

Palm Coast

ISSUE #34

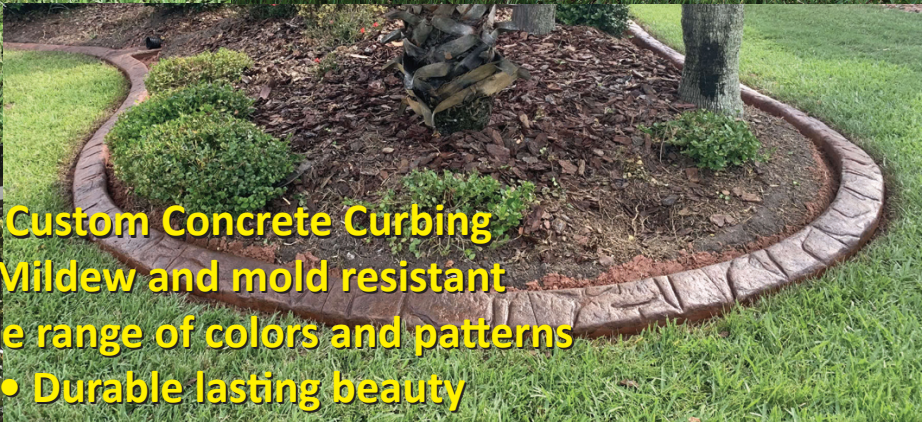
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ARCTIC BREEZE

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We have several new things to talk about this month as our long-awaited website has finally launched as well as our Facebook page. And although we will be selling annual subscriptions to the magazine's print edition we have delayed that for a short while so we can work out some last minute details. So please check out the website if you like looking at things on a small screen, or if you have a desktop computer like we use then you can see everything writ large. The site looks great on a 24-inch screen and is also pretty good on a tablet. We've got all of our past articles on the site so you can search for anything we've published since the beginning. We also have a growing section of videos including one from Sherry's Art Studio that appeared on Fox 35 Orlando recently. So please keep reading, however you do it, as we continue to try to present the best information about Palm Coast that we can. And, as always, if you have any feedback or questions then please use the email address to the left. Thanks for reading.

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— Tom Aikins, Publisher, Palm Coast magazine.

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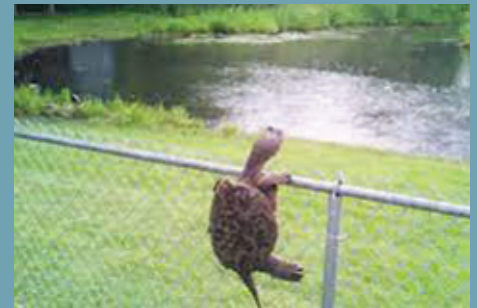
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News Of The Palm Coast World



Sheriff Rick Staly Cites Flagler Crime Statistics In Report

Flagler County Sheriff Rick Staly had a lot of favorable statistics regarding crime in Flagler County when he made his seventh annual Addressing Crime Together Community Meeting recently. The most important revelation may have been the fact that the overall crime rate in the county has decreased by 54% since 2017, the year the sheriff took office.

Other favorable statistics include the fact that a Palm Coast survey found that 92% of residents felt safe. The survey also found that 81% felt very or somewhat safe about property crime and 84% felt safe from violent crime. Those are all great numbers but there was one number that wasn't great and that's the fact that residential burglaries increased in 2023 although they appear to be trending downwards this year. And all of this positive activity took place while at the same

time the population has been steadily growing and will continue to do so.

Homeowners should not be fearful of a break-in, he said, because that crime has centered mostly on homes under construction, in which someone might enter and steal lumber, for example, or commit vandalism, according to Staly. While some of the vandalism was done by juveniles, Staly reported that some adults who didn't want to see a new house on a nearby empty lot also committed vandalism.

"As I drive around the community, I can see that because people are out walking, bicycling, they're using our trails, and in areas where the community doesn't feel safe that doesn't happen," Staly said.

Staly, a Republican, is running for re-election this year and has so far drawn one candidate, Larry Jones, a Demo-

crat, whom Staly easily beat in 2020 when Staly received 70% of the vote to Jones' 30%. Staly also defeated Jones in 2016 by 54% to 39% of the vote.

As far as other crimes are concerned, assault and battery is down 35% so far this year. Domestic violence increased in 2023, but is down 4% so far this year. Staly said the county has seen 16,000 new residents in the last three years, which may factor into the increase in domestic violence reported after the pandemic.

"Maybe they don't take domestic violence seriously where they came from, but they found out here that we do," Staly said.

Before the pandemic, domestic violence was trending downward. But when people who perhaps didn't have a great relationship to start with were forced to stay home in close quarters, it created more tension, he said. A related crime, stalking, is up 133%.

Staly warned people to not pursue others in former relationships and not to violate injunctions.

"Let the individual go. There's

33% of car breaks involved a broken window compared to 17% last year.

Staly said electric bicycles are becoming more of a target for thieves, usually at Publix and Walmart and outside residences. He advised residents to chain up their e-bikes.

He said that shoplifting incidents are up about 80% as compared to last year, usually at big box stores, like Target and Walmart. He said that 73% of those occurred at self-checkouts by either skip-scanning, in which a person scans an item but skips others, or bar-code swapping.

Staly said a University of Florida study projects that Flagler County will have a population of 172,000 residents by 2035 — just 11 years away.

According to the U.S. Census Bureau, Flagler County had a population of 131,439 as of July 2023.

Staly said the agency is 37 deputies short to meet the needs of the community to handle calls for service, and that does not include the growth the community is seeing.



United Flagler 4th Community Celebration

Flagler County Government and the Cities of Palm Coast, Flagler Beach, and Bunnell are thrilled to invite all Flagler County residents and visitors to the United Flagler 4th Community Celebration on Thursday, July 4th, 2024.



The day's festivities begin with the cherished Stars and Stripes parade in the morning, proudly presented by the Rotary Club of Flagler Beach. The parade will follow its traditional route from North 6th Street to South 6th Street along A1A in Flagler Beach.

Following the parade, residents and visitors can enjoy the beach while indulging in the music and entertainment at Veterans Park in Flagler Beach.

The highlight of the day will be the awe-inspiring Fireworks Over the Runways, hosted at the Flagler Executive Airport off of Fin Way. The entire community

is welcome to attend, with gates opening at 5:00 p.m. The dazzling fireworks display will begin at 9:00 PM.

For attendees of the fireworks show, please take note of a change in location this year.

Guest parking, including handicapped parking, will be situated on the south side (back of the airport), accessible via Fin Way off South Belle Terre Boulevard. This will be the sole event location this year. There will be no access to the front of the airport and no parking at Flagler Palm Coast High School.

A variety of vendors, including food vendors, a beer garden,

kids' activities, and more, will be available. A main stage featuring a DJ will maintain an energetic atmosphere, and at 7:00 p.m., local dignitaries and elected officials will recite the Declaration of Independence. The Palm Coast Fire Department Honor Guard will present the nation's colors, and the talented Melanie DiMartino will grace us with her rendition of the National Anthem. Guests are encouraged to bring lawn chairs. Portable restroom facilities and a handwashing station will also be provided.

Please be aware that there is no cost associated with entry, parking, or participation in the

event. Glass bottles are strictly prohibited. The airport will remain operational throughout the day, with a temporary closure during the fireworks show. The Flagler County Sheriff's Office, in collaboration with the Palm Coast Public Works Department and Flagler County Assist volunteers, will oversee traffic control, crosswalks, and parking. Carpooling is strongly encouraged to ensure the accommodation of as many guests as possible.

Save the date and join us for a day filled with fun, entertainment, and patriotic celebration. All event information will be available at UnitedFlagler4th.com.

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4th Annual Touch a Truck Event Takes Place on May 11

The City of Palm Coast is excited to announce the return of the highly anticipated Touch a Truck event, now in its fourth consecutive year. This family-friendly event will take place on May 11th from 10:00 a.m. to 1:00 p.m. at Town Center in Palm Coast. This year's theme, "Connecting Our Worlds to the Future," aims to provide our youth with an interactive and educational experience, allowing them to explore and engage with various equipment.

Workforce Data Analyst Benny Cope. "We invite all Palm Coast residents to join us for a day filled with excitement and exploration."

The Touch a Truck event is free and offers entertainment for the whole family. Attendees of all ages will have the chance to not only touch but also hop right into the driver's seat of various vehicles, including a dump truck, loader, pontoon excavator, signal bucket truck, fire ladder truck, SWAT vehicle, helicopter, and more.



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- City of Palm Coast Public Works, Stormwater, Utility, and Fire Departments
- Flagler County Fire Rescue
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- East Flagler Mosquito Control District
- Florida Highway Patrol
- Florida National Guard and more...

"This event is a fantastic opportunity for our community to come together and for our youth to learn and have fun," said Public Works

To ensure a great experience for everyone, the first hour of the event will be designated as "horn-free" from 10:00 a.m. to 11:00 a.m. Additionally, Park Street, Lake Ave., and part of City Place will be closed for the event.

For more information, please contact City of Palm Coast Public Works Workforce Data Analyst Benny Cope at bcope@palmcoast.gov. Don't miss out on this exciting opportunity to connect with the future while having a blast! We look forward to seeing you at the 4th Annual Touch a Truck event in Palm Coast.

Lauren Johnston to Remain as Acting City Manager

Recently, the Palm Coast City Council voted to retain Lauren Johnston in the acting City Manager position until a permanent replacement is found. Johnston has served as Assistant City Manager since the hiring of Denise Bevan as City Manager. The City Council decided she'd be suitable for the job until the hiring process is complete.



Lauren Johnston

The majority to retain Johnston was formed by Mayor David Alfin and Council members Nick Klufas and Theresa Carli Pontieri. Ed Danko and Councilwoman Cathy Heigher dissented.

Councilwoman Pontieri made a motion at the previous City Council meeting to keep Johnston on until a permanent City Manager was hired, a motion which passed unanimously then. Ceremoniously speaking,

the Council had already approved Johnston. The item in Tuesday's meeting was to ratify her contract.

Johnston first started in Palm Coast's city government in 2011, when she started as a recreation supervisor. She was promoted to Parks & Recreation Director, then Assistant City Manager, and now to acting City Manager.

AdventHealth Offers Free Physicals to Middle and High School Students

AdventHealth physicians and care teams will again provide free physicals for Flagler County public school students. The annual Flagler Schools Sports Physicals event will be on May 15 and 16 from 5 – 9 p.m. at Flagler Palm Coast High School, 5500 East Highway, Palm Coast.

The event is open to Flagler County public school student athletes as well as JROTC cadets, fire academy students and band members. These physicals include free ECG heart screenings which are essential as sudden cardiac arrest is one of the leading causes of death among high school athletes.

Pre-registration is available at www.FSSportsPhysicals.com.

For years, AdventHealth has provided free sports physicals to Flagler and Volusia County student athletes, and these events have grown in attendance, becoming one of the largest community events AdventHealth conducts annually in the area.



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<p>ITALIAN SALAD Romaine, garden vegetables, and kalamata olives served with our Italian vinaigrette dressing (200 - 1160 calories)</p> <p>HOUSE SALAD Romaine with carrots and shredded red cabbage topped with peperoncini and kalamata olives served with our creamy parmesan dressing (200 - 1180 calories)</p> <p>CAESAR SALAD Romaine, croutons, and parmesan cheese served with Caesar dressing (290 - 1390 calories)</p> <p>CHILLED PASTA SALAD With penne pasta, red onion, grape tomatoes, olives, basil, sun-dried tomatoes, romano and parmesan cheese, tossed in Italian vinaigrette dressing (600 - 2870 calories)</p>	<p>MAMA MANDOLA'S SICILIAN CHICKEN SOUP Spicy chicken soup that has soothed the family for generations! (250 - 1230 calories)</p> <p>HOUSE MADE POTATO CHIPS Thinly sliced and fried to crispy perfection (140 - 720 calories)</p> <p>COOKIES CHOCOLATE CHIP (190 - 930 calories) OATMEAL RAISIN (350 - 1750 calories)</p>
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Local Happenings



The University Women of Flagler presented a check of \$1500 on April 15 to the Early Learning Coalition of Flagler for the Dolly Parton Imagination Library. UWF: Linda Jaeger, Trish Le Net, Janice Nickol, Robin Hall, Jo Dervan; Early Learning Coalition: Nancy Walsh, Diedre Brown, Vonda McCaskell and Erica Garris.



The Professional Women of Flagler County held their Business for Breakfast meeting on April 5. They meet monthly on the first Friday at the MIP Easterseals building in Bunnell. See their Facebook page for more information.



Pictured here are the Flagler Women United Board of Directors at the Flagler Power of the Purse fundraiser on April 15. The event was held at Hammock Dunes Club and had 155 attendees.



The Boss Lady mastermind group meets monthly at The Brown Dog on the third Monday at 5:30 PM. You can check out the Boss Lady Community page on Facebook to get more information about the group.



Members of the Palm Coast Lions Club attended the Lions regional meeting recently at the Brown Dog in Palm Coast. The club meets monthly on the second Monday at 5:30 PM at Watson Realty on Palm Coast Pkwy and are always looking for new members.



Belle Terre Elementary School's K-Kids president Mia Kopicova presents a check for \$550 toward a Safe Haven Baby Box to Frank Consentino of the Flagler Palm Coast Kiwanis and the Knights of Columbus Council 10514 in a recent event.



Two students at Palm Coast's Buddy Taylor Middle School, Nathan Cabrera and Sophia Costa, have earned entries into an underwater robotics competition taking place at the University of Maryland on May 31st and June 1st this year.



The I Just Want To Say women's group held a reception for their 2024 scholarship winners at Good Vibes Nutrition on April 13. The five senior student recipients all attend Palm Coast Flagler High School. For more information on the group see their Facebook page.



A Parkinsons Support group meets the third Wednesday of each month from 3 to 4:30 PM at the Palm Coast Community Center. This group is free and open to the public. This is for anyone affected by Parkinsons or cares for someone who has been affected.



The Professional Women of Flagler County held their monthly social evening recently at Premier Chiropractic. There is an event on the third Wednesday of each month at different locations at 5:30 p.m. These events are open to members and non members.



Members of the Palm Coast Lions Club shown at Old King's Road where they clean their adopted stretch of the road. The club meets monthly on the second Monday at 5:30 PM at Watson Realty on Palm Coast Pkwy and is always looking for new members.



The Coffee Meet networking group meeting takes place on the third Friday of every month at the Home Instead office in Palm Coast from 8 to 9 AM and is open to anyone.

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Palm Coast People

Ed Siarkowicz chronicles Flagler County history, by James Moore

Originally from New York City, Ed Siarkowicz's unique working life started as a commercial fisherman, taking him up and down the east coast for several years. He earned a degree in biology from Adelphi University, and later a Doctorate of Chiropractic Medicine from Northeast College of Health Sciences. During his studies, he met his wife—a Floridian herself—and decided he had enough of the New York climate and moved to Florida, eventually taking up residence in Palm Coast in 2007.

In 2011, he retired as a chiropractor and, like so many of our residents, focused on his creative endeavors. For Ed, it was photography. He has since published an art book with his photographs and transitioned

into being a storm chaser. He would monitor and record storms' formations and locations, then submit his photos to the Flagler County Emergency Management and National Weather Service. Where Ed worked, as fate would have it, put him next to a senior historian for the Flagler County Historical Society (FCHS), Bill Ryan. Ed and Bill sat near each other for breakfast one day and got to talking. Before long, Bill invited Ed to join the Historical Society, and later Ed accepted the role of president.

This is a volunteer position — all the positions are — where a tremendous group of researchers work tirelessly to compile and collect facts and stories from this area. With a history that stretches back to

mastodons and massive armadillos, to the native tribes and their cultural artifacts, and the wars fought on this very soil we call home. Being the biggest repository of history, county records, and information in the county, they collect everything and categorize it all with the desired goal of education for the future generations.

"I do this for them to learn this history, a broader scope of understanding, linking it with weather.

If the storms get so bad, hopefully the community will be better prepared from learning how people survived beforehand."

Ed works with his team, all passionate about everything they accept into their archives, giving one more thread into

the bigger picture that is the history of Flagler County. All are welcome to come in and learn about genealogy, family history, potential historical sites, or just want a tour of the house.

The next extensive project on the horizon for Ed and his team is moving to a larger location. With so much history to take in, and more always on the way, they will need more room to expand. With luck, and the support of the county government, this larger building will also serve the public as a history, arts, and culture facility. This plan will continue the mission of FCHS, which is to promote historical and cultural research and education for the benefit of the community.

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Supporting Safety at Sea: The Coast Guard Auxiliary Flotilla 44

The Coast Guard Auxiliary Flotilla 44 is a shining example of community service and maritime safety advocacy. As a nonprofit organization, it plays a crucial role in supporting the missions of the United States Coast Guard (USCG) while also providing invaluable assistance to local boaters and waterway users. Following the attack on Pearl Harbor, they obtained a charter on December 18, 1941. The USCG tasked Flotilla 44 with preserving, protecting, and defending Florida's rivers and shores as a temporary reserve unit for the rest of World War II.

Established as an all-volunteer, civilian organization, Flotilla 44 operates under the guidance of the USCG, focusing on boating safety, environmental protection, and search and rescue operations. Comprising dedicated individuals passionate about the sea and safety, the flotilla's members undergo rigorous training to ensure they are prepared for any situation they may encounter on the water.

One of the primary functions of Flotilla 44 is promoting boating safety through education and outreach programs. Members work with the local boating community: conducting safety courses, vessel safety checks, and community events to educate boaters about wearing life jackets, understanding navigation rules, and operating vessels responsibly. By imparting essential knowledge and skills, the flotilla helps reduce accidents and fatalities on the water, making recreational boating safer for everyone.

Besides education, Flotilla 44 actively takes part in search and rescue operations, working closely with the USCG to locate and assist distressed boaters.

Trained in maritime emergency response procedures, flotilla members deploy quickly and effectively to provide aid in critical situations, often serving as the first line of assistance until official rescue units arrive. Their swift action and expertise have saved countless lives

and prevented many maritime disasters.

As a nonprofit organization, Flotilla 44 does not accept money from the USCG and may not solicit donations. All of its funding comes from membership dues — which run at \$65 a year — and through their members' purchasing uniforms. Many of their members are veterans, but it is not a requirement.

The Flotilla 44 exemplifies the spirit of service and dedication to duty. As a nonprofit organization, it serves as a beacon of safety and support for boaters and waterway users, offering education, assis-

tance, and advocacy to safeguard lives and preserve the marine environment. Through the collective efforts of its volunteers and supporters, Flotilla 44 continues to make a positive impact on coastal communities and the broader maritime community, ensuring that the seas remain safe and accessible for all.

They meet at Keiser University, 1800 Business Park Blvd, in Daytona Beach, the second Saturday of every month at 9am. Guests are welcome. It is an organization that people make of it themselves. Doing service to our community and in service to our nation.



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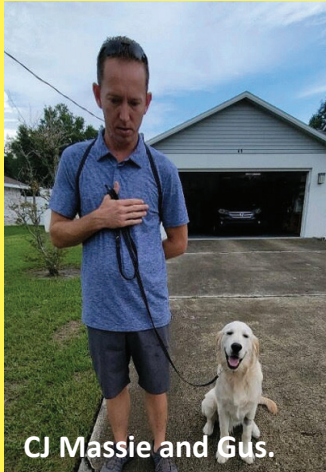
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Palm Coast Historical Society

May is national Preservation Month and a good time to visit the PCHS

Each May the National Trust for Historic Preservation celebrates Preservation Month.

This year's theme is "People Saving Places" in recognition of the countless volunteers who pour their time, energy and re-



Art Dycke

sources into protecting places and stories from the past. Two of those people are the recently retired Co-Historians Art Dycke and Elaine Studnicki.

Following City Incorporation on December 31, 1999 our newly elected Mayor Jim Canfield organized the Palm Coast



Elaine Studnicki

Historical Society. He appointed Art Dycke and Margaret Davie as the original co-historians in April 2000. A former history teacher and adjunct professor at Daytona State College

Art volunteered until January 2024.

During his tenure Art authored two books, "Images of America: Palm Coast", "Alan Smolen: Father of Palm Coast" and over three dozen issues of the quarterly newsletter "The Palm Coast Historian." He also narrated a 30-minute DVD that contains vintage photographs and commentary describing the early years of our founding by International Telephone and Telegraph from 1969 - 1985. It is shown in the PCHS Museum in Holland Park on Wednesday and Saturday from 1-3 PM or by appointment.

Elaine Studnicki, also a former educator, began volunteering for PCHS in 2014. She later was appointed Co-Historian in 2018 and simultaneously served a three year term as President beginning in 2020. During her tenure she initiated the wildly popular Florida Humanities Speaker series, organized over one dozen History Academy segments featuring historians and historical re-enactors, contributed numerous articles for this magazine, and shared historical information on social media.

Along with celebrating the People who save stories from the past, Preservation Month also encourages communities to save the Places that have links to the past. Recently the City of Palm Coast included "Preserve Historic Fire Station #22" on its list of Local Priorities during the 2024 State Legislative Session. Unfortunately funds were not awarded for this project.

The document noted that preserving Historic Fire Station 22 "is essential to maintaining the city's unique identity and honoring its rich history.



Some of the PCHS volunteers working to Keep History Alive including Art and Louise Dycke (left side, front & middle row).



Former County Commissioner George Hanns with Art Dycke and his wife Louise.

This historic landmark serves as a tangible link to the past, offering residents and visitors a glimpse into the early days of the community's development."

The Historical Society intends to continue advocating for the City to repurpose the building for community use as a museum or cultural center when it is no longer needed as an active fire station. PCHS agrees that it "would provide a

valuable space for educational programs and events, promoting a deeper understanding of the area's history."

To celebrate Preservation Month visit a local heritage site or museum. To help the People Who Save Places in Palm Coast donate to our local museum. Go to www.palmcoasthistory.org for more information. You can also follow us on Facebook and Instagram.

—By Kathy Reichard-El-



Fire Station #22

Spring Into Action Ladies Golf Tournament

Thursday, May 24, 2024
Grand Reserve Golf Course
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Player Registration — \$99
Deadline April 30

Our golf tournament event is rapidly approaching and there are amazing ways to connect to other women to create new relationships.

We want you to connect with everyone. There are special sponsorship opportunities and vendor table spots inside the clubhouse. Don't miss out on a great day of golf and friendship.

Each player in the winning foursome will receive a night's stay at the Hammock Beach Resort. Every player will receive a swag bag along with a great luncheon, a strolling fashion show, raffle prizes and more. And please contact us if your business wants to sponsor a hole. Registration is from 8-8:30 AM the day of the event with a shotgun start at 9 PM.



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Homeowners Corner

The power of pressure washing and soft washing for your home

In the realm of home maintenance, few things offer such instant gratification as pressure washing and soft washing. These powerful techniques can transform a weather-worn façade into a pristine exterior, restoring a property's curb appeal with remarkable efficiency. Whether it's removing years of grime from a driveway or gently cleaning delicate surfaces like vinyl siding, pressure washing and soft washing have

become indispensable tools in the homeowner's arsenal. effective in stripping away stubborn dirt, mold, mildew, and other surface contaminants. From concrete pathways to brick walls, pressure washing can breathe new life into various exterior surfaces.

One of the primary advantages of pressure washing is its versatility. With adjustable nozzles and pressure settings, professionals can tailor the intensity of the water stream to suit different materials and de-

high-pressure streams, such as stucco, wood, and painted surfaces.

Soft washing isn't just about cleanliness—it's also about protection. Many soft washing solutions contain additives that inhibit the regrowth of mold, mildew, and algae, providing long-lasting benefits beyond the initial cleaning. By addressing the root causes of surface discoloration and degradation, soft washing helps preserve

Beyond aesthetics, there are practical benefits to consider. Clean surfaces are safer surfaces, reducing the risk of slips and falls on slick pathways or decks. Additionally, by eliminating mold and mildew, pressure washing and soft washing contribute to a healthier living environment, reducing allergens and improving air quality around the home.

The Professional Advantage

While some homeowners may be tempted to undertake pressure washing and soft washing projects themselves, there's no substitute for professional expertise. Trained technicians possess the knowledge, equipment, and experience necessary to achieve optimal results while minimizing the risk of damage to property and surrounding landscaping.

Moreover, professional services often include comprehensive inspections to identify underlying issues such as deteriorating surfaces, loose seals, or water intrusion points. By addressing these concerns early on, homeowners can mitigate potential damage and avoid costly repairs down the line.

Pressure washing and soft washing represent more than mere cleaning tasks — they're investments in the longevity, safety, and aesthetic appeal of residential properties. Whether preparing for a sale or simply maintaining a cherished home, harnessing the power of water can yield transformative results that leave a lasting impression. So, embrace the revitalizing potential of pressure washing and soft washing, and watch as your home undergoes a remarkable transformation before your eyes.



greed of soiling. However, it's crucial to exercise caution, as excessive pressure can damage delicate surfaces or force water into vulnerable areas, leading to structural issues.

The Dynamics of Pressure Washing

At the heart of pressure washing lies the sheer force of water propelled at high speeds. This process is particularly ef-

If you're interested in finding out about getting your home pressure washed or soft washed you can contact Wicked Clean at 386-627-6554 or 1wickedclean@gmail.com. And you can see more about their products and services at 1wickedclean.com.

the integrity of exterior materials, prolonging their lifespan and reducing the need for frequent maintenance.

The Gentle Touch of Soft Washing

Soft washing, on the other hand, takes a more nuanced approach to exterior cleaning. Instead of relying solely on high pressure, soft washing incorporates specialized detergents and lower water pressures to achieve thorough yet gentle results. This method is particularly well-suited for surfaces prone to damage from

The Residential Renaissance

In the realm of residential properties, the impact of pressure washing and soft washing is profound. For homeowners looking to sell their property, a freshly cleaned exterior can significantly enhance curb appeal and command higher offers. Likewise, for those intending to stay put, investing in regular maintenance through pressure washing and soft washing can safeguard their investment and uphold the aesthetic appeal of their home for years to come.

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By Jason

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Flora and Fauna

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



This time of year in the southeast, nesting and breeding are in the forefront of our local bird's minds. Time to find a mate and more importantly extra food for themselves and babies that are constant eating machines. Most birds grow to full size within 12 – 21 days, that takes almost constant feeding by the parents.

If you are fishing be aware of your bait, hungry birds will help themselves. Never feed Bread to Birds, it's not a part of their natural diet. A quick google search will tell you what is suggested for backyard birds and shore birds.

Pictured here are some of our locals. 1: Brown Pelican 2: Snowy Egret 3: Great White Egret 4: Little Blue Heron 5: Red Shouldered Hawk.



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

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An Idyllic Florida Lifestyle Revealed



Welcome to our May issue cover story which features an elegant property in Island Estates, a captivating 2.5-mile island that offers luxurious living all year round in Palm Coast. Island Estates boasts beautiful soft coquina beaches and direct access to the Intracoastal Waterway, making it a great place for those seeking the ultimate Florida lifestyle. This property, located at 162 Island Estates Parkway has five bedrooms and 4.5 baths inside of 5,609 square feet of living space on a 1.14-acre lot. The sale price is 2.95 million. The property has many top-of-the-line features including Viking, Sub Zero, and Miele appliances in the open kitchen which is the centerpiece of this beautiful home and flows seamlessly into the warm and welcoming family room. When you head upstairs, you'll find four large guest bedrooms, an extraordinary bonus room, and a half bath. Experience relaxation within the master bath, which contains a two-person jetted bathtub, and a spacious shower with dual shower heads. The photos tell the story; the outdoor living space invites you to relax and take in breathtaking sunsets while enjoying the beautiful pool and lanai area along with the intracoastal views. If you love boating, you will be pleased with the 10,000-pound, 30-foot boat lift that includes a covered dock with an exceptional dining area and a pontoon boat slip. Dana Davis, who is showing this home, can be reached at LPT Realty in Palm Coast.

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Outdoor living paradise on the intercoastal waterway.





The dock on the intercoastal waterway has a boat lift and covered seating area • The outdoor patio has its own kitchen



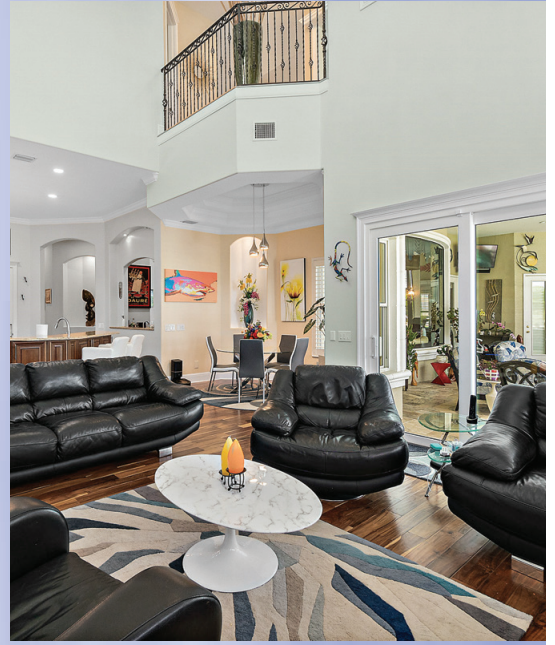
The pool and patio area are completely enclosed in a "birdcage."



The outdoor kitchen is completely equipped.



The stunning staircase takes you up to four large guest bedrooms, a bonus room and half bath.



Contemporary design and warm feels.



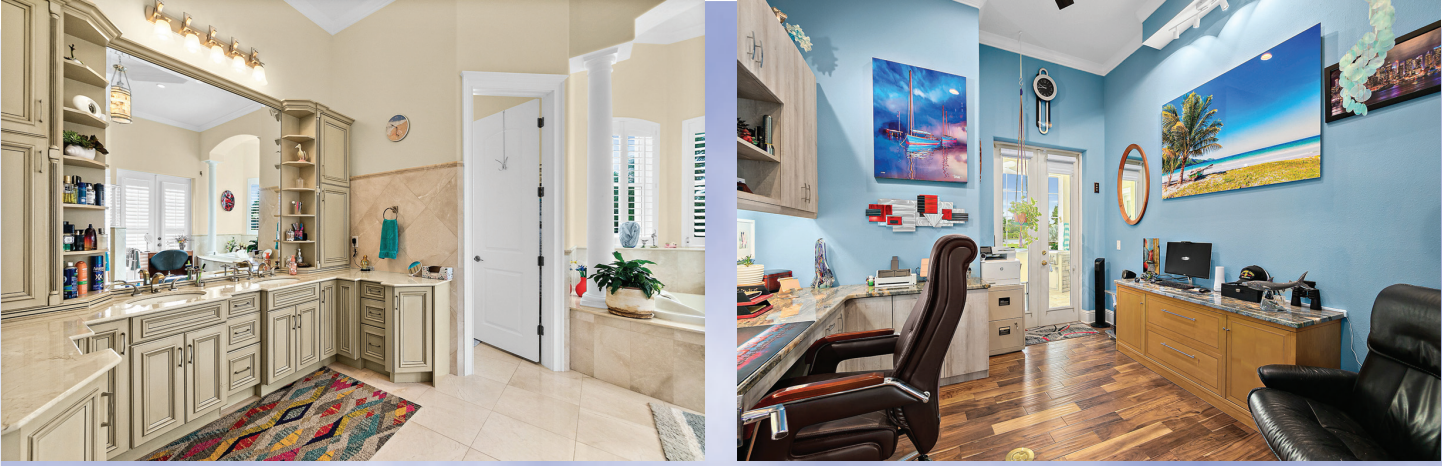
Large living room with a view of the intercoastal.



A spacious open kitchen offers Viking, Sub Zero and Miele appliances.



The roomy dining area leads to a gourmet kitchen



Luxurious bathrooms, office, bedrooms with beautiful views



Below: Unique second floor entertaining area with coffee bar and recreation.



Selection Of The Month

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



The vibrant hues and lush foliage of Jeff Milkins and Steve Parker's garden at Foxhall Lane have earned them recognition as The Garden Club at Palm Coast's April 2024 Selection of the Month.

Originally from the cooler landscapes of Reading, PA, Jeff, and Steve brought their love for gardening to Palm Coast when they retired in May 2022. What started as a retirement project has now been transformed into a lush, tropical poolside retreat, a testament to their dedication and love for gardening.

As you step into their property, you'll be captivated by the meticulously designed front entrance, a prelude to the botanical wonders that await. Sago palms stand guard amidst a vibrant backdrop of Hawaiian Ti Plants, Mammy crotons, bromeliads, and red bougainvillea, all accentuated by two magnificent Crinum Lilies. Potted red mandevillas flank the front door, adding further pops of color. A majestic Agave takes center stage in the driveway while potted pink mandevillas adorn the garage.

However, it's the backyard and pool area that truly transports visitors to a tropical oasis. The pièce de résistance is Jeff and Steve's orchid house, boasting over 100 plants representing a dazzling array of more than a dozen varieties. Beyond the orchids, the manicured back garden bursts with color from blooming pink azaleas, yellow Shrimp plants, Fire Bush, red pentas, Indian Hawthorn, Golden Dew Drops, and Elephant Ears.

Around the pool area, memories of Pennsylvania mingle with the exotic as (Clivia Miniata) an orange bush lily lovingly transported by Jeff and Steve, finds a new home amidst white bromeliads, poinsettias, and Vanda orchids — the variety coveted by Hawaiians for their iconic leis.

Jeff and Steve's garden is not merely a collection of plants; it's a testament to their passion, creativity, and dedication to bringing beauty to their parcel of Palm Coast. Thank you for enhancing the beauty of our community.

Submitted by Nancy Iandoli, Selection of the Month Committee

The Garden Club meets monthly on the second Monday of the Month at 1:00 PM at Club 51, 51 Old Kings Rd. No. Palm Coast, Sept. through May. The plant sale is open to the public 11:30 AM-1:00 PM.



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Gardening Tips

Strategies for controlling weeds, by Master Gardener Judy Jean

Weeds are a common problem for gardeners. These unwanted plants can quickly take over a garden, stealing valuable nutrients, water, and sunlight from your desirable plants. Fortunately, there are several strategies you can use to control weeds and keep your garden healthy.

Identifying Common Garden Weeds

Before you can effectively control weeds, it's important to be able to identify them. Assessing weeds is an important part of any gardening practice, as it helps determine the best approach to weed management. To assess weeds, one should start by identifying the types of weeds present in the area. This can be done by examining the plant's leaves, stems, and flowers, and comparing them to identification guides or consulting with a local expert. Once the types of weeds are identified, the next

step is to determine the severity of the weed infestation. This can be done by estimating the percentage of the area covered by weeds or the number of weeds per unit area. Finally, it is important to consider the potential impact of the weeds on the crop or garden. Weeds can compete with crops for resources such as water and nutrients, and some weeds may even release chemicals that inhibit crop growth. By assessing the type, severity, and impact of weeds, farmers and gardeners can develop an effective weed management plan that minimizes the negative impact of weeds on their crops.

Here are some of the most common garden weeds:

1. **Crabgrass and Signalweed:** This annual weed is often found in lawns and gardens. It spreads quickly, forming large patches that can crowd out other plants.

2. **Dollarweed:** This is a warm-season perennial weed that prefers wet conditions. You will notice them more in overwater or naturally wet places.

3. **Artilleryweed:** This weed has small succulent leaves and explosive seed



pod that can shoot their seeds several feet away when disturbed.

4. **Spanish Needles:** Has small yellow flowers and hooked seeds that can cling to clothing or animal fur.

Controlling Weeds in Your Garden

Once you've identified the weeds in your garden, it's time to start controlling them. Here are some strategies you can use:

1. **Mulch:** Adding a layer of mulch to your garden can help suppress weeds by blocking out sunlight. Organic mulches like straw, shredded leaves, or wood chips can also im-

prove soil health.

2. **Hand-pulling:** For small gardens or individual weeds, hand-pulling can be an effective control method. Be sure to remove the entire plant, including the roots, to prevent regrowth.

3. **Herbicides:** Chemical herbicides can be effective in controlling weeds, but they should be used with caution. Be sure to read the label carefully and follow all instructions to avoid harming desirable plants.

4. **Crop rotation:** Rotating your crops can help prevent weed growth by disrupting their life cycle.

Be sure to avoid planting crops from the same family in the same spot year after year.

Preventing Weeds in Your Garden

Prevention is the best strategy when it comes to controlling





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Health & Wellness

Staying in shape with a basic workout regimen. Part 2, by John Williams

Welcome to part two of our series on simplified workouts that just about anyone can do. In past month's article I mentioned that the reason for me changing my workout regimen to the current one I have is that I moved into a building with a crappy gym. It has old equipment and some that is just junk plus there's just not a lot of stuff in general.

So I changed my workout into one that didn't require a lot of equipment and I've since modified it which part of what I want to discuss this month.

First, I'm now doing four exercises instead of the three I originally started with about four months ago. I started doing some bicep curls with 25- and 20-pound dumbbells because I wasn't really working my biceps at all.

I was doing only squats, leg lifts and push ups and none of them directly worked my bi-

workout.

I'm not fanatical about keeping my workout time as little as possible but at the same time I don't want to spend more time than I have to for a workout especially since I work out almost every day (more on that later).

Now I mentioned that I'm not doing leg lifts anymore and this is a result of some videos I watched about chair exercises. There are a number of exercises you can do with a chair instead of traditional gym equipment. Some of these I think are worthwhile trying and there are others that I think are less helpful.

One that I now like is doing your abs while sitting on a chair. It's a really simple exercise to do as all you do is sit on the chair, hold the front edge of the seat with each hand to balance yourself and then pull your knees up towards your head (see photo at right). The

of exercises in the first place and chairs don't make the things I'm doing any easier or less time consuming but they may for you.

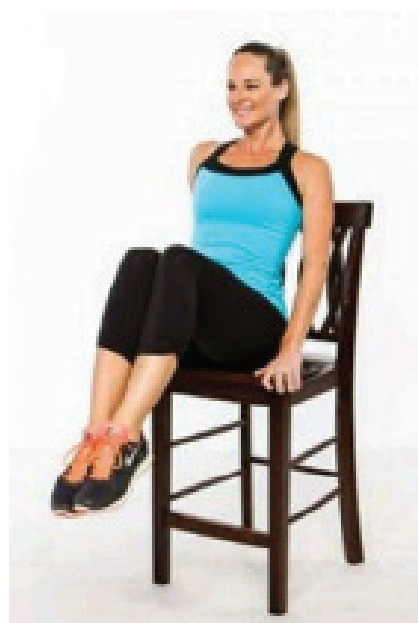
I mentioned earlier that I work out almost every day and there's a good reason for that, especially if you're trying to lose weight. I learned many years ago that when you work out your body's metabolism gets cranked up and it supposedly stays at a higher level for 24 hours after.

This means that you're burning more calories which, of course, has implications for anyone trying to lose weight. You obviously want to burn as many calories as you can and keeping your metabolism pumped up is a good way to do that, especially since it doesn't involve any work effort.

So if you work out every day you'll keep your metabolism burning higher all the time. I don't do that myself because I take a day off after every four work out days. This means I'm doing about 24-25 workouts a month or almost 300 a year. At 68 this is enough work to keep me in good shape.

Another factor is that I've been doing this for 47 years so my body has been conditioned to exercise regularly. If you're just starting out you'll be in a much different place so what you'll probably want to do is experiment a bit to find out how much you can do while still feeling comfortable.

Now you've probably heard the saying "no pain, no gain." This is true but only to a certain extent. Too much pain is not good. It's an indication that

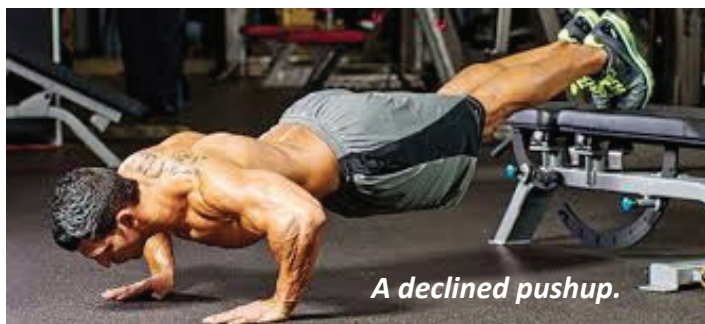


your body is really struggling and it could lead to injuries. You have to remember that we're not training for the Olympics, nor are we trying to catch up to Arnold Schwarzenegger.

We're just trying to stay in shape so while a certain amount of dedication is necessary, you also don't need to hurt yourself. There are some days, admittedly few and far between, when I just don't feel like working out for whatever. So I don't. I take a day off and go in the next day and do my thing. No harm, no foul.

The basic thing to remember is that you're doing this for your health so that should dictate what you do. There is a certain amount of satisfaction, I must admit, to seeing muscles enlarge and the midsection shrink, even a little, so there is that motivation also.

Whatever your motivation, though, the important thing is to start doing something as soon as you can. You'll feel better, have more energy and probably even live longer because of it.



ceps. Push ups cover just about everything else in your upper body but not your biceps. So my workout is a few minutes longer but that's all. I also started doing 180 abs exercises (but not leg lifts as I'll explain) instead of 150, 120 push ups instead of 100 and 120 squats instead of 100. This also increased my workout time but only by a bit. With my 20 minutes on the treadmill I'm still under 40 minutes for the total

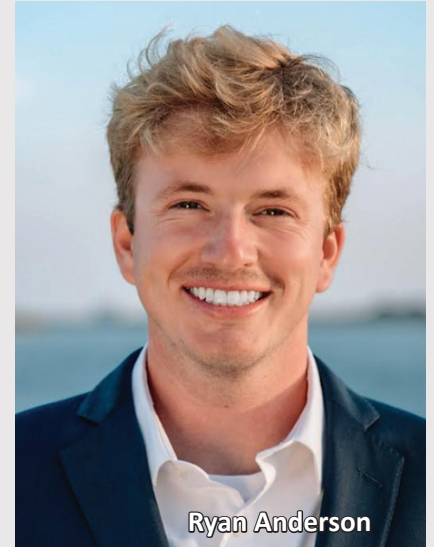
major advantage to this exercise, I think, is that it takes away any strain that you might feel on your lower back while doing leg lifts or any other kind of abs exercise that you do lying down, including regular sit-ups.

I've seen a number of other exercises using chairs and you might want to check out some of there on the internet. This is the only one I use since I am only doing a small number

It's Our 10th Birthday.

And You're Invited...

... to our Medicare Educational Workshops at the New Southern Recreation Center located at 1290 Belle Terre Blvd. Palm Coast on May 23rd and May 28th from 6 PM to 7 PM. We will discuss Medicare, what it means to you, what you need to know to avoid a penalty, the difference between Advantage Plans and Supplements and how to choose a plan. No plan specifics or carrier information will be discussed, only basic information. This is a Medicare Educational Workshop, free and open to the Public. Atlantic Benefit Consultants LLC is a licensed health insurance agency in the state of Florida and not affiliated with any federal government agency or endorsed by the City of Palm Coast. Presentor, Ryan Anderson is a licensed Florida Health Insurance Agent for Atlantic Benefit Consultants, LLC. Please call or text to RSVP at 386-547-5317.



Ryan Anderson



Medicare Educational Workshop at the New Southern Recreation Center located at 1290 Belle Terre Blvd. Palm Coast on May 23rd from 6 PM to 7 PM.

Medicare Educational Workshop at the New Southern Recreation Center located at 1290 Belle Terre Blvd. Palm Coast on May 28th from 6 PM to 7 PM.



Debra Sephton

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Live Music

The Amp in St. Augustine and the Bandshell in Daytona are up and running



Megan Moroney

Megan Moroney, May 17, 7 PM, The Amp, St, Augustine

One of Country's biggest breakout stars in recent years, Megan Moroney first burst onto the scene with her RIAA 2X PLATINUM hit single "Tennessee Orange" — an immediate smash showcasing her true-to-life storytelling, unforgettable vocals, and strong-minded yet fiercely sensitive point of view. Along with notching her first No. 1 at Country radio and landing on coveted lists like the Los Angeles Times' "100 best songs of 2023," "Tennessee Orange" soon found the Sony Music Nashville/Columbia Records artist winning Breakthrough Female Video of the Year at the CMT Music Awards and making her debut appearances on major TV shows like TODAY, Jimmy Kimmel Live!, Good Morning America, and New Year's Eve Live: Nashville's Big Bash.

Thievery Corporation, May 23, 7 PM, The Amp, St, Augustine

Twenty-five years into their genre-defying electronic music career, Thievery Corporation's founding principles of D.I.Y. and inclusion have become key themes in mainstream social conversation. After a dozen highly acclaimed full-length albums, remix LPs, concert recordings, and over two decades of incendiary live performances that have thrilled audiences worldwide, Thievery Corporation's music and message is more relevant and important now than ever.

Thievery Corporation's music has always looked toward the future while paying homage to the past, starting with their groundbreaking debut LP, 1996's Sounds From The Thievery Hi-Fi, which both introduced the world to Garza and Hilton as producers and set their course as pioneers of song-based electronic music with wildly diverse vocalists. "Over 25 years, we've left nothing undone.

At the Bandshell

Saturday, May 25: Rushour and Kiss American - Rush and Kiss Tributes

Friday, May 31: Caribbean Chillers - Jimmy Buffett Tribute With Special Guest: Coral Reef Corner Band from Margaritaville



Thievery Corporation

Friday, June 7: Fast Forward: A Tribute to Kenny Chesney

Saturday, June 1: Allman Revival and Beautiful Loser - Allman Brothers and Bob Segar Tributes



Allman Family Revival



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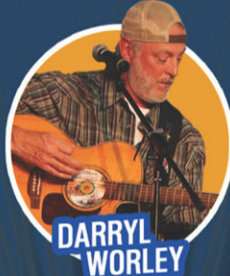
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- Casey Beathard



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Flagler Artists

Paul H. Beaulieu mastered multiple mediums, by James Moore

Paul H. Beaulieu, a visionary artist, is renowned for his captivating works that transcend traditional boundaries and evoke profound emotions. With a career that has spanned decades, Beaulieu has established himself as a master of multiple mediums, including painting, sculpture, and mixed media.

His distinctive style, characterized by bold colors, intricate details, and a deep sense of introspection, has earned him widespread acclaim and admiration in the art world.

Born with an innate passion for creativity, Beaulieu's journey as an artist began at a young age.

Officially, he started painting at 16, with oils. But it started earlier than that. His mother had run a beauty parlor and had brought home a discarded supply case for him to set up a little art studio of his own. He was 8 years old. Going through high school, he remembers other boys his age focusing

on their cars. But he had not let go of paintings and the feeling of creating scenes and landscapes and still lifes. Paul has since then honed his craft through relentless practice, exploration, and education.

This education began at the Swain School of Design, then the Rhode Island School of Design, and—impressively enough—the Florence Academy of Art in Italy. There is still a glint in his eye when Paul reminisces about crossing the famous Ponte Vecchio bridge every morning before class. He describes this birthplace of the Renaissance as magical, “So much art in this place, you could overdose on it.” All that time, he learned the same methods as the old masters.

After graduating with some of the most unique experiences of anyone in the world, Paul co-founded an art and design firm in New England. Notable corporations employed them, such as Sealand Global Logistics, CSX Transportation, as



well as several pharmaceutical and food companies. Before selling the business in 2010, Paul served as President and Creative Director, leading over 26 employees.

What brought him down to Palm Coast was his son, who had graduated from Flagler College in 2000. Over many years, he invested in real estate across town, and moved here after selling his business. Paul wasted no time finding the local art community. “There’s always a group of artists wherever you are.” He then joined the Flagler County Art League (FCAL) and taught painting workshops.

This position was another source of creativity, as he encouraged his students to paint whatever they wanted. “I would walk around the class and give little suggestions, but ultimately, it was about what they could come up with.”

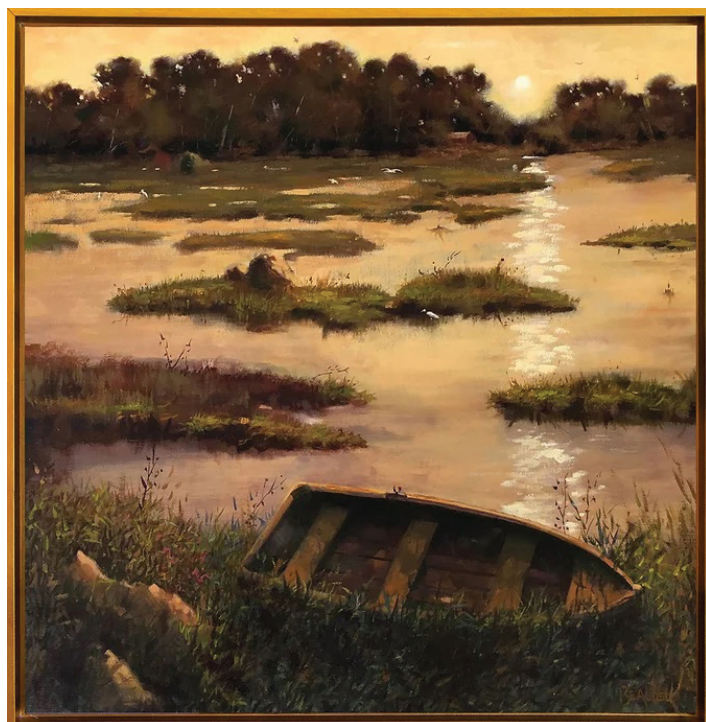
By sharing his knowledge and experiences with aspiring creatives, Beaulieu seeks to

nurture a culture of creativity and innovation that will endure for generations to come. Sadly, COVID-19 took its toll on him, and the rest of the FCAL. While

Paul himself had enough to fall back on, the league is still trying to find its way back up.

Art has been a constant for Paul for 60 years. Starting with the oils as a teenager, or wood sculpting after his wife bought him a class for his 40th birthday, he remains convinced there is more about art to learn and try. And this is the message he wants to convey to anyone else just starting their artistic career. Try it. Feel it. Be there.

“The big thing I hear a lot is I have a special talent; I can never do that. But the ones brave enough to start and work at it, it brings great joy to them. They will never master it but enjoy every minute struggling. Don’t shoot the idea down. Special God-given talent, no, you develop a talent.”



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Parks And Recreation In The City

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

Belle Terre Park • 339 Parkview Dr.

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

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



Bird of Paradise Nature Reserve • 179 Bird of Paradise Drive

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

Fishing



Central Park in Town Center • 975 Central Avenue

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

Geocaching • Parking • Restrooms • Walking



Children's Memorial Garden • 150 Waterfront Park Road

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

Parking



Community Center & Park • 2860 Palm Coast Parkway

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

Basketball • Parking • Playground • Restrooms



Heroes Memorial Park • 2860 Palm Coast Parkway NW

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

Geocaching • Parking



Indian Trails Sports Complex • 5455 Belle Terre Parkway

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

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



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

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

Baseball • Basketball • Bocce Ball • Dog Park • Palm Coast Historical Society Museum • Parking • Pickleball • Picnic Shelter • Playground • Restrooms • Soccer • Tennis • Volleyball • Walking



Long Creek Nature Preserve • 1050 Palm Harbor Parkway

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

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



Palm Coast Aquatics Center • 339 Parkview Drive

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

Parking • Picnic Shelter • Restrooms • Swimming



Palm Coast Tennis Center • 1290 Belle Terre Pkwy

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

Parking • Restrooms • Tennis



Ralph Carter Park • 1385 Rymfire Drive

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

Basketball • Parking • Picnic Shelter • Restrooms Skateboarding • Soccer



Seminole Woods Neighborhood Park • 350 Sesame Boulevard

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

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



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

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

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



Waterfront Park/Intracoastal Waterway • 150 Waterfront Park Rd

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

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



Events, Meetings, Classes, etc.

Events

Palm Coast Farmer's Market
April, 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 every Sunday.

First Saturday Creative Bazaar Arts & Crafts Market
April 6, 1500 Central Avenue, Town Center. Produced by The

Palm Coast Arts Foundation, this is a bazaar and flea market featuring arts and crafts every first Saturday of the month.

Book Club
April 5, 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 web-

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

Texas Roadhouse Events
April 9th Garden Club fundraiser at Texas Roadhouse from 2-8pm. Mention the fundraiser and get 10% of your check donated back to this organization.
April 30th Community Night at Texas Roadhouse from 5-7pm. Come enjoy a beautiful night dedicated to our local non-profits, and small businesses. There will be giveaways, activities, and local goods for sale.

University Women of Flagler's Annual Day of Games
April 5, 9:30-2:30 PM, Palm Coast Community Center. Tickets: \$35, includes breakfast breads, coffee, tea and

a lasagne lunch. Raffles and door prizes. Bring your friends! Reservations: uwflagler.org or email uwflagler@gmail.com. All proceeds will benefit the UWF Scholarship Fund.
MOTHER DAUGHTER LUNCHEON Beachside Community Church is sponsoring a Mother-Daughter luncheon, May 11, from 11 AM to 1 PM. The event is FREE and will be held at the Flagler Palm Coast High School Cafeteria. Join us as we celebrate mothers and daughters, with a professional photo op, games, food, praise music, prizes and fellowship with an uplifting message. All women and girls are welcome.

Meetings

New Jersey Social Club
 Social club for former New Jersey residents with a

Marine Corps Detachment 876 Flagler County

Meetings are the 3rd Tuesday of each month.

The VFW Post 8796

47 Old Kings Road North

Palm Coast, FL 32137

Meet and greet and pizza party at 1715 hours.

Meeting starts at 1800 hours.

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TICKETS ARE \$10 FOR ADULTS | \$8 FOR STUDENTS W/ ID
VISIT OUR WEBSITE FOR DETAILS

★ FLAGLERYOUTHCENTER.COM/SPOTLIGHT

Events, Meetings, Classes, etc. from page 40

AARP Foundation AARP FOUNDATION TAX AIDE. FLAGLER COUNTY IS RECRUITING NEW VOLUNTEERS DURING THE FALL FOR THE 2024 TAX SEASON

TAX-AIDE

To learn more about volunteer opportunities call (386) 243-5556 or email flaglerctytaxaide@gmail.com

Free tax assistance for those who need it most

monthly meeting on the fourth Wednesday of each month. For more information, contact membership chair Penni Knapp at 386-931-5976.

Italian American Club Bingo Mondays & Tuesdays, 45 Old Kings Road, doors open at 3 PM on Monday with free dinner served. Tuesdays, doors

open at 10 AM and free lunch is served. Call 386-445-1893 for more information.

Nara-Anon Group Monday nights at 6 PM, St. Marks By The Sea Lutheran Church, 303 Palm Coast Pkwy NE, Palm Coast. Nara-Anon Groups are for those of us who are affected by a loved

one's addiction. Please enter through the side door next to the playground. We offer our help by sharing our experience, strength and hope. For more information please call Nancy at 386-569-0417 and leave a message.

Maryland Club of Palm Coast Social club for former Maryland residents. We enjoy monthly luncheon meetings, (second Monday of each month) at the Elks Club on Old Kings Road. For more information contact us at marylandclubpcf@gmail.com.

University Women of Flagler Events April 5, 9:30 AM-2:30 PM, University Women of Flagler's Annual Day of Games at the Palm Coast Community Center. Tickets: \$35 include breakfast breads, coffee, tea and a la-sagne lunch. Raffles and door prizes. Reservations: uwflagler.org or email uwflagler@gmail.com. All proceeds will benefit the UWF Scholarship Fund.

Classes

Art Classes

All classes at Sherry's Art Studio, City Marketplace, 2nd floor, 160 Cypress Point Pkwy. Call 732-997-9516 for more information or see the website for a complete list at www.sherrysartstudio.info

Sun April 14 11 AM Resin Sea Glass Wine Glasses and Sea Turtle Bowl, \$95

Mon April 22 11 AM "Reflection" Acrylic Wash Sea Turtle, \$75

Activities

AQUA ZUMBA®

Mondays & Wednesdays, March 4-May 29 (No class May 27) 5:30-6:30 PM, Tuesdays & Thursdays Feb. 6-May 30, (No class Feb. 19 & May 27), 9-10 AM, Palm Coast Aquatics Center. Aqua Zumba® blends the Zumba® philosophy with water resistance for one

The activities that we have listed here that are presented by the city's park and Recreation Department are only a fraction of the total activities that occur on a regular basis. There is a truly impressive variety of activities, classes and other events that this department produces — their catalog is 38 pages. So go to <https://www.palmcoast.gov/parks-and-recreation> or scan the QR code to see a lot more.



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www.christmascometrue.org



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Events, Meetings, Classes, etc. from page 42

pool party you shouldn't miss. There is less impact on your joints, so you can really let loose. 13+ years, \$10/class

WATER AEROBICS

February-May, Palm Coast Aquatics Center, Mondays & Wednesdays, Feb. 5-May 29 (No class Feb. 19 & May 27) 9-10 AM. Membership please visit: usms.org. Please call for days, times, and registration, \$30/month or \$4/drop-in. Water Aerobics combines aerobics with strength training, moving your body through the water creates a resistance that will activate muscle groups

without impacting your joints. 13+ years, Fee: \$10/class, Register: 386-986-4741

LUCK OF THE PICKLE PICKLE-BALL TOURNAMENT

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

OPEN GYM VOLLEYBALL ADVANCED

Mondays, Session 1: Jan.

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

OPEN GYM BASKETBALL

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

OVER 35 OPEN GYM BASKETBALL

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

WELCOME TO TENNIS

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

MORNING BLAST

Mondays & Fridays, Jan.

5-May 31, (No clinic Feb. 12 & 16), Clinic 1: 9-10 AM Clinic 2: 10-11 AM, Palm Coast Tennis Center. Tennis meets fitness with high-paced, high-energy drills and point play. Our tennis pros will lead both beginning and advanced players alike through a challenging workout. All skill levels are welcome. \$12/class

DOUBLES ROUND ROBIN

Sundays & Tuesdays, Jan. 2-June 2, (No play Feb. 13 & 18, March 31), Sundays, 9:30-11 AM, Tuesdays, 6-8 PM, Southern Recreation Center. In round-robin tennis, everyone has a chance to play against each other and experience a variety of games. All ages and abilities are welcome. It's a great way to meet new members of our tennis community. 18+ years, \$7/class

DOUBLES SKILLS TENNIS

Wednesdays Jan. 3-May 29, (No class Feb. 14), 9:30-11 AM, Southern Recreation Center. Build your doubles

skills with instructor-led situational drills and games. You don't need to register with a partner and all skill levels are welcome. \$17/class

WOMEN'S DOUBLES HIGH PERFORMANCE

Mondays Jan. 8-May 27, 9-10 AM, Southern Recreation Center. Take your doubles game to the next level with a specialty clinic designed for intermediate level or higher

Flagler County Orchid Society

Monthly Meeting • May 30 at 7 PM
Trinity Presbyterian Church • 156 Florida Park Dr.
Orchid species and care are discussed
and guests are always welcome.

Contact: Jeanne Long
386-931-3156



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County news.



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Artie Gardella, a resident of Palm Coast for multiple decades, has announced the new expansion of his senior fitness program, Synergy Senior Fitness. The change was made as a result of increased demand, according to a press release detailing the change. Those wishing to attend the new class can come to St. Thomas Episcopal Church on Belle Terre Parkway at 10:30 AM

on Mondays and Thursdays. The program aims to promote muscle tone, strength, endurance, balance and flexibility. It's covered by most insurance providers. Uninsured participants can join in by paying a donation.

Synergy Senior Fitness offers a variety of classes in several locations between Flagler and Volusia counties. According to the program's website, the following locations and time slots are available:

Palm Coast Community Center, 305

Palm Coast Parkway NE
Mon & Thurs, 12:00 PM –
Balance and Motion

First Baptist Church, 2301
Commerce Pkwy, Bunnell

Tues, 9:15 AM – Synergy Classic

Tues & Thurs, 9:15 AM –
Active Fit

Tues & Thurs, 10:15 AM – Pilates

St. Thomas Episcopal Church,
5400 Belle Terre Pkwy

Mon & Thurs, 10:30 AM –
Synergy Classic

doubles players. Please register in person.

18+ years, \$15/class

LEARN THE BASICS OF YOUR COMPUTER

Tuesdays, Feb. 20, March 19, April 16, May 21

10-11:30 AM, Palm Coast Community Center. Learn more about your computer, like basic care, programs, and the importance of internet security. 18+ years, Free

FLORIDA HEALTH CARE PLANS WELLNESS WORKSHOPS

Thursdays, Feb. 29, March 28, April 25, May 30,

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

YOGA FOR ALL

Tuesdays & Thursdays, Jan. 2-May 28, 9-10 AM, Palm Coast Community Center.

Relax and restore through stretching, yoga poses, breathing, and relaxation led by certified instructor Michele Cotto. \$8/class or \$6.25/class with the punch pass **ZUMBA®**

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

LUNCH N' LECTURE

May 10, 11 AM-12:30 PM, Palm Coast Community Center

Presented in partnership with AdventHealth. Join professionals during lunch for discussions on topics that may affect the lives of our adult community. Free

May 10 - City of Palm Coast, Pump/Lift Station Maintenance

Just So You Know...

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

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

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*Refunk Your Junk • Art Classes • Coastal Decor
Art Supplies • Parties • Private Lessons*



PALM COAST FLORIDA
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Personal Insurance

Are you fully protecting what matters most to you?

Nothing is more personal than the pieces that make up how you and your family move through life each day. When things happen unexpectedly, you need insurance coverage uniquely tailored for you and how you live your life. Making sure you're protected from every angle is where we come in.



Property

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



Individual

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



Vehicles

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



Select Business

- Business Owners
- General Liability
- Tradesman
- Public Liability
- Workers Compensation



Meet Your Advisor

Michael Zeeff
Personal Lines Insurance Agent

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Your go-to personal lines insurance agent in Palm Coast, FL. Specializing in Auto, Home, Specialty, Life, and Small Business coverage. Michael brings local expertise and a personalized touch to safeguard what matters most. Known for his friendly service, Michael ensures tailored solutions, offering peace of mind to the community through comprehensive insurance expertise.