, a new way of thinking about genetics has emerged in the field known as epigenetics. In his book "Biology of Belief," Dr. Bruce Lipton introduces us to the view that certain genes can either be "switched on" for better health and other genes "switched off" to lessen detrimental health effects.

This new science shows us that genes and DNA do not control our biology, rather the information our cells receive from the interaction between mind and body does. That means we may be able to influence genetic outcomes through nutrition and other

measures.

So, how do you check and address above mentioned factors and what can you do to reduce or maybe even prevent deterioration of the brain?

Author Michael Morgan gives us hope with his book "Prevent Alzheimer's in just 10 Minutes a Day," suggesting that the combination of changes in life-style and self-care can significantly change the landscape of our brain.

Stress reduction is the number one recommendation. We all know and have heard it over and over that chronic stress can cause or exacerbate physical and mental health problems.

But we also know there are situations in life that cannot be changed or avoided. After more than 18 months of a global pandemic with devastating and often irreversible changes to our everyday routines, many have experienced an increased level of stress, anxiety and exhaustion.

Therefore we need to learn how to change our reaction to these situations by calming our sympathetic nervous system, the one that causes a Fight, Flight or Freeze response (these responses refer to involuntary physiological changes that happen in the body and mind when a person feels threatened, whether the danger is real or perceived).

How? That depends...

There are countless methods and modalities available and accessible but there are also countless different health

issues, personalities with different schedules and means, likes and dislikes. The trick is to find what works for YOU, what helps your mind and body relax.

Is it meditation, visualization, music therapy, creative art, journaling or a combination of mind/body therapies, like yoga, tai chi, or qigong? Is it gardening, cooking,

exercising? Or receiving the healing power of touch with massage or craniosacral therapy? Only you can discover how to change and maintain your well-being and health.

The same approach is true for the other recommended life-style changes: healthy eating and nutrition, rest and sleep, exercise, environmental awareness, nourishing relationships, being part of a community.

Where to start? Helpful resources on the world of health, aging and longevity can be found on the Internet. Go to ChangingAging.org, Phoebe.org, Researchgate.net or just Google "Functional approach to aging" or "Your brain on stress."

When should you start? NOW. You can choose your favorite and most effective way to reduce accumulated wear and tear in body and brain to improve vitality and well-being. So, brush away those cobwebs and be vibrant at any age.

Linda Hellman, BS, LMT is a CranioSacral Therapist and Wellness Coach in Palm Coast, Florida. See www.changetowellness.com for more information.



6 WAYS TO PREVENT COGNITIVE DECLINE

Despite popular belief, cognitive decline is not a normal part of aging. Despite disease process, there are some things that you can do to slow or prevent cognitive decline.



**It's Medicare Open Enrollment Time.
We Know Your Doctor And What Plans They Take.
Call us and we'll find a plan you both like.**

Call us today at 386-383-3101



**We are your local Medicare broker with a Palm Coast office and
12 insurance companies to choose from.
And we never charge a fee for our services.**

Open Enrollment for Health Insurance begins November 1.

**WWW.386MEDICARE.COM
Open Enrollment is October 15th thru December 7th**

Atlantic
Benefit Consultants



**4869 Palm Coast Pkwy NW, Suite 2 • Palm Coast
386-383-3101 • www.AtlanticBenefitConsultants.com**

When you call Atlantic Benefit Consultants LLC Florida License # L088821, owned and operated by Debra Sephton Licensed Broker, you will be speaking with a local licensed health insurance agent. Atlantic Benefit Consultants, LLC is not a direct affiliate of the Centers for Medicare & Medicaid Services (CMS) 386-383-3101

Flagler Auditorium Stages Return To Live Performances In 30th Year

A buzz of energy surrounds you as friends greet friends and excited chatter fills the Flagler Auditorium lobby. Anticipation heightens as overhead lights blink on and off, prompting you to stroll inside to your chosen seat. The performance begins and soon you are in sync with the musicians belting out familiar songs. Whether tapping away in time to the tunes or singing along with favorites, from beginning to end, time flies.

Attending a live performance is often a communal, cathartic experience — one that we have all ached to repeat during the past 18 months. Happily, the yearning is over as opening night of the 2021-22 Auditorium Season is finally almost here.

Each show in this season will be a celebration of Flagler Auditorium's landmark 30th anniversary. Excited to present their brand-new season, Auditorium Director Amelia Fulmer eagerly shared other innovative options for event-goers. "This year we are offering a subscription package. All you have to do is choose your seats for the season, and we do the rest. Patrons who don't want to miss a thing also appreciate preferred seating, parking and other premium benefits."

explained that the initial Auditorium-Flagler Palm Coast High School collaboration included an Arts Educational System requirement. Reflecting on 30 years of excellence in achieving that goal, which is still going strong, Barb says, "I am so proud to see the long term development of our county's only fine arts facility."

Amelia added that each live show and every ticket purchased supports Flagler County students in performing arts, stagecraft, event technology and many other arts disciplines. As important as monetary assistance, are the educational opportunities students gain to learn, create, and share their artistic talents. Amelia continued, "They depend on our commitment to bringing quality entertainment to our county's residents."

That quality will be first on display November 19 as the 30th season kicks off with a Frankie Valli Tribute. A gifted 4-piece band backs six amazing singers who share an innate ability to entertain through their crystal clear vocals and crisp choreography. The powerhouse group will perform all of Frankie Valli's mega-hits including "Big Girls Don't Cry," "Walk Like A Man," and "Can't Take My Eyes

thankful for, like the spirit of resilience and tenacity that prevailed the past two years through these challenging times." So many people joined together with the Auditorium leaders to fill the vacuum of communal local entertainment.

Amelia enthusiastically recalled, "We had musical shows and outdoor events that celebrated our community and local talent last

Rock and Roll Hall of Famer, Darlene Love has launched dozens of hits including "He's a Rebel," "The Boy I'm Gonna Marry," and her signature song, "Christmas (Baby Please Come Home)." Flagler Auditorium's website says of Love, "This holiday season, the music icon will bring these classics and more, for a one-night-only holiday performance: Darlene Love. It's a



season, and which we continue this year. We are more than an auditorium. This is the place to meet people that make Flagler County a great place to live."

Governing Board President, Sandra Siepietoski agrees. "This institution is a hidden gem not just in the community, but the entire region." She also praised the Auditorium Board's dedication, much of it accomplished until recently through Zoom meetings. They are careful to ensure that "every show is different." Sandra continued, "Variety is what makes the theater-going experience so special."

That magical variety is highlighted November 27 as the Frankie Valli tribute is followed by Last Child, Aerosmith Experience. The top notch, high energy musicians of Last Child perform and celebrate 50 years of music from Aerosmith, the best-selling American hard rock band of all time.

Longtime patron Carol Wright enthusiastically advocates for the entire Auditorium lineup. "Show days always bring a happy anticipation," says Carol. "And I've never been to a show I didn't like." A confessed closet chanteuse, she'll no doubt be singing along when Darlene Love takes the stage on December 11.

Grammy Award Winner and

rockin' Christmas celebration you won't want to miss."

On hand to greet Ms. Love will be "back of the house" coordinator Elaine Gonsalves who excels at ensuring that professional performers have a pleasant experience. She decorates the backstage pre-show area, settles artists in the dressing rooms or make-up area, and arranges in-theater dining repasts for the artists.

Her efforts have helped ensure that many artists happily return. This season they include fan favorites like Abacadabra and One Night in Memphis. Also, The Bronx Wanderers who Elaine says, "have been coming here since they were kids."

On December 17, another familiar artist returns who once graced the Auditorium stage in "Little Shop of Horrors" while still a student at FPCHS. Alejandra Martinez is currently one of The American Sirens trio. She and her co-stars will entertain with hits that traverse decades from 1958's "Fever" to 1969's "More Today Than Yesterday" all the way through to 2014's "All About That Bass."

Alejandra's career is a reminder of the Auditorium's ongoing mission, which is to provide support for youth arts education and not just on the stage. Because of



However, another reason so many buy a subscription or make donations is to help further the Auditorium mission: Arts Education for Flagler County Youth. Barbara Revels, a founding member of the original Governing Board,

Off Of You."

Amelia expanded on the significance of the choice, "Our first show this year, Let's Hang On, A Frankie Valli Tribute is a great theme to start our new season. We know that we have a lot to be

donations and live opportunities, students from elementary to high school participate in dozens of school and community productions featuring many different art disciplines from dance to chorus to jazz bands. These opportunities provided many hours of enjoyment to our students, parents and citizens in well planned entertainment and arts enrichment.”

Amelia Fulmer illuminates the various ways that donations and ticket proceeds help students. “They may help buy art project supplies or costumes for elementary school shows, band books for middle school musicians, or uniforms for chorus and band members. Contributions can also send students to band, chorus, and dance competitions, or educational summer camps. They help build a high school student’s portfolio and provide art majors’ scholarships. It could also help a tech intern learn special skills for their behind the scenes work.

That’s where Auditorium Technical Director of 22 years, Jack Neiberlein, comes in. While most audiences are focused on the enchanting performances right before their eyes, much of that magic involves extensive backstage technical work. Once again, students trained in technical skills are paramount to what is usually and hopefully the hidden side of a show. Jack jokes, “You only know we’re there if something goes wrong,”

Along with Assistant Tech Director Cole Sever, Jack oversees their training through school classes and on the job training at actual productions. There are many opportunities for hands-on experience besides the 15+ professional shows. “For the approximately 100 school events, tech support is completely



Some of the many volunteers who help make the shows happen at the Auditorium.

handled by our students.”

The backstage work involves many students, but those who love it most or envision a career path usually land in the Technical Theater Intern Guild. Jack stresses the advantage to interns of the FPCHS programs compared to other schools, “This facility and our visiting shows, some from Broadway, are state of the art. Other students will never get an opportunity to work with a \$50,000 piece of equipment; ours learn on the best.”

“Cole and I both come from professional backgrounds,” says Jack. “That and the students working side by side with current touring pros on state of the art equipment is what elevates their cutting edge experience to the level of guild training.” Previously wary professional artists often declare that, “these are the best students we’ve worked with...” And occasionally, “... even better than some pros.”

“Guild members build a portfolio and tech resume” he continues, “that can run the gamut from industry careers or becoming educators themselves.” Jack and Cole are proud of the many Flagler graduates working in their field. In Florida alone, you can find them

working in theme parks, on cruise ships, and in entertainment venues all over the state.

While Elaine, Cole, Jack, volunteers and students are managing the back of the house, Heather Turdo, Box Office Manager coordinates the front of the house and pre-show sales.

Heather is eager to assist every

gather an hour before the doors open to prepare before dispersing to work the lobby, ticket office, concessions, or the balcony, greeting the patrons, and being available to answer questions. The pre-show meeting includes the ubiquitous reminder to pull out and turn off their cell phones, which they often do together instantly. Heather



Grammy award winner Darlene Love takes the stage on December 11.

patron, sponsor, and customer to arrange ticketing or subscriptions for attending shows and creating memories.

It starts at the box office and culminates with show nights. “Talking to people and working to make them happy is my favorite part of the job,” says Heather. “They call or come in and we have conversations and build relationships. They have a friend at the box office.” She manages staff which, of course, includes students, both high school and college students, two of which currently are paid interns.

In addition, she flexibly coordinates up to 80+ volunteers of all ages assigning them to their preferred show nights and tasks. They

happily reminds them, “Our dress code includes wearing a smile and a friendly expression. You are both our welcoming and our farewell committees.”

Heather said the rewards for herself and her volunteers on show night is being part of the attendee’s experience. “Every show is different, so every crowd is too, and witnessing their reaction is so fun,” says Heather. “You see their excitement. You see them clapping, tapping, sometimes even dancing, standing for ovations, and applauding. No matter the crowd, they all share their appreciation with us. They leave the show with smiles on their faces too.”

— Teri Pruden



Parks And Recreation In The City

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

Belle Terre Park • 339 Parkview Dr.

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

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



Bird of Paradise Nature Reserve • 179 Bird of Paradise Drive

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

Fishing



Central Park in Town Center • 975 Central Avenue

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

Geocaching • Parking • Restrooms • Walking



Children's Memorial Garden • 150 Waterfront Park Road

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

Parking



Community Center & Park • 2860 Palm Coast Parkway

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

Basketball • Parking • Playground • Restrooms



Heroes Memorial Park • 5455 Belle Terre Parkway

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

Geocaching • Parking



Indian Trails Sports Complex • 5455 Belle Terre Parkway

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

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



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

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

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



Long Creek Nature Preserve • 1050 Palm Harbor Parkway

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

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



Palm Coast Aquatics Center • 339 Parkview Drive

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

Parking • Picnic Shelter • Restrooms • Swimming



Palm Coast Tennis Center • 1290 Belle Terre Pkwy

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

Parking • Restrooms • Tennis



Ralph Carter Park • 1385 Rymfire Drive

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

Basketball • Parking • Picnic Shelter • Restrooms Skateboarding • Soccer



Seminole Woods Neighborhood Park • 350 Sesame Boulevard

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

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



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

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

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



Waterfront Park/Intracoastal Waterway • 150 Waterfront Park Rd

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

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



RESTAURANTS & BARS

A Fusion Of Fine Eating

5949 Oceanshore Blvd, Palm Coast, 386-246-0700, American, Fusion, Veggie

A1A Fisheries

5959 N. Ocean Shore Blvd, Palm Coast, 386-276-9014, Seafood

Ai Japanese Restaurant

208 St Joe Plaza Dr, Palm Coast, 386-446-0508, Japanese, Sushi, Asian

Anthony's

250 Palm Coast Pkwy NE #405, Palm Coast, 386-597-2600, Italian, Pizza, Veggie

Atlantic Grille

105 16th Rd. E, Palm Coast, 386-447-4610, American, Bar, Seafood

Bob Evans

100 Garden St S, Palm Coast, 386-246-5300, American, Breakfast

Burger Bros

1475 Palm Coast Pkwy, #102, Palm Coast, 386-585-4640, Burgers, American

Cantina Louie

10 Palm Harbor Village Way, Palm Coast, 386-585-4112, Mexican

Captain's BBQ

5862 N. Oceanside Blvd, Palm Coast, 386-597-2888, American, BBQ

Carrabba's Italian Grill

160 Cypress Edge Dr, Palm Coast, 386-246-9839, Italian, Veggie

China King Restaurant

1475 Palm Coast Pkwy, Palm Coast, 386-447-8788, Chinese, Fast food

China One Restaurant

120 Palm Coast Pkwy SW, Palm Coast, 386-445-7188, Chinese, Asian

Cinnamon Beach Grill

519 Cinnamon Beach Ln, Palm Coast, 386-445-6999, American, Bar

Cork & Pint

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

Cracker Barrel

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

Delfino's

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

Texas Roadhouse Has The Steaks, Seriously

Texas Roadhouse doesn't call itself a steakhouse per se, since there are a lot of other items on the menu including ribs, seafood and chicken, but make no mistake — this is a place to get great steaks.

A couple of recent visits confirmed this as we tasted the best steak we've had in several years here at the Palm Coast location. And they have a good selection too, with sizes for every appetite and taste.

We sampled the 20-ounce bone-in ribeye and the 23-ounce porterhouse, both of which were plenty big enough for people with moderate appetites. Big eaters will handle these by themselves but with an Onion Blossom appetizer and a couple of sides, these steaks were fine for two of us.

On the other end of the size spectrum is the Dallas Filet, a 6- or 8-ounce portion. And in between are several other

sizes of sirloin and ribeyes along with a prime rib portion that comes in several sizes as well. If you're a steak lover you'll almost certainly be able to find something that's perfect for you just like we did. And one welcome feature that all of these steaks share is their reasonable prices. You won't break the bank coming here as



The 20-ounce bone-in ribeye.



The Cactus Blossom.



The 23-ounce Porterhouse.

you will with some other high-end steak places.

And of course there are many other items on the menu too, as mentioned above, that will satisfy anyone who doesn't eat beef.

There are a number of appetizers to try but we've never gotten past the Cactus Blossom (left), a Texas-sized onion that's deep-fried and served with a Cajun horseradish sauce and is totally addictive.

They also offer combo dishes that pair either chicken or shrimp with different steaks or their barbecued ribs. In the Country Dinners category they serve country-fried sirloin, pulled pork, grilled pork chops and beef tips.

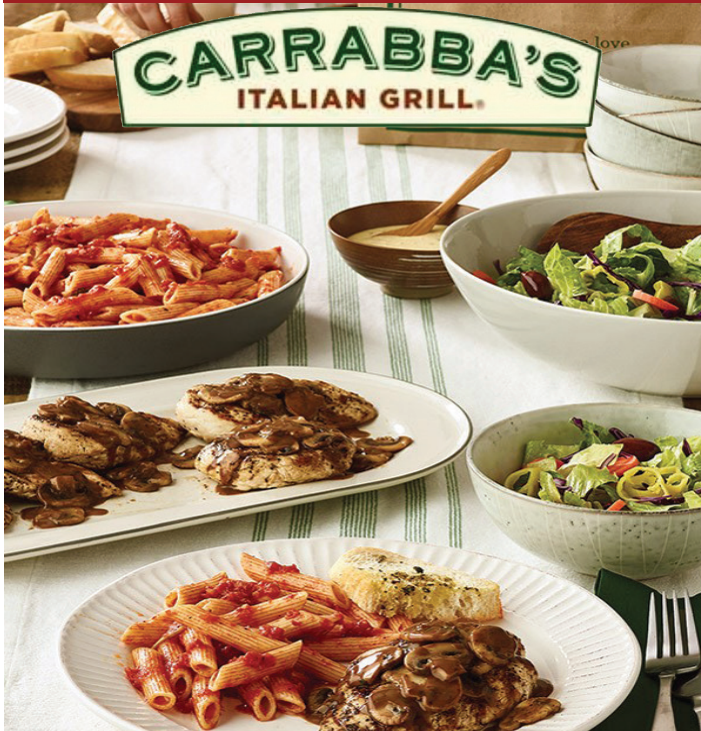
Sandwiches make it onto the menu with three different burgers, two types of chicken sandwiches and pulled pork.

There are many other items to try also, including some good looking salads and tempting desserts.

But if steak is your thing, give Texas Roadhouse a try. You won't leave hungry.

Texas Roadhouse, 1298 Palm Coast Pkwy, SW (by Winn-Dixie), 386-302-4983

HOST A DINNER PARTY WITH FAMILY BUNDLES



Call Julie to set up your catered dinner: 386-246-9839
160 Cypress Edge Dr.

Well, we can't teach you to **dance** like Gene Kelly...



Private lessons
Ballroom, Latin,
Swing, Hustle
Social Parties
Events
FUN!

...but you'll
still have a
great time.



Elite Dance and Travel
See us at www.elitedanceandtravel.com

386-585-4274

515 Palm Coast Pkw, SW

You're Invited to
Christmas Come True

CHILI DINNER

SATURDAY, NOVEMBER 6, 2021 5-8PM

Menu: Chili, salad, cornbread,
various desserts and soft drinks

CASH ONLY
Taken at Door

PALM COAST COMMUNITY CENTER
305 PALM COAST PARKWAY NE

LIVE MUSIC with
JOE BOB THE DJ

\$10 PER PERSON DONATION PLUS ONE UNWRAPPED TOY/GIFT VALUED AT \$15 PER FAMILY

Christmas Come True is a volunteer 501c3 non profit organization assisting Families in Flagler County, since 2009.

EXAMPLES OF TOYS/GIFTS TO BRING: Headphones, Watches, Fishing Poles, Tackle Box, Basketballs, Skateboards, Knee and Elbow Pads, Footballs, Camping Equipment, Make up, Nail items, Bath and Body Works, Backpacks, LOL Dolls, Lego, Shampoo, Conditioner, Chutes and Ladders, Uno, Candyland, other board games, toys or Gift Cards.

Open to all residents

Get Top Quality Products From Palm Coast's Mobile Butcher Shop.



Call 904-788-9112 for more info.

See us Sundays at the European Village Farmer's Market from 10 AM—2 PM. Order from our website and pick up at the Market or pick out what you want when you see us there.



www.boston-butcher.com

Dominic's Deli & Eatery

160 Cypress Pt. Pkwy, Palm Coast, 386-445-8422, Quick bites, American, Soups

Don Luigi's Gourmet Kitchen

260 Cypress Edge Dr, Palm Coast, 386-585-4001, Italian

El Pollo Colorao

227 St Joe Plaza Dr, Palm Coast Pkwy, Palm Coast, 386-225-4548 Caribbean, Latin

Fancy Sushi

5290 E. Moody Blvd., Palm Coast, 386-586-5988, Japanese, Sushi, Asian

Great Wall

7 Old King's Rd N, Palm Coast, 386-446-3999, Chinese, Asian

Green Lion Café

20 Palm Harbor Dr, Palm Coast, 386-986-2584, American, Bar, Veggie

Hammock Pizza

5332 N. Oceanside Blvd #1 Palm Coast, 386-445-3768, Italian, American, Indian

Hammock Wine & Cheese

5368 N. Oceanside Blvd, 386-445-3357, Appetizers, cheeses, desserts

High Jackers Restaurant

202 Airport Rd, Palm Coast 386-586-6078, American, Bar, Veggie

Houligan's Irish Pub

50 Plaza Dr, Palm Coast 386-447-3580, American, Bar, Pub

Hungry Howie's Pizza

5 Utility Dr, Palm Coast, 386-446-4461, Italian, American, Pizza, Delivery

Ihop

212 Palm Coast Pkwy NE, Palm Coast, 386-264-6834, American, Veggie

Joe's New York Pizza & Pasta

1070 Palm Coast Pkwy NW Palm Coast, 386-445-1650, Italian, Pizza

JT's Seafood Shack

5224 N. Oceanside Blvd, Palm Coast, 386-446-4337, American, Bar, Seafood

Kawa Sushi

1475 Palm Coast Pkwy NW, Palm Coast, 386-986-2266, Japanese, sushi, Asian

King Palace

515 Palm Coast Pkwy SW Palm Coast, 386-597-2186, Chinese, Asian

La Piazza Café

Daily Specials

HUNGRY HOWIE'S

5 Utility Dr, #28
386-446-4461

Every Day

Large 2-topping pizza, \$8.99
Any large specialty pizza, \$13.99
Large 2-topping pizza & 8 wings, \$16.99

Large 3-topping pizza & 8 boneless wings with 2-liter soda, \$20.99

Buy 2 medium 1-topping pizza for \$5.99 each

TOKYO JAPANESE STEAKHOUSE

260 Cypress Edge Dr #113
386-447-9888

Sushi Saturdays

Selection of sushi rolls for \$6

JT'S SEAFOOD SHACK

5224 N. Oceanside Blvd
386-446-4337

Mondays

Margaritas are \$2 off

Wednesdays

Martinis for \$5

Thursdays

All You Can Eat Shrimp

Fri-Saturdays

Live Music

SALSAS MEXICAN RESTAURANT

250 Palm Coast Pkwy
386-445-3096

Happy Hour Every Day

11 AM-Close

Mariachi Band

Every other Thursday

RED CRAB

60 Garden St S.
386-585-4245

Mon-Tues

Combo Specials-\$29

Wednesday

Combo Specials-\$31

Thursday

Combo Specials-\$35

Weekend Special

Combo Specials-\$37

VILLAGE PUB & DELI

European Village
386-225-4500

Tuesday

Get Untapped. App members get 15% off all drafts, bottles, and cans of beers and hard ciders.

Wednesday

Wine Down Wednesday, get \$1.00 off wines by the glass and 25% off all bottles.

Thursday

Florida brand brewery & sandwich special, \$1.00 off drafts and 10% off bottles and cans of Florida beers. Order a Boar's Head sandwich and get 10% your meal as well.

Friday

Finally Friday Happy Hour from 4-7 PM. Get \$1.00 off all drafts and wines by the glass as well as 10% off all bottles and cans.

CANTINA LOUIE

10 Palm Harbor Village Way
386-585-4112

Mondays

Fresh Fruit Guavaritas for \$6.99

Taco Tuesdays

All tacos \$2.99, specialty drinks, \$5.99

Wednesday Hump Day

Flavored Margarita Louies, \$5.99

Thirsty Thursdays

1862 Margarita, \$5.99 all day

Guavarita Fridays

Fresh Fruit Guavaritas, \$6.99

Friday & Saturday

Top Shelf Margaritas - La Catrina & The Ultimate Patron Margaritas for \$8.99

Sangria Saturdays

Sangria, \$5.99 all day

Tamale Sundays

Tamales, \$2.99 all day

Happy Hour Every Day

2-5 PM, Margarita Louies and Fro-Jo Ritas, \$3.99 —all appetizers 1/2 off

BURGER BROS

1475 Palm Coast Pkwy NW, #102
386-585-4640

Thu, Fri, Sat

Happy Hour, 3-6 PM, any signature burger with fries and a beer for \$15

Every Day

Philly Cheese Burger with cheese fries, \$15

Buffalo ranch burger with sweet potato fries, \$14

Flaming Cheetos burger with Cajun fries, \$14

HOULIGAN'S IRISH PUB

50 Plaza Dr
386-447-3580

Every Day Happy Hour, 4-7 PM LA PIZZA NOSTRA

7 Old Kings Rd N.
386-445-5608

Wacky Wednesdays

Large 16" pizza, \$11.99

THE BRASS TAP

250 Palm Coast Pkwy, #201
386-585-4551

Every Day Happy Hour, 4-7 PM

Fireball, Even Williams Black Payday, The Porch Swing, \$4
Select pints, house wine, sangria, \$5
Premium well drinks, \$6
Drink of the week, \$7
Brussels sprouts, cheese quesadilla, \$5
Cheese curds or pretzel pieces w/ white queso or five cheese flatbread or 2 poblano chicken tacos w/chips and salsa, \$6

Cheeseburger & Fries or 8 Boom Boom shrimp, \$7

Chicken nachos or 2 Korean BBQ pork sliders & fries, \$8

MEZZALUNA PIZZERIA

European Village
386-445-1004

Tuesday

Lunch: 2 cheese slices & soda, \$5.50

Dinner: Large 18" Cheese Pizza, \$10.99

Wednesday

Lunch: Buffalo Chicken salad, \$8.95

Thursday

Lunch: 1/2 Hero & french fries (Excludes Veal), \$7.95

Friday

Lunch: Chicken Panini, \$8.95

Dinner: Rice Balls, \$4.95; parm style \$5.95

Saturday

Lunch: Eggplant Florentine hero, \$10.95

Sunday

Lunch: Ravioli with meatball, \$7.95

RED KOI

European Village
386-585-4088

Monday

Drink Specials, \$4 Mai Tais and Blue Hawaiis

Entertainment

Flagler Youth Orchestra, CRT, Flagler Playhouse



The Flagler Youth Orchestra in concert.

Local entertainment options are as bountiful as the horn of plenty for the month of November. From the first season performance by the area's pride and joy — the Flagler Youth Orchestra — to performance by local thespians, those seeking a bit of culture without having to drive too far are in luck.

Flagler Youth Orchestra

The Flagler Youth Orchestra takes the stage at the Flagler Auditorium on Wed., Nov. 17 at 7 PM. for its first concert of the 2021-22 season.

The orchestra is comprised of Flagler County students ages eight and older who come from either homeschool or private or public schools. Enrollment and participation is at no cost

to the students; the Flagler County Public School system in conjunction with the Friends of the Flagler Youth Orchestra pay for the orchestra expenses. Student musicians select from among these four instruments — cello, double bass, viola or violin — to play in the orchestra and participate in twice weekly practices. Students must audition to participate, but beginners are welcome.

The orchestra is conducted by Joe Corporon, who is also the youth orchestra's chief cello instructor as well as a principal cellist, frequent soloist and founding member of the Daytona Solisti Chamber Orchestra.

The anticipated playlist for the concert includes selections from Pachelbel and Saint-

Saëns.

Tickets are available online at www.etix.com. Cost is \$3 for students and \$8 for adults. Fair warning: Don't wait to get your tickets.

"Definitely get your tickets ahead of time if you plan to come," said Amelia Fulmer, director of the Flagler Auditorium Dennis Fitzgerald Performing Arts Center, regarding the 1,000 seats available. "This is a popular event. Tickets go fast and they will certainly sell out."

The auditorium is located on the campus of Flagler Palm Coast High School at 5500 East Highway 100 in Palm Coast.

Learn more about the youth orchestra online at: www.flagleryouthorchestra.org.

Flagler Playhouse

Music lovers get the opportunity to rejoice and perhaps even hum along as the creative folks at the Flagler Playhouse in Bunnell present, "The World Goes Round: The Songs of Kander and Ebb," November 4-14.

The original Broadway production of this musical earned three Drama Desk Awards as its writers — several of whom are



Cast members from one of the many productions of *The World Goes Round*.

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

La Pizza Nostra

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

Mamaling Asian Street Food

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

Metro Diner

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

Mezzaluna Pizzeria

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

Millennium Bistro

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

Moe's Southwest Grill

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

Moonrise Brewing Company

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

My 5th Element

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

Napoli Pizzeria

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

Olive Garden

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

Outback Steakhouse

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

Palm Harbor Grill

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

Portugal Wine Bar & Grill

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

Red Crab

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

Red Koi

European Village, Palm Coast, 386-585-4088, Japanese, Sushi

Red, White & Blues

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

Rodie's Place

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

Sakura Japanese Steakhouse

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

Salsas Mexican Restaurant

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

Sami's

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

Sonny's BBQ

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

Sushi 99

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

Sushi Bar At Hammock Beach

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

Texas Roadhouse

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

Thai By Thai

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

The Brass Tap

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

The Anchor

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

The Brown Dog

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

Tram's Cafe

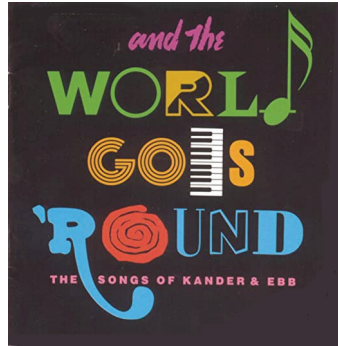
101 Palm Harbor Pkwy, Palm Coast, 386-276-9002, Vietnamese

Village Market Pub & Deli

European Village, Palm Coast, 386-225-4500, Sandwiches, Deli, Pub

Woody's BBQ

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



previous Tony Award winners – intentionally worked some drama, humor, and romance into the plot of the musical documenting the fictional lives of five characters as they try to navigate their lives filled with babies, coffee, and love.

This musical borrows hits from other Broadway shows – especially “Cabaret” and “Chicago.” Selections in the FP version include: “Mr. Cellophane,” “Maybe This Time,” “Cabaret” and “New York, New York.”

But don't expect those tunes to sound exactly as they did in their original formats.

“The really cool thing about this musical (The World Goes Round) is that these well-known songs are done completely different,” explained Jerri Berry, president of the Flagler Playhouse. “They won't sound the same, but that is what makes it even more fun.”

Tickets are available online at: www.tix.com/ticket-sales/flaglerplayhouse. Cost is \$20-\$25. Performances are Thursday through Saturday at 7:30 PM. and on Sunday at 2 PM.

The Flagler Playhouse is located at 301 E. Moody Blvd in Bunnell. You can learn more at: www.flaglerplayhouse.com.

City Repertory Theatre

Technically, this production isn't in November, but we thought we'd mention it now before all that tryptophan in your Thanksgiving dinner puts you in a turkey coma.

“Blithe Spirit” has a short run at the CRT Dec. 2 through Dec. 5.

This comedy written by Noel Coward might make you think twice about contacting the dead.

The lead male character, Charles Condomine, invites an eccentric medium and clairvoyant character, Madame Arcati, to his home for the purpose of conducting a séance as part of his research for a book he is writing. His plan backfires when the ghost of his first wife, Elvira, shows up and doesn't return to the spirit world after

is haunting their home.

To avoid any spoilers, we aren't going to tell you anymore of the plot except to say that Elvira comes up with a rather unique way to make her presence known, or um, to get Ruth to believe she is indeed inside the home. We won't tell you who, but there is another death, revenge is sought, and the medium has to come back on scene in an effort to set things right.

Of course, if you really want to know ahead of show time, the plot is available on several websites.

But why do that to yourself and spoil the surprise if you don't already know the specifics before attending the show.

Who knows... perhaps the actor playing Condomine will end the show with Coward's signature move for his lead character? In many of Coward's other plays, the last action he writes for the lead is a deliberate tiptoeing off stage as the curtain falls.

Tickets are available at: www.crt.palmcoast.com. Click on the green button with the white lettering, “Get Tickets.”

Performances are upstairs at the City Marketplace located at 160 Cypress Point Parkway, Suite B207 in Palm Coast.



the séance is completed. Elvira makes repeated efforts to disrupt Charles and his second wife, Ruth, while making herself comfortable in their home. Ruth cannot see or hear Elvira and at first does not believe her husband that his first wife



A séance scene from the film production of Noel Coward's Blithe Spirit.

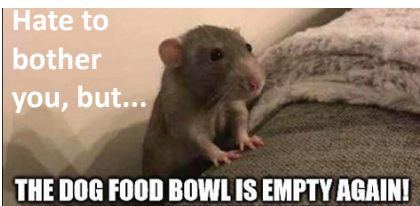
Do Any Of These Characters Look Familiar?



If so, you might want to call us.

Thanks to our prior military service we are very detailed oriented and take pride in our work. For 20 years we have worked to insure that every customer is 100% completely satisfied. We'll help you find a solution that works for you and your family or company. If you've got wildlife living in your home or building, we do everything necessary in a humane way to remove the animals and keep them out for good. We offer a rock solid, industry leading warranty on all of our exclusion work and repairs, and if any new animal is able to defeat them and gain access to your home, we will re-seal affected areas, remove the new animals, and re-apply a bio/enzyme treatment, free of charge.

Contact us for a **FREE** and professional whole home assessment: 386-204-2164



Take Your Tunes Wherever You Go.

We specialize in putting sound into cars and trucks as well as GOLF CARTS, BOATS, MOTORCYCLES and just about anything else that you can drive.



STEREOS+SPEAKERS+SECURITY & SAFETY+LIGHTING

We are dealers for Rockford Fosgate & DS18



Call today to set up a free consultation with Palm Coast's only car stereo shop and mention this ad for a **10% DISCOUNT.**

2323 N. State St, Bunnell
386-313-6177
(386)361-3385
amplifiedtravis@gmail.com

WWW.AMPLIFIEDOFFROAD.COM

Fresh beer tastes better. It just does.

Microbrewed beers on tap at all times, including guest beers



Tue-Thur, 2-11 PM
Fri-Sat, Noon-1 AM
Sun, Noon-9 PM

Daily Specials

Taco Tuesday
Burger And Beer Wednesday
Trivia Thursday
Happy Hour Every Friday
Steak Night Saturday
Sunday Brunch

Great Food

Starters
Salads
Burgers
Sandwiches
Specials
Seafood

EUROPEAN VILLAGE • 101 PALM HARBOR PKWY • 386-627-8614
WWW.MOONRISEBREWINGCOMPANY.COM

Flagler Artists

Artist Hanneke Jevons keeps on teaching... By Amy Armstrong

Colored pencil art isn't just for elementary age students or the coffee and color gatherings of adults engaged in the fad of coloring books as grown-up therapy.

Just ask Hanneke Jevons, a Palm Coast artist specializing in the medium that is taking its rightful place among other art forms such as acrylic and watercolor painting as numerous professional improvements to colored pencils have been achieved in the past decade.

"The strong suit of (colored) pencil is that you can do anything with it," Jevons said. "There are so many different brands and varieties of pencils now. You can use pencil to create detail that you cannot with paints and the colors you can create is unlimited by using layering."

Since childhood, Jevons has focused on drawing. It's been her passion for as long as she can remember. She loves to capture the lines of animals — domestic or wild — on paper. And while she enjoys creating

colors with her pencils, she is also as adept with graphite that creates black and white images.

It was a series of black and white horse photos that helped her earn the coveted "Signature" award through the National Colored Pencil Society. Signature award means the artist is allowed to use the society's acronym "CPSA" after their name when signing completed works.

In the world of colored pencils, this is a big deal. Only 250 people have earned the distinction that requires the artist's work has been included in three international shows within a ten-year time period.

"It was a goal of mine to earn Signature," Jevons said. "I just got mine in 2020."

Her work has earned other recognition. In 2019 she was a finalist for the artist of the year award from the Garguilo Foundation, a Palm Coast-based organization supporting the local art scene.

As well as creating art, teaching others to create art is also a passion for Jevons.

Of course, in her years as an educator in the public school system, she taught all the art forms. But she was always drawn back to drawing — pardon the pun.

Now in retirement, she teaches from her home.

COVID-19 has put



some restrictions on that. To protect her students — older, more immune, vulnerable adults — Jevons limits class size and requires vaccinations.

What she doesn't do is charge for her classes. They are

provided free of charge.

"I just love teaching," she said. "There is just such joy in being creative."

Learn more about Hanneke Jevons at her website: www.hannekejevonsartist.com



WE HAVE A HIDDEN GEM FOR EVERYONE.



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



Dine In or Take-Out

Located in the European Village
101 Palm Harbor Pkwy Unit 133
Palm Coast, Florida

Hours of Operation:

Open at 12:00
Tuesday - Sunday

Closed Monday

Phone
386-225-4500



SPECIALTY SANDWICHES \$9.95

THE VILLAGE #1

Cajun turkey & Pepper Jack cheese topped with lettuce, tomato, red onion, honey mustard, and mayo on choice of bread.

THE VILLAGE #2

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

THE VILLAGE #3

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

THE VILLAGE #4

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

THE VILLAGE #5

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

THE VILLAGE #6

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

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

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

FAMOUS FAVORITES

STACKED PASTRAMI \$9.95 OR CORNED BEEF \$10.95

1/2 pound of hot pastrami or corned beef on your choice of bread, topped the way you like it. We suggest keeping it simple & traditional by just adding spicy mustard.

HOT ROAST BEEF & CHEESE

1/2 pound of hot deluxe roast beef piles on a toasted sub roll, smothered with our signature beer cheese sauce.

THE ARTHUR AVENUE

Mortadella, sopresatta, mozzarella, roasted red peppers, sprinkled with oil & vinegar dressing served on a sub roll

CLASSIC ITALIAN COMBO

Mortadella, hot cappi, pepperoni, Genoa salami and Provolone cheese with lettuce, tomato, red onion, and oil & vinegar dressing served on a sub roll

THE VILLAGE RUBEEN

Hot Corned beef or pastrami on seeded rye topped with Swiss cheese, cole slaw, and 1000 Island dressing.

GUS' TURKEY CLUB WRAP

Ovengold Turkey, bacon, Swiss cheese, lettuce, tomato, and mayo on choice of flour or spinach wrap

VEGGIE WRAP

Comes with any of the fixings and cheese choices from our Build Your Own menu. Choice of flour or spinach wrap.

TUNA SALAD

Available with any of the fixings from our Build Your Own menu and choice of bread and wraps. Add \$1 for sub roll.

11.95

10.95

9.95

9.95

9.95

7.95

7.95

Follow Us at www.facebook.com/VillagePubEV

DESSERTS

CREPES

Two crepes with a chocolate-hazelnut filling topped with whipped cream and your choice of fresh sliced strawberries with a Ghirardelli chocolate drizzle or fresh sliced bananas with a Ghirardelli caramel drizzle.

3.99

NY CHEESECAKE WITH RASPBERRY SAUCE

3.99

Events, Meetings, Classes, etc.

Events

Palm Coast Farmer's Market

November 7, 14, 21, 28 @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.

Book Club

Nov 5, Dec. 3, 10:30-11:30 AM, first Friday of the month, Palm Coast Community Center, free. Do you love to read? Each month will have a designated genre. You select and read a book that falls within the monthly category. Book suggestions are available on our website if you need a little help. That month we will meet to share our impressions, reactions, and feelings. November: Best Sellers-Fact or Fiction?; December: Reader's Choice. Go to www.parksandrec.fun/adults to sign up.

Parents' Night Out

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

Holiday Home Tour Benefit Event

December 5 3-6 PM, various locations. Tour five homes displaying festive holiday decor. This year's homes are located in Flagler Beach, Sugar Mill, Bulow Creek & Plantation Bay. Take a tour of five beautiful homes with holiday decorations to benefit the Flagler Open Arms Recovery Services a local 501c3 offering peer support, public education and policy advocacy for substance use disorder. There are a wide variety of homes from intracoastal views, Bulow woods, golf course views and an amazing house transformation. You can get new ideas for the perfect holiday decoration in your own home. Tickets are only \$25.00. Questions? Call 386-846-5493

Classes

Diabetes Self-Management Education

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

Yoga for All

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

Indoor Rowing Exercise Class

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



Palm Coast

If you got your copy of Palm Coast magazine in your mailbox this month, chances are it won't be delivered to you next month since we continually use different postal routes to distribute the magazine. So, you can pick it up at one of these locations. More locations will be added as we develop our distribution network.

**Carrabba's Italian Grill • Palm Coast Community Center
Flagler Auditorium • County Government Bldg, Bunnell
Burger Bros • European Village • Harbor Food Mart/Shell**



Did You Know...

LOHMAN FUNERAL HOMES

**There are many advantages to
ADVANCE PLANNING**



Lohman Palm Coast
386-224-6519

For additional information, go to www.LohmanFuneralHomes.com

2021/2022

Flagler

AUDITORIUM
DENNIS FITZGERALD
PERFORMING ARTS CENTER

SEASON



**Let's Hang On
Franki Valli Tribute**
November 19, 2021 - 7 PM

<<<<<<< Let's Hang On has established itself as the preeminent Frankie Valli and The Four Seasons tribute group by combining spot-on vocals and crisp choreography with a genuine ability to entertain an audience. This powerhouse group will perform all of Frankie Valli's mega hits.

Last Child performs the best cuts, from the all-time classics to newer vintage. Last Child brings the high energy performance with hit after hit of America's longest standing All-American rock band... Aerosmith. >>>>>>



**Last Child
Aerosmith Experience**
November 27, 2021 - 7 PM



Darlene Love
December 11, 2021 - 7 PM

Grammy Award Winner and Rock & Roll Hall of Famer, Darlene Love, has long been recognized as "one of the greatest singers of all-time" by Rolling Stone Magazine. Through the years, Darlene has continued to captivate audiences worldwide with her warm, gracious stage presence and great live shows. Her voice launched dozens of hits including "He's a Rebel," "(Today I Met) The Boy I'm Gonna Marry," "Marshmallow World" and her signature song, "Christmas (Baby Please Come Home)."



Navy Southeast Band
December 19, 2021 - 3 PM

A true boutique vintage concert experience. The American Sirens dazzling and expertly finessed female vocals transport you to the golden age of Hollywood glam.

>>>>>

<<<<<<< The band consists of highly trained professional musicians dedicated to the highest levels of musical performance. Excelling in versatility, the band is perfect for a wide variety of musical settings including military ceremonies, public concerts, parades and much more, inspiring pride and patriotism through music.



The American Sirens
December 17, 2021 - 7 PM



Always Free Parking • Subscriptions Available • Group Discounts

5500 East, Hwy 100, Palm Coast • FlaglerAuditorium.org • 386-437-7547

Events, Meetings, Classes, etc. from page 28

CPR/First Aid/AED

Saturdays, Nov. 13, Dec. 11, 9-4 PM

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

Bellies & Babies

Nov 9-Dec. 14, 2nd Tuesday of the month, 4:30-5:30 PM, Palm Coast Tennis Center, free. A gathering for new mothers and moms-to-be, Bellies and Babies is designed to support women during pregnancy, new motherhood, and breastfeeding. Go from feeling unsure to I got this, all while building friendships in a supportive environment. Education, advice, and encouragement provided by lactation consultants/counselors from The Florida Department of Health. Go to parksandrec.fun/adults to sign up.

Lunch N' Lecture Series sponsored by AdventHealth

Nov 12, 11 AM-12:30 PM, Palm Coast Community Center, free. Presented in partnership with AdventHealth. Join professionals during lunch for discussions on topics that may affect the lives of our adult community. Pre-registration is required 48 hours before the program date and while space is available.

Activities

Adult Beginner's Pickleball

Aug. 16-Dec. 31, Tuesdays and Fridays 8-10:30 AM, Holland Park Tennis Courts. Did you know pickleball was invented by 3 dads in the backyards of their Bainbridge Island, WA homes? Do you want to learn how to play in a fun and friendly atmosphere? Try out our Beginner's Pickleball. A minimum of four pre-registered



participants is required to provide an instructor. Please register early. Paddles, balls, and nets are available for use and it's free. Register at parksandrec.fun/athletics

Open Gym Basketball

Tuesdays and Thursdays, Nov 9-Dec. 16, Indian Trails Middle School, 7-9:30 PM, \$50/session or \$3/drop-in. Register at parksandrec.fun/adults

Live Happenings

Concerts

St. Augustine Amphitheater, 1340C, A1A S., St. Augustine, 904-209-3746

Nov 6 A DAY TO REMEMBER, with special guests Asking Alexandria and Point North

Nov 8 "Sinking Cities: Miami" is one of four "Sinking Cities" episodes exploring how global cities are coming to grips with the real-time effects of rising seas and extreme weather. "The Oldest City Underwater" addresses rising water levels within St. Augustine. Atlantic Beach Mayor Ellen Glasser and other experts will be the evening's panelists following the films. Film screening is free and open to the public with free parking at the St. Augustine Amphitheatre. Concessions and a food truck will be on site.

NOV 11 JUSTIN MOORE & TRACY LAWRENCE

NOV 19 BRETT YOUNG "Weekends Tour" with special guests Mad-die & Tae and Filmore

Theater

Dec 2-5, BLITHE SPIRIT

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

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

Comedy

Nov 13, 8 PM, Cristy B Comedy presents celebrity hypnotist to the stars, Richard Barker, at the Hilton Garden Hotel. Show starts at 8 PM. Check www.cristybcomedy.com for information on all shows.

Business Functions

Referral Diamond Network Meeting

November 3, 10, 17, 24 @ 8 AM

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

Palm Coast Business Professionals

November 4, 11, 18, 25 @ 7:30 AM

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

COMEDY HYPNOSIS SHOW
CELEBRITY HYPNOTIST TO THE STARS
AS SEEN ON
THE TODAY SHOW
THE LATE LATE SHOW
ENTERTAINMENT TONIGHT
HEALTH MAGAZINE LIVE
MARIE CLAIRE LIVE
CBS, NBC, FOX, ABC

RICHARD BARKER
INCREDIBLE HYPNOTIST

NOVEMBER 13, 2021 8 PM
Hilton Garden Inn
PRIVATE HYPNOSIS AVAILABLE
55 TOWN CENTER BLVD. PALM COAST, FL
TICKETS: CRISTYBCOMEDY.COM



**TRUSTCO
BANK®**

Your Home Town Bank

Trustco Bank is now in Palm Coast!



**120 Belle Terre Pkwy, Suite 28
Palm Coast, FL 32164**

Grand Opening account specials all November long!

**Stop in and visit us today. We look forward to
being *Your Home Town Bank!***

Since 1902

Member
FDIC



(386) 524-5044 | TrustcoBank.com

Free Roof Inspection!

Text ROOF to
(904)-467-6868

\$500 OFF*
NEW ROOF
50-YEAR WARRANTY



- Locally Owned & Operated
- Financing Available

Free
Emergency
Tarping



(386) 387-3060
www.BeaverHomeServ.com



License Number: CCC1330782
*\$500 Off any Retail Roof Job
MINT 728PALMCOAST



Google

Beaver Home Serv