

# Palm Coast

ISSUE 7

FEBRUARY, 2022

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# ARCTIC BREEZE

# Contents

Issue 7 • February, 2021



## On The Cover

Our special Valentine's Day section shows some of the best places in town to spend some money on your loved one whether it be a florist, a jeweler or a restaurant. **Page 16.**

It seems hard to believe that we're heading into Valentine's Day activities after we seemingly just began the new year but here we are already. The new year has started off strong for Palm Coast magazine, with new advertisers coming on board, new distribution points coming on line to make it easier to pick up your favorite local magazine (we hope it is, anyway) and plenty of new ideas for stories about our little slice of heaven here. In fact, our next issue, March, will include yet another special section (the last for a while) that will focus on everything to do with owning a home here in Palm Coast. We'll cover as many local businesses that provide goods and services for any homeowner so stay tuned. Also, as we mention in our news pages, Palm Coast magazine is now offering the chance to buy one-year subscriptions to the magazine so you can get it in your mailbox every month. You can call in to order your subscription at 386-237-4450. See you next month.

## PC News



Flagler County now has a mental health facility in Bunnell that provides a number of services that have been lacking in the county for some time. And this magazine is now selling subscriptions.

**Page 6.**



## Local People

Meet Amelia Fulmer, the first Local People subject for this new column and the director of the Flagler Auditorium arts center.



**Page 10.**

## Area Charities

The Flagler Humane Society is the subject of this month's charity spotlight.

**Page 12.**



## Entertainment



Our two local theaters offer some great new productions in February. **Page 23.**



Emma Fleischer shows the art behind quilting. **Page 25.**

## Palm Coast

**Editor/Publisher**

Tom Aikins

**Associate Editor**

Amy Armstrong

**Art Director**

Lili Pappas

**Business Manager**

Mayures Chuimana

**Advertising Manager**

John Williams

To contact us call 386-237-4450 or email us at: [palmcoastmagazine@gmail.com](mailto:palmcoastmagazine@gmail.com). Palm Coast is published the first week of every month.

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## Restaurants



Read about our recent dining experience at Osteria Rustica, a well-regarded Italian eatery. **Page 20.**

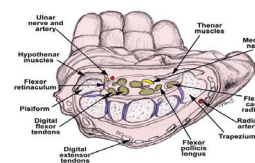
## PC History

Take a look at some of the organizations and people that helped make Palm Coast. **Page 14.**



## Health & Wellness

Read about Carpal Tunnel syndrome symptoms and how to deal with them. **Page 18.**



## Arts



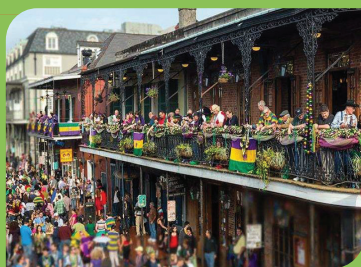
Emma Fleischer shows the art behind quilting. **Page 25.**

# FEBRUARY

is a **WONDERFUL** month for

*Celebrations!*

Tuesday, February 1st is the beginning of the **Lunar New Year**. This is the year of the Tiger and is celebrated with family dinners, parades with Dragons, and plenty of fireworks. The festival lasts two weeks and culminates on February 15th with the Lantern Festival.



This year, Fat Tuesday falls on March 1st.

**Mardi Gras** festivities will be in full swing throughout the month but especially the last two weeks. Buy yourself some beads, cook up a pot of gumbo and form your own Krewe for a Neighborhood Parade!

Celebrating lovers, children, friends, and spouses is **Valentine's Day**. This year February 14th is on a Monday, so start making your special plans early. Chocolates and Pink Hearts might be in short supply, but I understand Diamonds are a girl's best friend!



The 3rd Monday in February, the 21st, is **Presidents Day** and many of you will have a holiday. There will be no mail deliveries and banks will be closed.

Finally, February 28th is **National Public Sleeping Day!** I think it should be observed by all who survived the month!



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# News Of The Palm Coast World



## Flagler Access Center Is Now Flagler's Only Mental Health Facility

Flagler County now has a long-awaited mental health facility located at 103 East Moody Boulevard. This space has hosted many activities over the years. It was a law library. Then it became the Bunnell Branch Library in 2004, followed by Sally's Safe Haven, a then-much needed location for supervised visitations of children by parents under court restrictions which opened in 2014.

The library has since moved to a much smaller location at Marvin's Garden, and Sally's Safe Haven was quietly closed

in September, its operations shifted, two days a week, to the public library in Palm Coast.

Flagler Access Center, a mostly government funded behavioral health center operated by SMA Healthcare will focus on adults' mental health and drug addiction, and individuals may walk in and seek help.

They may not necessarily get the help they'll need immediately. But they'll be directed to available resources. And for Flagler County Sheriff's deputies, they'll bring their Baker Acts—which can number three

to five per shift, according to the sheriff—to this new location, as opposed to one on Justice Lane.

"It's our hope in the Sheriff's Office that with this facility and the partnership between state, local government and private partners, that the number of Baker Acts can be reduced, people can get the help that they need," and suicide investigations reduced, Staly said.

Based on the latest figures available, Flagler's suicide rate, at 20.9 per 100,000, placed it 20th in the state in 2020. Union and Holmes counties were first and second, with rates exceeding 35 per 100,000, but both are very small counties that combined had 12 suicides. Putnam was third, with 22 suicides in 2020, or a rate of 31.6 per 100,000. Flagler County had 25 suicides in 2020. Flagler was 24th in the state in 2019, eighth in 2018 (when it had record gun deaths in the county). What is unquestionable, however, is that it is inaccurate anymore to refer to Flagler as having anywhere near a leading suicide rate in the state.

"The goal of this partnership is to seek to eliminate some of the barriers to mental health access for citizens of Flagler County," Ivan A. Cosimi, chief executive officer of SMA

Healthcare, said at the ribbon cutting ceremony in January, citing Flagler Health+ (the organization behind Flagler Hospital in St. Augustine) as another partner that'll have a presence at the center. The county's transportation department will be providing transport to individuals' appointments at the center, free of charge. Cosimi said substance abuse disorders and mental health issues will be a focus.

Cosimi said the Legislature appropriated \$275,000 for the center for this year alone. Cosimi has to lobby legislators to ensure that funding continues. The \$275,000 is in addition to other funds SMA is budgeting for the center, where six staffers will be located. Petito said the county still has \$120,000 in federal aid dollars that could be spent on mental health services.

Palm Coast mayor David Alfin was unable to attend that ceremony but sent a statement of support: "We are proud to have that facility being a first step in addressing the mental health deficits that we suffer here throughout the county and with the city," Alfin said. "I certainly want the county to know that we support their efforts in looking for solutions for mental health for the future."

## Palm Coast Magazine Now Offering Subscriptions

Palm Coast magazine publisher Tom Aikins recently announced that the sale of annual subscriptions to the magazine would begin at the annual Home Show on January 22-23.

Sales did, in fact, begin at the show and a number of subscriptions were sold, kicking off an ongoing marketing campaign that will focus on Palm Coast residents and area businesses.

Up until now the circulation

of the magazine was done through the Post Office's Every Door Delivery Mailing program and through a network of distribution points. Locations include the Community Center, European Village, Carrabba's Italian restaurant, Texas Roadhouse, the Harbormarket Shell station and several others.

Magazines will still be available at these locations but now readers can opt to buy a sub-

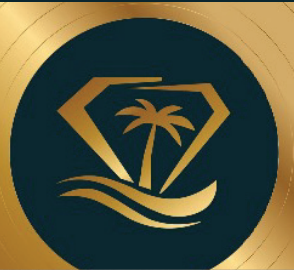
scription and get delivery directly to their mailboxes.

The cost of the subscriptions is \$24.95 for one year — 12 issues — and they can be ordered by calling 386-237-4450 and paying with a debit or credit card.

As soon as the magazine's website is launched (coming soon) then subscriptions will also be able to be purchased through a link on the site.



February, 2022



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# Louis Is Now Turtle #16 On The Palm Coast Turtle Trail

The Palm Coast Arts Foundation unveiled, Louis, turtle #16 on the public art Turtle Trail, on Saturday, January 22 at 2:00 PM at the community of Beach Haven at 25 Beach Haven Parkway (off AIA, at their community pool) in Palm Coast. Sponsored by residents of the Beach Haven community, Louis is our first musically inspired turtle on the Trail.

Project coordinator for the Beach Haven community, Yvette Alleman stated "Louis is truly a tribute to the area in which we live and love."

"What a Wonderful World took on a whole new meaning by the great American jazz trumpeter, Louis Armstrong as we as a society have been faced with such global obstacles" stated Nancy Crouch, Executive Director of The Palm Coast Arts Foundation. "Coming together as a community

to experience the joyful and often times, whimsical role these turtle sculptures have provided Flagler County as a way in which to commemorate art, education, and history, is truly an honor" she added.

Created by artist, Bob Teller, who also painted Turtle #10 Nancy Marie (at the Palm Harbor Golf Course), inspiration from Louis came from his love of life and music. He states "With Louis, I have endeavored to create images conjured by the lyrics of What a Wonderful World into a composition that is colorful, playful and poignant.

"These convey a simple message yet are the true and relevant reasons why residents of



Flagler County and Beach Haven in particular, have moved to this community and have remained here. The song is a true celebration of life."

Watch for news of more tur-

tles to be hatched on the Turtle Trail in the coming months. Discover all the public art turtles on the Turtle Trail at [www.palmcoastartsfoundation.com/the-turtle-trail](http://www.palmcoastartsfoundation.com/the-turtle-trail).

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## Local People

*She's got the music in her...*

Music education is what brought Amelia Fulmer to Palm Coast in 1988 to teach at the elementary level. It is the commitment to music education by Flagler County from government to the private sector and the public education system that has kept her here since.

There aren't too many parents and grandparents in the local area that don't at least know of Fulmer. That's what happens when one teaches music to kids and heads up numerous school concerts.

As of recent, she is well known locally as the director of the Flagler Auditorium Dennis Fitzgerald Center for the Performing Arts on the campus of Flagler Palm Coast High School. She's the mover and shaker behind bringing national level

performers to the stage locally. But beyond securing entertainment, Fulmer's role at the Auditorium also facilitates a shepherding of sorts for the area's youth.

When acts perform at the Auditorium, part of the gig is working with local students. From interacting with professional musicians and singers to getting to help roadies set up or assisting with backstage support, Flagler County students interested in the performing arts are on the receiving end thanks to Fulmer's advocacy.

"Our students get to meet the stars of these shows and they work with the lighting and the sound at the auditorium," Fulmer told Palm Coast Magazine. "Part of our purpose is to keep the arts going — not only

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**Amelia Fulmer**

on our stage, but in the community and in our schools.”

A vocalist herself, Fulmer said she does sing any chance she gets and she does enjoy performing a solo now and then and hearing the applause. But the joy she gets from that experience is fleeting in comparison to the satisfaction she said she receives from teaching others to sing and express themselves through music.

“Teaching others to sing, well, that lasts a lifetime because they will be singing long after I am gone,” Fulmer notes.

In a time when school districts struggle to keep electives such as music education in a vibrant status, Fulmer said she appreciates the emphasis Flagler County places on such.

She hopes that emphasis remains, but she is also taking proactive steps to ensure it does.

The governing board of the Flagler Auditorium recently secured the assistance of an arts advocacy consultant to review

February, 2022

K-12 arts programs to further identify arts and music advocates in Flagler County. Locals can participate in the survey by contacting Fulmer via email at fulmera@flaglerschools.com.

“Music can change the outcome of any day,” she said. “It builds connections and strengthens relationships with students, teachers and parents. Music can create a foundation for children that need positivity and encouragement in their life.”

If you ever do find yourself riding around in her vehicle with Fulmer, the experience might not be as musical as you would expect. But it will be thoroughly educational.

“I confess I listen to a lot of audiobooks in my car, most non-profit leadership and marketing books,” she said. “But ... sometimes I break out divas like Pat Benatar, Barbara Streisand and Donna Summer from the 80s. But you don’t want to ride with me when I do that because I can sing pretty loud.”

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# Flagler Humane Society Offers Many Services

Finding the “forever” home for cats and dogs in Flagler County is the mission of the Flagler Humane Society based in Palm Coast. As of the writing of this article, the FHS also had a pot-belly pig and numerous rabbits in shelter waiting to be adopted.

Aside from facilitating adoption services, the FHS contracts with Flagler County, the city of Bunnell and with Flagler Beach to provide what its website describes as “kinder, gentler” animal control services including investigation of animal abuse and neglect along with emergency services for injured or sick animals.

The animal control section of FHS provides dog houses, collars, transportation services for pets to receive veterinary care and basic veterinary care in the

field. If the owner/human companion of a lost animal can be identified quickly, animal control officers return the animal to its home rather than to the shelter, according to the FHS website.

Other services provided by the FHS include vaccination and wellness clinics offering a variety of the basic vaccinations recommended for canines and felines as well as deworming and heartworm services and microchipping. Clinics are held each Saturday from 1 to 3 PM. No appointment is necessary.

In an effort to reduce pet overpopulation and fewer animals needing shelter services, the FHS also offers low-cost spay and neuter services. According to the FHS website, there are other health benefits for animals that are spayed or

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neutered. It helps prevent uterine infection and mammary tumors – the latter of which are malignant or cancerous in 50 and 90 percent of dogs and cats, respectively.

The Furry Friend Food Bank at FHS provides qualified county residents with temporary assis-

leashes and collars as well as prescription pet food. Gently used items such as beds, leashes and collars and food and water bowls are also available for purchase. FHS is supported by private donations and proceeds from its thrift store. The store is open Monday through Saturday



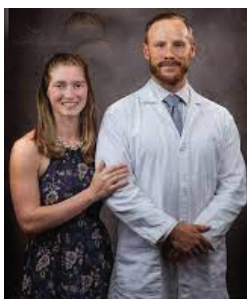
tance to feed their animals. Applicants with a total household income of \$25,000 or less who are the human companions of animals that are spayed or neutered and current on vaccinations are encouraged to participate in the program.

The FHS facility also provides various retail products including heartworm and flea prevention, identification tags, lupine

from 10 a.m. to 5 p.m. and on Sunday from 11 a.m. to 4 p.m. FHS continually seeks volunteers. A list of opportunities is available on its website. Call (386) 445-1814 for more FHS information. The shelter is located at 1 Shelter Drive in Palm Coast. The thrift store is located at 480 Palm Coast Parkway SW also in Palm Coast. The FHS website is: [www.flaglerhumanesociety.org](http://www.flaglerhumanesociety.org).

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# Some Of The Organizations That Helped Create Palm Coast



Every city has organizations of many kinds that helped to foster its growth and pictured here are some of those that were in, and still are, here in Palm Coast. Left is the Palm Coast Tennis club in 1974; below are members playing bocce; below that is a Lions Club photo from 1973; bottom left is the Garden Club in 1974; below is an undated photo of Girl Scouts outside of Winn-Dixie; to the right is Fanny Herrera, the founder of the International Festival in 1978; below right is a photo of Italian-American Club members in 1974; below that is a photo of International Club members in 1978; below that is an undated photo of Palm Coast Historical Society members.



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# Health & Wellness

## *Carpal Tunnel syndrome symptoms and how to deal with them*

The use of our hands in daily activities requires harmony between muscles, nerves, bones and more. Ideally our grip closes with confidence in a handshake and also speedily opens if the pot we grabbed off the stove was too hot. For the majority of us, being able to master our environment with our fingers, thumbs and palms is done without second thought. Hopefully you will not have that experience which my patients have described as “not

with confidence that the cause of the problem has finally been addressed. At Pivotal Health Systems, the only bandaids we have to offer are in our first aid kit. The work done with our patients is geared towards the cause of the issue, be it carpal tunnel, lower back pain, neck pain, headaches etc. I consider my degree not only to stand for Doctor of Chiropractic, but also Doctor of Cause.

The walls, floor, and ceiling of the carpal tunnel are vulner-

able to misalignment, imbalance and inflammation. Changes in sensation in the thumb, first two fingers, and part of the third finger can occur if the integrity of the carpal tunnel is lost. Dysfunctional, and even painful, movement of the thumb is a sign that the wrist is under undue stress. Every joint in the body that allows for

great movement also comes with a higher propensity for imbalance and injury. This phenomenon is due to the high degree of complexity necessary to move such mobile joints as the wrist, shoulder, hips, and ankles. The more complex a joint is, the more that can potentially go wrong. Look forward to other articles to be written on the nature of the balance and stability of other joints in the body.

Lets consider the architecture, or anatomy, of the carpal tunnel. Above is the transverse ligament, a thin yet strong connective tissue and two sets of muscle, the thenar (thumb sided) and hypothenar (little finger sided) muscles. On either side of and below the contents of the tunnel are carpal (from the Greek *karpos* for wrist) bones.

The contents of the tunnel include tendons, which serve as anchors for muscle into bones, which allow the leverage of our fingers at will and a protective bursa. You would also find the Median Nerve, which acts as an information highway between the hand and the Central Nervous System, or the spinal cord and brain. Function of the nerve, as demonstrated by the technique of Applied Kinesiology and its primary tool of muscle testing, and obvious tenderness in the area of the wrist has been regularly improved in just one visit.

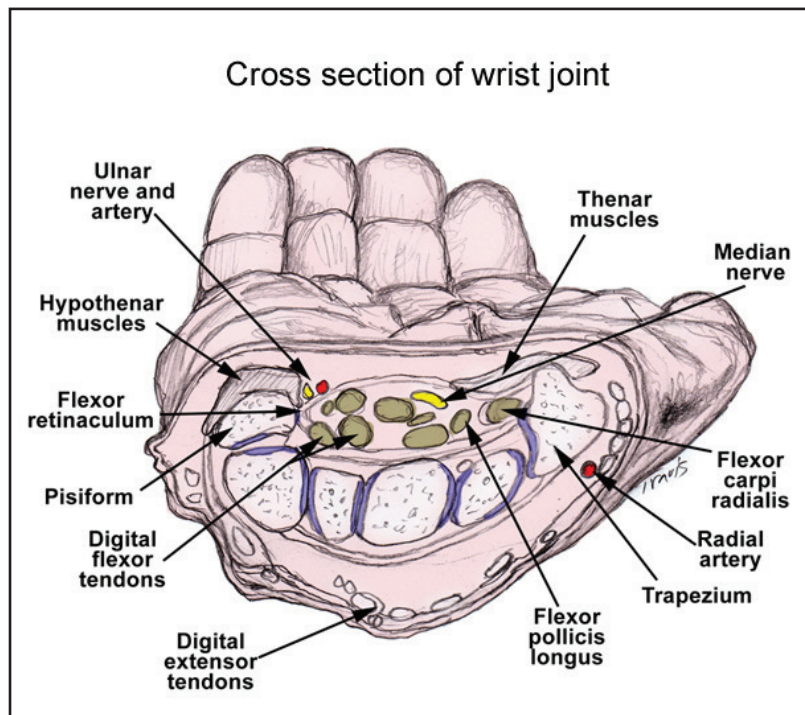
Considering how frequently hands and wrists are used in the daily activities of cooking, cleaning, typing, and driving, let alone the more demand-

ing actions of those who work in salons, in construction, or at a computer for a living, it should be no surprise that Carpal Tunnel Syndrome is not going anywhere. Fortunately there is a relatively inexpensive, drug free, non-surgical, and effective means to invest in the health of your wrists. If you choose not to be a patient at Pivotal Health Systems, then I do encourage you to speak to your chiropractor about wrist adjustments and what can be done to realign one of the most used joints in the body.

As a chiropractor I have an innate fascination with the alignment of bones, from the base of the skull to the tailbone, from the hips to the toes and the shoulder down to the fingers. The premise of my work is that there is such a thing as ideal alignment of all the joints of the body, and that once alignment is restored the body will heal, and eventually feel, better.

Just as important as alignment is balance, in so far that after an adjustment, or a therapeutic force skillfully given by hand, the muscles which govern the movement and stability of the joint in question do not procure misalignment again. Alignment and balance are values held by many professions, ie architects, carpenters, mechanics, and engineers.

A car with misaligned and imbalanced tires will do you as much good as a misaligned and imbalanced wrist. Patients who come in for maintenance, typically monthly visits, will regularly have their wrists adjusted to keep any pockets of stress from accumulating. Much like a gardener tending the weeds do I seek to nip any problems in the bud before they grow to be an annoyance.



being able to trust their own hands” or “finding once easy tasks to be daunting.”

Carpal Tunnel syndrome can be a pesky and painful problem but also a debilitating circumstance that stands in the way of a greater quality of life. It continues to be a great pleasure of mine to see patients gain both relief from such pain, along

able to misalignment, imbalance and inflammation. Changes in sensation in the thumb, first two fingers, and part of the third finger can occur if the integrity of the carpal tunnel is lost. Dysfunctional, and even painful, movement of the thumb is a sign that the wrist is under undue stress. Every joint in the body that allows for

*Dr. Josh Wright is a chiropractor practicing in Palm Coast. He can be reached at 386-993-3363. His website is at [www.pivotalhealthsystems.com](http://www.pivotalhealthsystems.com)*

*and you can scan here to go to it.*



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## 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,

# Osteria Rustica's Quality Doesn't Match Their Prices

In last month's restaurant review we wrote about a casual, trattoria-style Italian eatery and this month we're looking at a restaurant that is on the opposite spectrum from that as we visited Osteria Rustica which is on Rt. 100 next to Belle



Terre Parkway (technically, it's Bunnell here, not Palm Coast, just so you know.)

The atmosphere, menu and overall ambiance is much different here as Osteria Rustica is offering diners a fine dining experience (linen tablecloths before Covid, for example) and a menu that strives to present both traditional and more contemporary dishes with a refined plating style and attention to detail that belies chef/owner Florio's training.

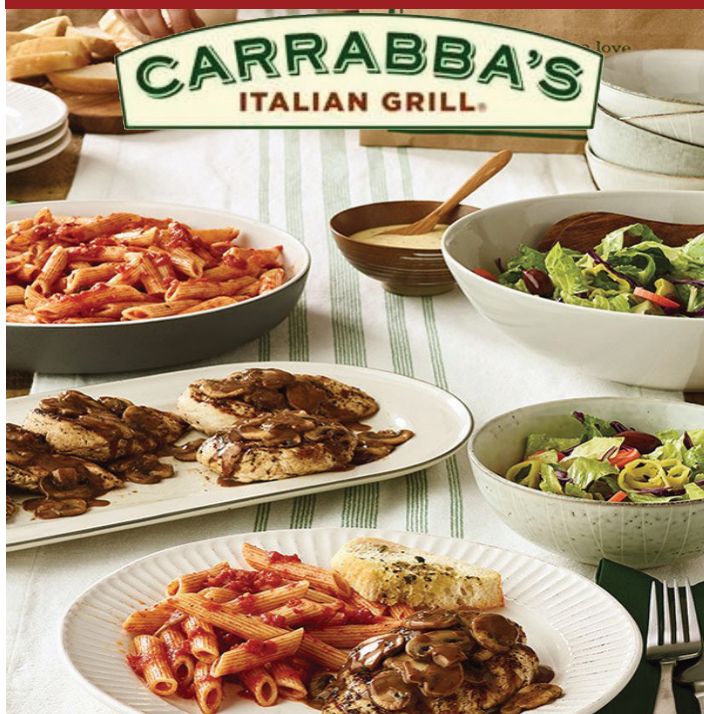
The menu avoids the excesses that some upper scale restaurant chefs tend to indulge in. By that we mean that there are no wildly experimental dishes that chefs often use to show their culinary mastery. The food here is more re-



strained, more measured in its flavor profiles and presentation while still offering great tastes for the clientele.

Chef Florio appears to let his food rely on his ingredients and cooking to produce tasty meals rather than flights of fancy that may or may not work. In other words, you'll probably not be surprised by what you see on your plate as the dishes tend

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to be on the traditional side of this cuisine and not on more contemporary dishes.

The atmosphere and service here contribute greatly to the overall experience too. It's not just the food that the restaurant pays attention to. But you don't have to worry about that here because the well-trained servers, and there are plenty of them for such a small space (7-8 tables inside and a few more in the small outdoor area), keep everyone happy with food and beverages flowing to the tables in short order.

The menu is not overly large

but manages to cover a lot of culinary bases nevertheless. Our table ordered trout and lamb (twice — scallopine and a rack of lamb) along with a risotto for main dishes with appetizers of gnocchi and ravioli. The gnocchi were tri-colored with three accompanying sauces and the ravioli were stuffed with shrimp.

The entrees were all competently done and mainly delivered as far as taste and presentation were concerned. But considering the prices here the food falls a bit short in the inspiration department. If you're going to charge the prices that you'll see on the menu here then there's got to be a little bit more to offer than just competently done food.

As with any restaurant, the value for money factor is always going to influence diners' opinions. At Osteria Rustica it

was hard for us to justify the final bill when measured against the food quality. Compared with other restaurants we've tried recently in the area Osteria Rustica ranks very high, don't get us wrong. But would we eat here again soon based on a value for money comparison? That, unfortunately, is doubtful.

**Osteria Rustica, 4750 E. Moody Blvd, Bunnell, 386-437-2000**



The dishes from left: the ravioli appetizer with shrimp, the limoncella dessert, the pistachio-encrusted trout, and the veal scallopine.



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

## Dine In or Take-Out

Located in the European Village  
 101 Palm Harbor Pkwy Unit 133  
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### Hours of Operation:

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 Tuesday - Sunday

Closed Monday

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The Village

Pub & Deli

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 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.

**THE ARTHUR AVENUE 10.95**  
 Mortadella, sopresatta, mozzarella, roasted red peppers, sprinkled with oil & vinegar dressing served on a sub roll

**CLASSIC ITALIAN COMBO 9.95**  
 Mortadella, hot cappelletti, pepperoni, Genoa salami and Provolone cheese with lettuce, tomato, red onion, and oil & vinegar dressing served on a sub roll

**THE VILLAGE RUBEEN 9.95**  
 Hot Corned beef or pastrami on seeded rye topped with Swiss cheese, cole slaw, and 1000 Island dressing.

**GUS' TURKEY CLUB WRAP 9.95**  
 Oven-baked Turkey, bacon, Swiss cheese, lettuce, tomato, and mayo on choice of flour or spinach wrap

**VEGGIE WRAP 7.95**  
 Comes with any of the fixings and cheese choices from our Build Your Own menu. Choice of flour or spinach wrap.

**TUNA SALAD 7.95**  
 Available with any of the fixings from our Build Your Own menu and choice of bread and wraps. Add \$1 for sub roll.

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**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.

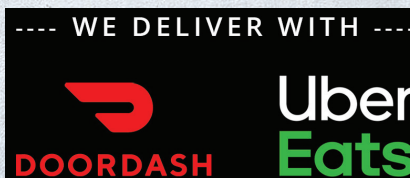
**THE VILLAGE #3**  
 Maple glazed honey turkey, Tavern ham, Swiss cheese, honey mustard, and mayo topped with lettuce, tomato, and red onion on your choice of bread.

**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



Coast, 866-841-0287, Italian, Seafood

### **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. Oceanshore 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

# 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. Oceanshore 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.

## **MOONRISE BREWING**

European Village  
386-627-8614

### **Taco Tuesday**

\$3 Chicken & Beef

\$4 Specialty Tacos

Burger & A Beer Wednesday

Starting at \$10

Trivia Thursday

Starting at 7:30p

Happy Hour Every Friday

2 for 1 select brews

Steak Night Saturday

Rotating selection of beef specials

Sunday Brunch

2 for 1 Mimosas & Sangrias during the Farmers Market

## **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

### **Every Day**

Smokehouse barbecue burger \$14  
Charbroil 8 oz angus chuck patty on a butter grilled brioche bun, tomato, bacon bits, red onions, corn, onion ring, smoked gouda and bourbon barbecue sauce.

Jersey Bros \$13

Charbroil angus chuck patty on a butter grilled brioche bun, mayo, lettuce, tomato, Pork Roll egg and yellow American cheese

## **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

# Entertainment

## *The Mountaintop, Company, Flagler Auditorium*

The local playhouses and the Flagler Auditorium offer up a variety of entertainment options. If you prefer hearing classic rock-n-roll, the Auditorium has you covered. A play with a fictional look at how an iconic civil rights leader may have spent his final night is on tap at the City Repertory Theater. And while the Flagler Playhouse isn't presenting until March, we are previewing its selection for the third month of 2022, which is chock full of musical-based wit regarding marriage. Check with each venue for its current social distancing and masking protocol.

### *City Repertory Theatre*

With a nod to Black History Month, the CRT presents "The Mountaintop," which is a play whose storyline is solely devoted to the last day of Martin Luther King, Jr.'s life. The setting is the Lorraine Motel in Memphis, Tennessee where King was assassinated on April 4, 1968, just a few short days after delivering his famous, "I've Been to the Mountaintop," speech at the Mason Temple Church of God in Christ also located in Memphis. King's speech became labeled prophetic as it included the following words: "I've seen the promised land, I may not get there with you," after he said



that God had allowed him to go to the mountaintop. While the play borrows the mountaintop theme for its title, the play itself focuses on the evening and night before King's death. The play is a fictional drama featuring two actors: King and a mysterious woman who brings King a cup of coffee from room service. He's seeking caffeinated inspiration while writing what he hopes will be speech to rival the mountaintop speech. The play's plot follows a reflective conversation about his achievements, his failures, and the unfinished dreams that King did not anticipate having with the unknown woman. King learns the woman's name is Camae (short for Carrie May, which alludes to the notion of "carry me") and that she has well-developed opinions regarding social reform. As the conversation between the two continues, Camae's true

identity as an angel sent to inform King that he is going to die sooner than later. Without spoiling too much more of the plot, we can tell you that the fictional King is not pleased to receive this information about his pending demise. King gets to "talk" to God via telephone and further discusses with Camae his hope that his impact of his extra-marital affairs will be nullified by the "good work" he has done in the civil rights arena. "The Mountaintop" is written by Katori Hall, who is the winner of the Blackburn Prize for outstanding female playwrights. Hall, a native of Memphis born in 1981, grew up immersed in the history of the civil rights movement in her hometown. "The Mountaintop" is presented nightly Thursday, February 17 through Sunday, February 20, at the CRT's venue in the City Marketplace located at 160 Cypress

### *But wait... there's more*

(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

### *TEXAS ROADHOUSE*

1250 Palm Coast Pkwy  
386-302-4983

Mon-Thurs til 6 PM, \$10.99

dine-in dinner special with:

6 oz. Sirloin Steak Dinner\*

• Country Fried Sirloin Dinner

• Grilled BBQ Chicken Dinner

• Herb Crusted Chicken Dinner

• Country Fried Chicken Dinner

• Chicken Critters® Dinner

• Pulled Pork Dinner

• Grilled Pork Chop Dinner (Single)

• Grilled Chicken Salad

• Chicken Caesar Salad

• Chicken Critter® Salad

### *La Piazza Café*

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 Brown Dog**

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

**Tomahawk Tavern**

U.S. Rt. 1, Bunnell, 386-313-6002, American, steak, bar, axe-throwing

**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**

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Point Parkway, Suite B207, in Palm Coast. Thursday, Friday and Saturday show times at 7:30 PM; Sunday at 3 PM. Tickets cost \$15 for students and \$20 for adults. Call 386-585-9415 or visit the CRT website at: [www.crtpalmcoast.com](http://www.crtpalmcoast.com).

**Flagler Playhouse**

This theater is not presenting in February, but its selection for the first part of March does give a nod to love and marriage. "Company" is a musical featuring the lyrical and musical work of Broadway genius Stephen Sondheim that highlights the plight of Robert, a single guy living in New York City celebrating his 35th birthday with friends – the majority of whom are already married or getting married soon. His friends give him an exceedingly flattering view of marriage as Robert contemplates whether he should pursue a permanent relationship to replace his continual bachelorhood. The music of "Company" composed by Sondheim for the 1970 Broadway production set a new bar with a record-setting 14 Tony Award nominations winning six. The musical's plot is based on the book of the same title written by George Furth. The musical is presented Thursdays through Sundays, March 3 through March 6 and March 10 through March 13. Showtimes

are 7:30 PM Thursdays through Saturday and 2 PM on Sundays. The Flagler Playhouse is located at 301 E. Moody Boulevard in Bunnell. Tickets are \$20 to \$25. Order tickets via the playhouse website at [www.flagler-playhouse.com](http://www.flagler-playhouse.com).

**Flagler Auditorium**

Located on the campus of Flagler Palm Coast High School, four entertainment options are scheduled here for the month of February. Ticket prices range from \$29 to \$49 and doors open at 6:30 PM with performances starting at 7 AM.

Adbacadabra, which is billed as the ultimate tribute to the group "Abba," is slated for Friday, February 4. Bios of the show's performers are available at the tribute's website: [www.adbacadabra.com](http://www.adbacadabra.com).

Melissa Manchester takes the stage two days later Sunday, February 6. Her 1978 hit,

"Don't Cry Out Loud," has been repurposed by Manchester as a dedication to "all of the trials and tribulations of 2020." Manchester had several billboard hits in the 1970s and 1980s. In 1989 she released "Tribute," which was an album highlighting her renditions of songs by female performers Manchester said influenced her career. In 2017, she released another tribute album, "Fellas," featuring male performers she identified as also impacting her work.

The Motones & Jerseys are scheduled for Friday, February 18. This song and dance group features nine vocalists backed by a seven-piece band. Their playbill includes 50 of the greatest songs from the 20th century with a focus on those from the 1950s and 1960s. Their performance focuses on a friendly and spirited sing-off that quickly gets audience members out of their seats. They perform music from Marvin Gaye, Herman's Hermits, The Beach Boys, The Beatles, The Four Seasons, The Temptations, Frankie Vallie, Stevie Wonder and many more.

In a Monday performance, Six Appeal is scheduled for the last day of the month, February 28. Acapella music is this group's forte. And they are darn good at it too. In 2018, the group won the grand prize in the world's largest acapella competition in Moscow, Russia and returned to successfully defend their title the next year as well.





# Flagler Artists

*Quilting can be an art form... By Amy Armstrong*

Quilts are on display for the month of February at the Grand Gallery in Palm Coast. But these quilts are nothing like your grandmother's quilt, says Emma Fleischer, the local artist who designed and created them.

These quilts are works of art. "These are not bed quilts," Fleischer told Palm Coast Magazine. "These are for the walls." Well, at least, most of what she currently has on display. One "traditional" quilt did make the cut for February's show.

It is from what Fleischer calls her "transition" period in the mid-1990s when she used bright, bright primary colors – not a typical choice for a traditional bed quilt – to facilitate her transition into making art

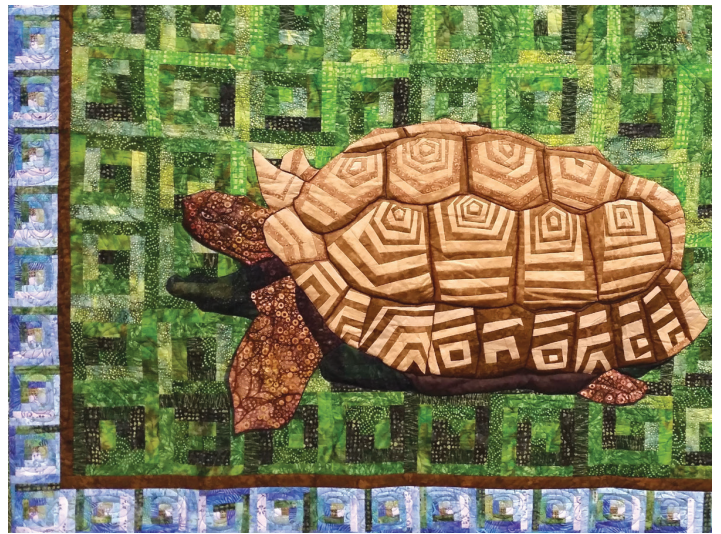
quilts.

The quilt does give a nod to traditional work with its large medallion shape in the center and nine striped wedges going out from the medallion to the edges of the quilt.

Fleischer's first "art" quilt is in the show as well.

It is made from various white fabrics with designs of flowers and stripes on the material. Its title is, "My Soul Is White," and the thought process prompting its design came as the result of, "a love affair that basically disappeared," Fleischer explains.

Noting that every quilt has a story behind it, Fleischer shared that "My Soul is White" represents a time in her life when it was winter and it was cold and she was full of despair with no promise of anything



new that could come about from what she was experiencing.

Yet, her life did re-blossom and the wiser woman who began quilting at age 12 with neighbors in her native Ohio

began to realize that quilting was just as valid as an form of artistic expression as any other medium.

Her artist statement is: I create with fiber, clay and found things. In doing so I become

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centered and balanced and at one with the women before me.

Honoring women who came before her is a vital element in Fleischer's work. She explains that only until just recently – in human history – were women allowed to express themselves in art. She points to many women who used male names to promote their work.

"Up until just lately, quilting truly was the only form of art that women could express themselves through," Fleischer said.

Now, quilting may not be the first media the general public thinks of when considering art, she said.

She hopes to change that. Her goal is that February's show – her first ever – will make a large step in that direction.

"I hope people who come to the show will see that this not your grandmother's quilt. I hope they see it is an art form," Fleischer said.

A peek at a couple of other quilts destined for the show indicate that art is on display.

One titled, "The Intergalactic Quilting Day," is on a background of various purple shades with eight different "creatures" or "aliens" displaying the quilts "they made" to represent their home planets.

Another is a scene of women standing on each other's shoulders creating a pyramid ladder of sorts toward a glass ceiling that the final women in the sequence is trying to break through. She used white muslin and quilt stuffing wrapped in various colored yarns to create the women. And to make the women just a bit more authentic, she used silver beads to create their breasts.

Yes, it is a statement regarding her past. She remembers having to take a man with her to buy a car so that a salesman would pay some attention to her. She recalls trouble getting



a credit card in 1982 and having trouble in the mid-1990s buying a home because she was a single woman.

"I lived that," she said. "I worked the same hours, doing the same work for lesser pay than the men around men."

Fleischer's mid-January plans for the show were to have 16 pieces on display. Some will be for sale; some are just for at-

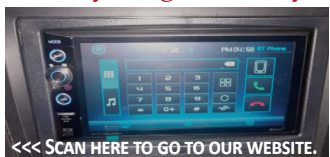
tendees to view.

She admits that she was hesitant at age 64 to have her first show. But encouragement from Jan Jackson, curator of the Grand Gallery, was enough to get her to say yes to the idea.

"I figured if she thought I was good enough to be in a show, then it must be so," Fleischer said. "I just want to share this art form with my community."

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# Events, Meetings, Classes, etc.

## Events

**Palm Coast Farmer's Market**  
February 5, 12, 19, 26, @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**

Produced by The Palm Coast Arts Foundation, this is a bazaar flea market featuring arts and crafts every first Saturday of the month. Located at 1500 Central Avenue, Town Center.

**Book Club**

Feb. 4, 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. December: Reader's Choice. Go to [www.parksandrec.fun/adults](http://www.parksandrec.fun/adults) to sign up.

**Palm Coast Historical Society Speaker Series**

Saturdays, 10-11 AM. Palm Coast Community Center, free. Presented in partnership with Florida Humanities, the Palm Coast Historical Society is pleased to present an exciting Speakers Series each month featuring a different subject expert speaking on a variety of topics. Saturday, February 19 Vincent Adejumo - The Destruction of Rosewood Register: [parksandrec.fun/adults](http://parksandrec.fun/adults)

**Are Your Ducks In A Row?**

First Tuesday of every month, Feb 1, April 5, June 7, August 2, October 4, December 6, 11 AM, Palm Coast community center, free. Presented by Lohman Funeral Home, includes the seminar with a guest speaker and a business expo and includes lunch.

## Classes

**Welcome to Tennis**

Thursdays, Session 1: Jan. 13-Feb. 17, Session 2: March 3-April 7, 9:30-10:30 AM. Palm Coast Tennis Center. New to tennis? Learn the game in a friendly, fast-paced environment. Each week the Tennis

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- Partners guaranteed Mon, Wed & Fri
- Tuesday: Bridge Class, Level 1 at 10:00 AM, Introduction to Bridge, \$5.00 per person
- Wednesday: Bridge Class, Level 2 at 10:00 AM, Competitive Bidding, \$5.00 per person
- Friday: Bridge Class, Level 3 at 10:00 AM, Int. to Advanced Bidding and Play, \$5.00 per person

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## Events, Meetings, Classes, etc. from page 27

Center's certified professional coach will teach a 60-minute instructional clinic focusing on the fundamentals. Loaner racquets are available at no additional cost. 18+ years \$60/session. Register: parksandrec.fun/tennis

### Women's Self Defense

**Mondays, Session 1: Feb. 7, 14, 21, Session 2: April 4, 11, 18, Time: 6-8pm.** Palm Coast Community Center, Free. Learn effective methods to ward off attackers in this three-day class. Commander Michael Lutz from the Flagler County Sheriff's Office will teach you skills to make you more aware of your surroundings, methods to protect yourself, and critical safety tips. Pre-registration is required at least 48 hours in advance; participants must attend all three classes. 13+ years. Register: parksandrec.fun/adults

### Horticulture Workshop Series

**Feb. 18, March 25, April 29, May 27, 10-11 AM.** Palm Coast Community Center, \$10/class. Got a green thumb and looking to learn more? Join Master Gardeners from the UF IFAS Agricultural Extension Office for these monthly workshops that will cover a variety of horticultural topics.

Feb. 18: Plant Propagation Made Simple  
 March 25: Succulents for Indoor and Outdoor Gardens  
 April 29: Raising Butterflies at Home  
 May 27: Edible Gardening in a 5-Gallon Bucket

Register: parksandrec.fun/adults

### Learn Computer Basics

**Tuesdays, Feb. 15, March 22, April 19, May 17, 10-11:30 AM.** Palm Coast Community Center, free. Want to learn more about your computer? These classes teach you how to care for your computer, dif-



See Melissa Manchester at the Flagler Auditorium on February 6, 2022 at 7 PM. With *The Fellas*, Manchester completes a journey that began more than a quarter-century ago, while also creating an exciting new chapter for her and her fans. And she's already thinking ahead to a possible second volume. "With all of these singers, for every song I chose, there were 20 more I could have chosen," she says. "There's so much music to mine. I'm happy to be my fans' guide."

ferent programs you may need to use, and the importance of internet security.

Register: parksandrec.fun/seniors

### Adult Indoor Rowing Exercise Class

**Jan. 6-May 26 (no class on March 17), 4:30-5:30 PM.**

The City of Palm Coast and

the Palm Coast Rowing Club have teamed up to offer the community an indoor rowing development and exercise opportunity. An indoor rower, known as an ergometer, will be used with benefits to include: weight loss, cardiovascular conditioning, and strength training. For those who are

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Earth To Mars  
February 16, 2022 - 7 PM

Adbracadabra  
February 4, 2022 - 7 PM



Melissa Manchester  
February 6, 2022 - 7 PM

With The Fellas, Manchester completes a journey that began more than a quarter-century ago, while also creating an exciting new chapter for her and her fans. And she's already thinking ahead to a possible second volume. "With all of these singers, for every song I chose, there were 20 more I could have chosen," she says. "There's so much music to mine. I'm happy to be my fans' guide."



Six Appeal  
February 28, 2022 - 7 PM



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



Doo Wop Project  
March 18, 2022 - 7 PM



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## Events, Meetings, Classes, etc. from page 28

interested, this class may serve as an introductory step to rowing on the Intra-coastal Waterway with the Palm Coast Rowing Club in their scull and crew boats. All fitness levels are welcome. Participants are encouraged to bring a towel, water, and a mat. Fee: \$7/class. Register: parksandrec.fun/adults

## Activities

### Singles Round Robin Tennis

**Fridays, Feb. 4-May 27, 6-8 PM.** Palm Coast Tennis Center, \$6. In singles round robin, each player competes against every other player - it's a great way to get in a variety of games. These events, held twice per week, offer players of all ages and abilities a friendly and welcoming environment to practice and compete. It is a great way to meet new people. 18+ years Register: parksandrec.fun/tennis

### Adult Open Gym Volleyball

### Mondays & Wednesdays

**Feb 7-May 25, 7-9:30 PM.** Indian Trails Middle School, \$50/session or \$3 drop-in. Bring your friends or meet new ones in this co-ed volleyball program. New "teams" are created weekly. We will make every effort to notify participants of cancellations. 18+ years Register: parksandrec.fun/athletics

### Yoga for All

**Tuesdays & Thursdays, Jan. 4-May 26 (no class on March 15 & 17), 9-10 AM.** Palm Coast Community Center, \$5/class Relax and restore through

stretching, yoga poses, breathing, and relaxation led by certified instructor Michele Cotto. All levels are welcome. Please bring your own mat, towel, and water bottle. Register: parksandrec.fun/adults

### Gentle Yoga

**Tuesdays, Jan. 4-May 24, (no class on March 15), 10:30-11:30 AM.** Palm Coast Community Center, \$5/class. Start experiencing the many benefits of yoga through this safe and gentle modified chair version. Yoga work is done either standing or in a chair. This class includes low-impact stretching and strengthening, as well as breathing routines. Led by certified instructor Michele Cotto. No floor work. Dates: Register: parksandrec.fun/adults

### Zumba®

**Wednesdays, Jan. 5-May 25, (no class on March 16), 9-10 AM.** Palm Coast Community Center, \$5/class. Zumba® is a fitness program that combines Latin and international music with dance moves. Register: parksandrec.fun/adults

## Business Functions

### Referral Diamond Network Meeting

**February 2, 9, 16, 23 @ 8 AM** Carrabba's Italian Grill, 160 Cypress Park Dr. Weekly networking meeting of local business owners. Call Brad at 386-283-0955 for info.

### Palm Coast Business Professionals Meeting

**February 3, 10, 17, 24 @ 7:30 AM** Carrabba's Italian Grill, 160 Cypress Park Dr., Weekly networking meeting of local business owners. Call 904-236-0431 for info.

### Professional Women Of Flagler County

January 7, 8:30-10 AM, Hilton Garden Inn, Palm Coast. Networking breakfast. Call Danielle at 386-843-0443 for more information.



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**Classes Begin January 10, 2022 \$5/Class**

**Level 1— Intro. to Standard American System for New Players**  
Wednesday, 10 AM

**Level 2 — Introduction to the Two over One System**  
A New Bidding Approach Monday, 10 AM

**Level 3—"Putting It All Together" for Experienced Players**  
Friday, 10 AM

**Open Pair Games Monday — Friday: 1:00 PM**  
**499er Pairs Tuesday & Thursday: 1:00 PM**

For more description on classes, visit [www.palmcoastbridge.org](http://www.palmcoastbridge.org)

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