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ISSUE 13

August, 2022



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Editor/Publisher

Tom Aikins

Associate Editor

John Williams

Art Director

Lili Pappas

Business Manager

Ann Chuimana

Advertising Manager

Bill Meyers

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386-237-4450 or at:
palmcoastmagazine@
gmail.com. Palm Coast is
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When the first issue of Palm Coast magazine was published in August of 2021 there was no real expectation in terms of what the future might bring. After all, we were starting a magazine as a pandemic was barely leaving us, as the economy was still somewhat shaky and in a business climate that was uncertain at best.

Fortunately for us the economy continues to roar along, despite the naysayers, local businesses have only one problem — not enough help — and the city continues to grow by any metric you choose.

So we're grateful for a successful first year in business and also our first year living in Palm Coast. We're blessed to have met some really genuine and warm people since we moved here from the North and we're sure that will continue as we become more and more a part of the community. To everyone who has helped us this far, and there are too many to name, we'd like to extend our warmest thanks as we look forward to more issues of Palm Coast and more years in Palm Coast.

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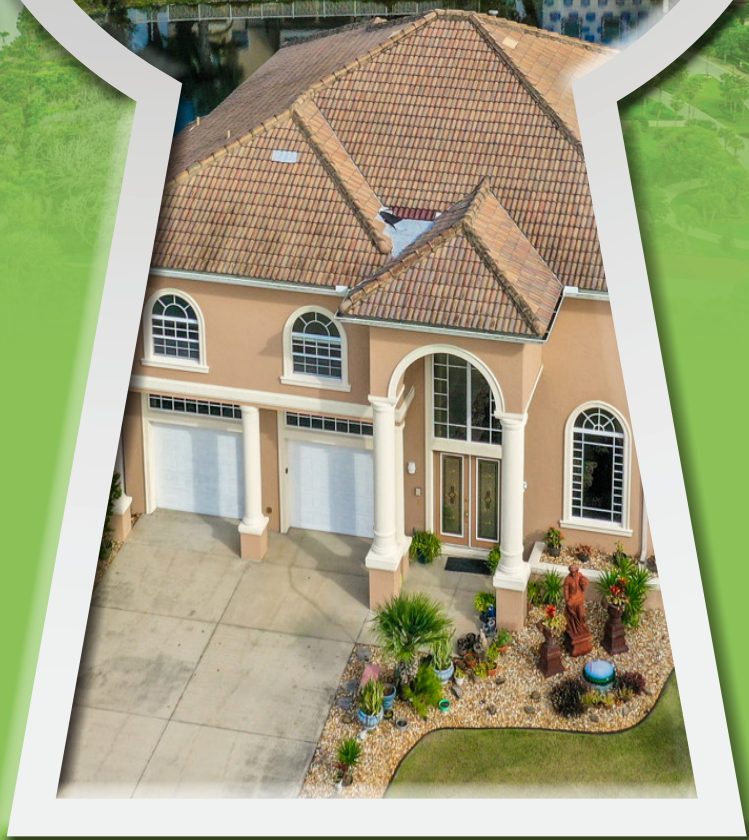


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News Of The Palm Coast World

REMEMBERING HEROES



Remembering Heroes Fall Festival Set For September 24, 2022 at City Center

When her youngest son was killed serving in Iraq on July 24, 2003, Cathy Heigher's world was turned upside down. His death also set her on a new course she would never have imagined possible.

She quickly became one of the nation's most active and most effective advocates for veterans — including meeting twice with President George



W. Bush to lobby for changes to what she said she couldn't believe were the "shockingly low" death benefit the families of military members killed on active duty received.

At the time when her 22-year-old son, U.S. Army Corporal Raheen Tyson Heigher, died the death benefit of \$10,000 just barely covered the \$9,333 price tag of his funeral services.

"Something had to be done about this," Heigher said.

"There is no reason our children should be going over to a foreign country to fight to protect our nation and make the ultimate sacrifice laying down their lives for their families to find out their life was only worth \$10,000."

Ultimately, Heigher saw passage by Congress and signature by Bush 43 of the federal Raheen Tyson Heigher Life Insurance for America's Troops Act in 2005 that mandated significant raises in the dollar amounts families are paid when a military member is killed on active duty.

Today, her efforts are focused on helping veterans in Palm Coast and Flagler/Volusia counties get connected with resources and support in her role as co-founder and executive director of the Palm Coast based Remembering Vets.

On Saturday, September 24, the community is invited to a full day of honoring and remembering heroes of all types at a Remembering Vets sponsored event at the Palm Coast Town Center at 800 Belle Terre Parkway. The event is scheduled for 10 am. To 6 p.m. In a follow-up article that will be

published in the September issue of this magazine, more details will be released about the attractions that will be presented that day.

"We are going to be honoring veterans and first responders and Gold Star families (families who have a member that died on active duty)," Heigher said. But this year, the annual event is expanding. "We are also honoring local community heroes that stepped up to the plate and above and beyond and way out of their way during this COVID-19 pandemic. From food service industry workers and health care workers, we want to honor them and make sure they know how valued they are."

Quilts of honor are slated to be presented to various heroes, she said.

The event features a plethora of food trucks, the presence

of fire and police personnel and equipment and a game area organized for kids are all planned.

Yes, her efforts were initially inspired by the shocking death of her son. He remains a key motivating factor. But for Heigher, her work supporting veterans and their families goes well beyond merely a personal quest.

"This has given my son's life and death more meaning," Heigher said. "But what I want the community to understand is that we should never forget the sacrifices that these brave young men and women have made for our freedoms and we need to honor and understand that we owe them a debt we can never repay."

You can learn more about Remembering Vets and the upcoming festival at www.rememberingvets.org.

Three Palm Coast Schools Earn an "A" from DOE

Three schools in Flagler County received an "A" grade for the 2021-2022 school year from the Florida Department of Education when grades were released on July 7.

Old Kings Elementary, Belle Terre Elementary and Indian Trails Middle School are the three Palm Coast schools that received an "A" grade.

According to the release the schools statewide "exceeded expectations" in the 2021-2022 academic year, which marks the first full school grade data release since 2019. Grades were not assessed for the 2019-2020 year due to the COVID-19 pandemic, and schools were given the choice to opt-in to be graded for 2020-2021.

The state reported that 100% of schools in Florida graded "F" in 2019 improved their grades

in 2022, and that overall, elementary schools had the largest increase in the percentage of schools increasing their grade with 20%, or 351, improving by one or more letter grade.

In Flagler County, grades remained the same for the majority of schools between 2022 and 2021. No school opted in to be assessed in the 2020-2021 school year.

Two schools saw their grades decrease by a letter grade: Rymfire Elementary School went from a "B" in 2019 to a "C" in 2022, and Flagler Palm Coast High School's grade fell from a "B" in 2019 to a "C" in 2022. Old Kings Elementary School was the only one in the district to improve by a letter grade, going from a "B" in 2019 to an "A" in 2022.

August, 2022



**Flagler Schools Superintendent
Cathy Mittelstadt**

The school district grade for Flagler County did drop to a “B” in 2022 from 2019, when it earned an “A.”

In a news release by Flagler Schools, the district expressed that it has “areas of celebration and areas to build upon as we prepare for the upcoming school year.”

“I am proud of the effort put forth by our school-based administrators, teachers, staff, students, and parents during this past school year. We will take the next few weeks to take a deep dive into the numbers,” said Flagler Schools Superintendent Cathy Mittelstadt. “We recognize there are areas for

targeted improvements, but I know our teachers, students, and school administrators are already preparing to address this in the upcoming school year.”

On a statewide level, DOE was optimistic about the results, which also showed that 84% of schools graded “D” and “F” in 2019 improved their grades in 2022. In addition, the district reported that 469 schools increased their grade in 2022, while 825 schools maintained an “A” grade and 348 schools maintained a “B” grade compared to 2019.

“When I reflect on these school grades and the recent test results, the significant student growth, achievement gap closure and school-wide achievements validate Florida’s approach to get our schools open first and return to normalcy as quickly as possible,” said State Board of Education Chair Tom Grady in the news release.

New Ballot Tracking Service Comes to Flagler Elections

The Flagler County Supervisor of Elections is offering a new ballot tracking service for voters who choose to cast their ballot by mail.

Beginning with the 2022 Primary Election, the Flagler County Supervisor of Elections office will use BallotTrax, a secure communication system to help voters track their Vote-By-Mail ballots. BallotTrax has the capability to send text, email, and voicemail notifications reporting the status of a voter’s ballot during an election. More than 500 counties across the country have used BallotTrax to allow voters to track the status of their mail ballots. Flagler County voters can sign up by visiting: www.FlaglerElections.gov/trax

The system does not change or update voter registration. It uses information available from the USPS to track outgoing and

received mail, and voter registration information that is made available via public record.

“This tracking service will help our voters who vote by mail, giving them confidence that their ballot has been received and counted by our office,” stated Kaiti Lenhart, Supervisor of Elections.

Voters who don’t use the new BallotTrax system will still be able to view their ballot status via the Elections Office website at: www.FlaglerElections.gov/VBM



Kaiti Lenhart, Supervisor of Elections

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Local Happenings



The Palm Coast Flagler Chamber of Commerce organized a ribbon-cutting ceremony for the opening of Carpenter Homes' new Palm Coast headquarters on June 23 at their office in the Publix Shopping Center near City Center.



The Boss Ladies of Flagler County held a fundraiser at Sun Bros Cafe in Flagler Beach on July 19 as part of their monthly event and were able to raise over \$1400 for the charity, Christmas Come True. For more information on this group See their Facebook page.



At the suggestion of David Ayres, (left front) Flagler Broadcasting organized a fund raising event to benefit the Grace Community Food Pantry, the largest in the county. Some of the local luminaries who helped are shown here after raising \$125,000 on July 9.



The Coffee & Contacts networking group held their monthly meeting at Lohman's Funeral Home in Palm Coast on July 15 at 8 AM. For more information about this networking group see their Facebook page.



The Palm Coast Professional Business Network group held their weekly meeting at Carrabba's Italian Grill in Palm Coast on July 14 at 7:30 AM. For more information about this networking group call Brad at 386-283-0955.



The Flagler County Sheriff's Office (FCSO) Motors and Traffic Unit received an award recently for placing third in the Top Three of 34 entrants in the Florida Law Enforcement Traffic Safety Challenge (FLETSC).



Bob Snyder and Cindy Dalecki (center) were MCs for the annual Flagler Fourth of July Parade which took place on A1A and was hosted by the Rotary Club of Flagler Beach. Judges selected several winners who went all out to showcase their themed creations.



The Diamond Referral networking group held their weekly meeting at Carrabba's Italian Grill in Palm Coast on July 13 at 8 AM. For more information about this networking group call Brad at 386-283-0955.

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Palm Coast People

Continuing her husband's legacy

Meet Teresa Rizzo, the new executive director of the Flagler County Education Foundation.

It's not a position she wanted less than six months ago.

She was busy as a literacy director with the state department of education after many years in the classroom. She was happy supporting the education foundation as the wife of its executive director volunteering alongside her husband working on carrying out a mission that they both shared to improve the educational outcomes for Flagler County's children. But after her husband, Joe Rizzo, died unexpectedly earlier in 2022, she knew it was a position she should apply to fulfill.

"I thought through all of the things becoming the executive

director would mean. I thought about what it would feel like taking over, stepping into his shoes and how big and impactful those shoes were," Teresa told the Palm Coast Magazine. "I knew that this was a labor of love."

In the five years since he became director, Joe had taken the organization founded in 1990 from identifying a plethora of needs to be met to an organization with varied and wide-reaching programs supporting education in Flagler County with a more than \$760,000 annual budget.

"Joe was the most fearless person I have ever known," Teresa said. "He was never scared to ask. When I feel myself starting to be 'overly cautious' about asking for help on behalf

the county's children, I always remember he would say that the worst thing someone can tell him is no and that before he asked for the help, that was where he was anyway."

Admittedly, Teresa said, she and Joe are very different people.

"The staff here tell me that Joe was what the organization need for the past five years to get to the level it is at. Now, they tell me it needs you to put those plans in place so that it can be sustained. It was amazing how he could just shoot from the hip and make amazing, amazing things happen. Now it is time for adding systematic plans."

Teresa said she is a more systematic type of leader than her husband was.

"I like having a plan," she said. "I believe the foundation needs to have a strategic plan now to continue and grow its work."

Not that her influence hasn't already been a big part of her husband's work.

"Our pillow talk often was about what teachers needed in classrooms," Teresa shared noting that while Joe served as executive director, she was the one in the trenches seeing what was happening in school. "We would share ideas and collaborate back and forth and talk about what teachers and students were really struggling with at the school level where the work is done."

Even though their leadership styles varied, Joe and Teresa shared many things including

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Teresa Rizzo

both having a degree in education from Mars Hill University, a private faith-based college in Mars Hill, North Carolina, which is located in the greater Asheville, North Carolina, area. One of their children now attends Mars Hill playing golf for the university.

They also shared a passion to help kids. That joint passion is what Teresa said keeps her going now that she is without her partner.

"I don't have him to bounce

things off of now," Teresa said. "But for Joe and I, kids were always our passion. We wanted to make sure we were supplying students with those fundamental things that they didn't have before. It was so fulfilling for the two of us and I know it will continue to be that as I carry on."

Learn more about the Flagler County Education Association online at www.flagleredfoundation.org.

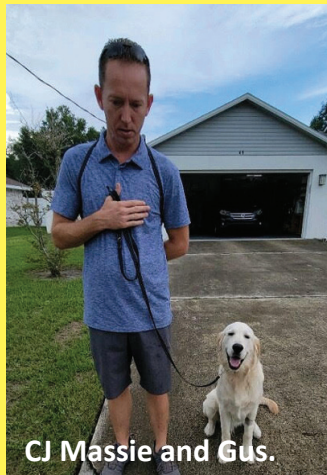
— Amy Armstrong

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Pirates Provide The Bounty For Foster Family Fun

Finances are tight for foster families.

That's why a Palm Coast based group of pirates star in murder mystery shows and participate in a bunch of other fundraisers.

They are called the Seawolf Privateers and they are 40 members strong in less than a year of existence.

"We just want to help 'foster' some bonds between all the kids living in a foster family," Cayti Brinegar, a member of the group, told Palm Coast Magazine. "We want to include everyone — the foster kids, the biological children in the family and the parents or guardians — to spend time together just having fun and making memories together."

Trouble is that goal isn't

easily achieved for foster families. At least not from an economic perspective.

"Just the expense a foster family faces in trying to plan an outing for the entire family is many times too much," Brinegar said.

That's why the Seawolf Privateers are doing a "fun day" for foster families this month. On tap are of course, appearances by the members of the group dressed in their appropriate garb, plus appearances by members of the Sirens, a St. Augustine based mermaid group. Bounce houses, face painting, treasure hunt, a magic show, carnival games and of course food and shaved ice to help beat the heat. Every child also receives pirate-themed souvenirs, Brinegar said.

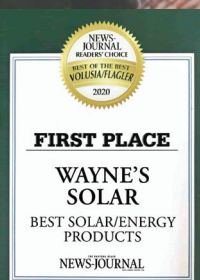
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Brinegar said social service agencies that assist foster families throughout the year are encouraged to set up a booth as well. The Privateers want the event to not only provide foster families with a memorable experience, but also provide a “one-stop shopping” opportunity for foster families to sign up for the varied programs available to help meet their needs.

“Instead of having to run around to all these different agencies, we hope that having the agencies present there will help reduce the amount of effort and stress families have to go through

to get the assistance they need,” Brinegar said.

The entire event is free to foster families and Brinegar estimates the event will cost a total of \$6,000. Much of that has been raised via two murder mystery shows in July.

The group still seeks help from the community — particularly from businesses that can donate food or drink items or take home items for the children in attendance, she said.

You can learn more about the Seawolf Privateers online at www.seawolfprivateers.org. Monetary donations also accepted at that website.

— Amy Armstrong

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Health & Wellness

Weight gain as we age isn't inevitable

It seems to be almost a fact of life that as we get older we also get heavier. Why does this happen? And is there anything that can prevent it? Neither of these questions has a simple answer but here are some factors that have traditionally affected this phenomenon.

One of the biggest factors that influences weight gain is our metabolism. When we're young it's high. As we get older, usually around our mid-20s, it slows down which means that we burn calories at a slower rate. There's nothing anyone can do about this as it's part of normal human development.

Another big factor, unsurprisingly, is the rate at which we consume calories. Obviously, the more calories that you consume, the more you have to burn off and if you don't burn off those calories then you're going to gain weight. It's really as simple as that.

There's another factor that may be affecting weight gain as people get older and that's the loss of sensory stimulation from physical sources. Quite simply, as people get older and have sex less frequently there's plenty of evidence to suggest that substituting food for sex is something that many people do to compensate for receiving less physical satisfaction than during their more sexually active years.

The fact that eating is an important source of sensory stimulation was driven home to me the first time I fasted. I lived on protein pills and apple juice for 15 days and could have done so for a lot longer (I think) except for the fact that the loss of sensory stimulation from tasting food became a real problem.

When I finally did start eating again the flavors were, seemingly at least, more powerful or concentrated or some-

thing that I definitely noticed as being different. What I think happened was just that I really missed the simple sensation of eating and tasting flavors which is a powerful sensory experience.

And researchers have found that the brain treats food and sex in many similar ways so there is some scientific evidence of a direct correlation between having less sex and feeling like eating more. So maybe having sex more to help control your appetite will work or maybe it won't, but surely there's no downside to trying this.

So what can we influence in our quest to keep off weight otherwise? Since our bodies store excess calories as fat, the most obvious way to keep your weight down is to consume less calories. Eat less, in other words. Easier said than done, obviously, but it's the first step to take.

One of the best ways to make money, it seems, is to come up with a new diet plan for people who haven't been able to lose weight. Most of these are fads and are ineffective, of course, because if anyone ever came up with a plan that actually worked for people then everybody that wanted to lose weight would already be following it.

And there is also, I think, a real misconception of what it takes to actually lose weight and keep it off. The greatest development in the last decade or so for people who want to watch their weight has been the introduction of nutrition labels on food and calorie counts on restaurant menus. You can now easily calculate the number of calories that you consume every day.

It's very easy to see how many calories you consume

and then it's easy to gradually find out how many calories you actually need each day. Everybody's different but most adults need about 2,000-2,500 per day to maintain their weight. Consume less than that amount and you lose weight; consume more than that and you'll gain.

First, get a scale and weigh yourself every day. Every day. Then track your caloric intake



every day. Gradually you'll see the direct correlation between what you're eating and how it affects your weight.

You will gradually find out how many calories you need to consume every day until you lose what you want. And here's a reason that people have a hard time committing to a diet in the first place — the thought of not being able to eat food that you love in order to lose weight. Here's the reality.

First, when you're at the weight you want, you don't need to eat less than your optimal daily calorie count. If you don't need to lose weight then eat as many calories a day as you can without going over your optimal amount (2,000-2,500). You can eat a cheeseburger whenever you want, for

example, as long as your calorie count for the day is okay.

This may seem like a pain in the butt at first since it requires a bit more planning than usual. But, the more you count calories the easier it gets and eventually you'll know what you can eat and how much of it, based on your experience.

In the beginning you might want to write down everything you eat and then calculate the number of calories you consumed. That's an easy way to keep track. And it's easy to find out how many calories anything has. Just Google it.

The other side of the equation to eating sensibly is exercising in some way. I've spent most of the last 45 years running and working out, usually five or six days a week.

This is probably more than most people have the time for if they are of working age and have families, commitments, etc. I would argue that there is nothing more important than staying as healthy as you can, however the reality is that most people aren't going to have the time or inclination to be as dedicated as I am in this regard.

But that's okay. In my next column I'm going to show some ways to work out that don't take a lot of time and are enough to keep you active and burning calories without exhausting you.

With a sensible exercise plan that you can maintain to complement your healthy eating, you should hit your target weight eventually and, more importantly, stay there.

— John Williams
August, 2022

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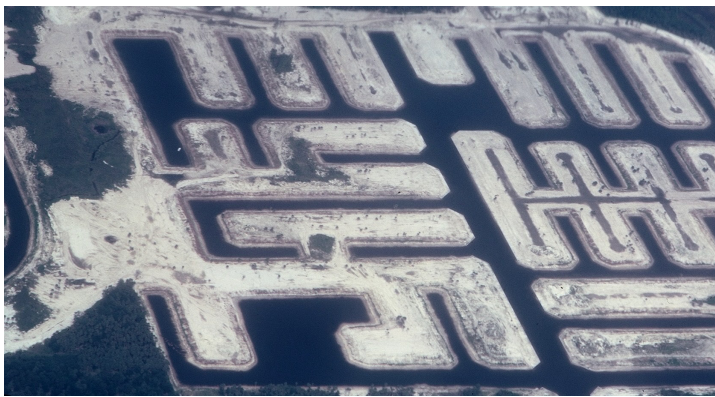
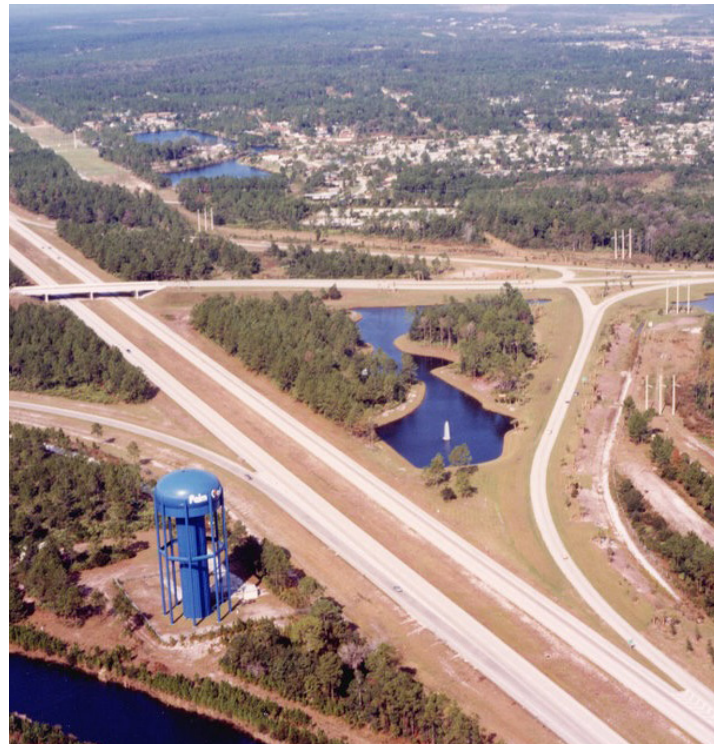
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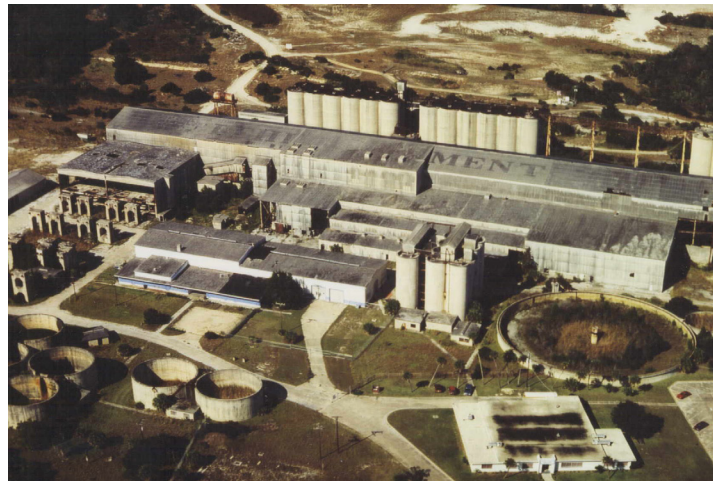
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When you call Atlantic Benefit Consultants LLC Florida License # L088821, owned and operated by Debra Sephton Licensed Broker, you will be speaking with one of our local licensed health insurance agents. We are not affiliated with the U.S. Government or Federal Medicare Program. This is a solicitation for insurance.

Historical Society Photos: What's There Now?



If you've lived in Palm Coast for some length of time, and these pictures somehow look familiar to you, there's a good reason. These are all pictures taken at various times in Palm Coast's development over the last 50 years or so. Next month we'll publish the corresponding photos that show what these spots look like today. Some of the changes are pretty startling, as you'll see.



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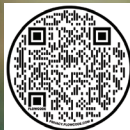
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Monday

steel darts tournament

Palm Coast Salsa Dance Lessons 6:30-8:30

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Tuesday

WING NIGHT

Line Dance Lessons 4-6

Entertainment 6-9
Queen of Hearts

Wednesday
Cornhole
Tournament

East Coast Beach Baggers Cornhole Tournament 6-12

Club 51 Charity TX Holdem 6:30-10

Thursday

COUNTRY
LINE DANCE
NIGHT

Lessons with Karen & James 4-6

DJ Jim 6-9

Friday



BINGO 11:30AM



Randy "Elvis" Filippi
Tuesday Aug 2 & Sep 6

DISCO NIGHT!

Soul Fire Aug 13



July 30 - Fabulous B Naturals
August 5 - Latin Social Night
August 6 - Club 51 Bar Games Night
August 13 - Soul Fire (Disco Night)
August 20 - Black Velvet
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Sept 3 - Trish & the Party Train



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Homeowners Corner

What should a home inspection cover by Darrell Algarin

Home inspection is a vital part of the home buying and selling process. It can help home sellers prepare their home for sale and home buyers avoid expensive repairs later. Having regular home inspections every few years also provides homeowners with valuable information on how to maintain their investment and even improve home value. Here is everything you need to know about residential home inspection and what to expect from a home inspector.

What Does a Residential Home Inspection Entail?

A residential home inspection is a visual, non-invasive inspection of many different components of the home. A highly trained and certified home inspector will examine the home from the foundation to the roof, where accessible and safe to do so. This includes electrical wiring, plumbing, HVAC equipment, and more. It is important to note that the inspector will not be moving furniture or other items to get to inaccessible areas, so home sellers should prepare their home for inspection. After completing the home inspection, your home inspector will provide a detailed report with findings. Your local WIN Home Inspector will also provide maintenance tips and solutions, and be available for any follow-up questions.

A home inspector will examine the following components of the home where accessible and safe to do so:

Darrell Algarin is the owner of D&L Home Inspections in Palm Coast. He can be reached at 386-281-7453.

18

Structure – The inspector will examine the foundation of the home and the overall construction. This includes checking if siding appears loose or damaged, if the windows and doors function as expected, if screens are present and in good condition, if any thresholds are loose, and if there is any rot.

Exterior – An exterior inspection covers the roof, gutter system, and crawlspaces. It will also check surrounding landscape such as walkways, driveways, steps, decks, fencing and patios, and whether the landscape allows for proper drainage.

Interior – This part of the inspection covers everything from the chimney to skylights to the attic, basement, and walls, floors, and ceilings. Your inspector will point out any issues they find and include them in the home inspection report. Common issues include water damage, loose plaster, damaged fixtures, cracks, and more.

Electrical – Your inspector will check electrical components including light fixtures, electrical outlets, and major appliances. They will also check the HVAC unit for proper function.

Plumbing – Finally the home inspections covers bathroom and kitchen fixtures as well as the home's water heating system.

What to Expect

It is extremely rare that any house, even a newly built one, is 100% issue-free. It is vital to find a reliable home inspector who will provide a thorough home inspection, which will help identify issues and answer questions. Your trusted home inspector will also be able to

provide suggestions for next steps, such as how to identify issues with leaky roofs.

How to Find a Good Home Inspector

A quick Internet search will turn up dozens of results for residential home inspection services in your area. Before



settling on one, take the time to conduct some research and ask questions. Getting the right home inspector can mean the difference between discovering material potential issues in the home before sale or having to deal with costly last minute or future repairs.

Recommendations and Reviews

Ask friends and family for recommendations and read reviews online. Your real estate agent may also suggest a home inspector. A home is a big personal investment. It's worth taking the time to find the right inspector.

Ask to See a Sample Report

Many reputable home inspectors have sample reports available on their website. If not, ask to see a sample report. The sample report can give you a good idea of how thorough the inspector is. It should iden-

tify and detail any issues or defects, and provide suggestions on how best to fix it. The report should also include plenty of photos, be well organized, and easy to follow.

Avoid inspectors who only offer a checklist—this is not a complete report. A good report will give you an excellent idea of the home's condition, both

positive and negative. This includes noting items that need fixing, recommending items that should be fixed, and identifying any unsafe conditions.

Lastly, ask how long after the inspection you will receive the report since timing is crucial during the home sale process.

Ask About Credentials

A reputable inspector must be certified and insured. Do your own due diligence to ensure that your home inspector has the appropriate certifications and/or licenses.

After purchase, homeowners should consider having a Home Health Check Inspection every 3-5 years. During this inspection, the home inspector will provide information on the current condition of the home. Regular inspections can help catch issues early and provide suggestions for next steps before the issues become larger problems.

August, 2022

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Flagler County Orchid Society

Beautiful flowers are par for the course at the Orchid Society



The Flagler County Orchid Society's mission is to promote education in orchid culture and care especially for the hobby orchid grower. It is not difficult to grow these fabulous and beautiful plants as a hobby. Anyone can come to our meetings to learn how. The FCOS has been an affiliated organization of the American Orchid Society since November of 1990. Meetings are held the fourth Thursday of the month at 7 PM, at Trinity Presbyterian Church on Florida Park Drive in Palm Coast. We welcome visitors and always look for new members. The FCOS's main event is an annual orchid auction which will be held on September 22, 2022 and is open to the public. You can find us at [Facebook.com/flaglercountyorchidsociety](https://www.facebook.com/flaglercountyorchidsociety). On this page are pictured: 1- Cattleya, 2- Phalaenopsis, 3- Vanda, 4- Vanda, 5- Phalaenopsis, 6- Myrmecophila, 7- Cattleya.



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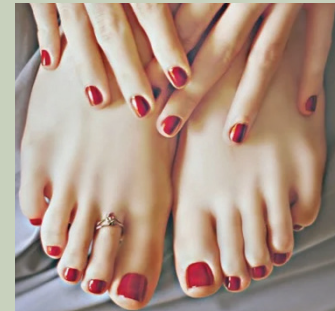
NAILS BY ANN



Manicure, Pedicure, French Gel, Dip Powder, Builder Gel, Poly Gel



Upstairs over
Dominic's Deli
in City
Marketplace.



Appointments
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HAPPY BIRTHDAY TO US!

It's hard to believe that one year has passed since the first issue of Palm Coast magazine was published. And in that year, the magazine has changed in many ways, mostly notably in the number of pages, but also in a number of other ways as we have learned from and adjusted to the market conditions that are peculiar to Palm Coast itself.

When we published the first issue of Palm Coast we weren't sure of what would exactly interest readers here. It took us several issues but we came up with a theme for the magazine that has provided us with a blueprint for publishing the magazine for now and in the future.

It's nothing radical. We just decided that the only information that we would publish in the magazine would have to be focused on Palm Coast and only Palm Coast. Seems rather self-obvious now but in the beginning we were interested in putting together a package of information that would entertain and inform our readers just like we did for any of the previous 11 magazines we've published over the years.

However, the current market reality is that publications with a broad-based variety of topics are the publications that are dying the fastest in the internet age. Think daily newspapers. They're the genre of publications that has been hurt the

most by the internet, both editorially and advertising.

If I'm a sports fan, for example, is it easier for me to read a daily newspaper for the information I want or simply go to the ESPN website or the Sports Illustrated website, or a half a dozen others to read exclusively about sports?



You see the problem for a newspaper. And on top of that, Craigslist took most of the classified advertising revenue from newspapers which was always their bread and butter as far as income went. This was a serious blow to their bottom lines and helped precipitate the rapid decline of the newspaper industry in general. In fact, there's a website called newspaperdeathwatch.com which has tracked newspaper closures in the U.S. for a number of years now.

On the following pages you find a summary of the articles that we published in each of our last 12 issues. If you would like to get back copies of any of the issues please send your request to palmcoastmagazine@gmail.com and include your phone number.

So we went back to one of the first things we were taught in journalism school many years ago: people are most interested in hearing about what's happening in their own backyard. So that's the guiding philosophy of Palm Coast magazine. It's gotta be about Palm Coast to make it into the magazine.

To take this a step further, in terms of what is happening in the publishing industry nowadays, it seemed to us that the only publications that are thriving in the current environment are ones that have a small, well-defined niche.

For example, Palm Coast and what's happening here, is our editorial niche and our readers pick up the magazine because they want to know what's happening around them on a regular basis.

And, if you wanted to find the

information that is included in every issue of Palm Coast you might be able to find some of it on websites but it wouldn't be easy and some of what we publish you would never find anywhere.

Where would you find information on what local charities are doing in the area, who some of the best local artists are, what personalities are helping to make Palm Coast what it is, or a plethora of other topics that would interest local readers and that you can find in our pages? We can't think of any medium that provides the type of information that we do.

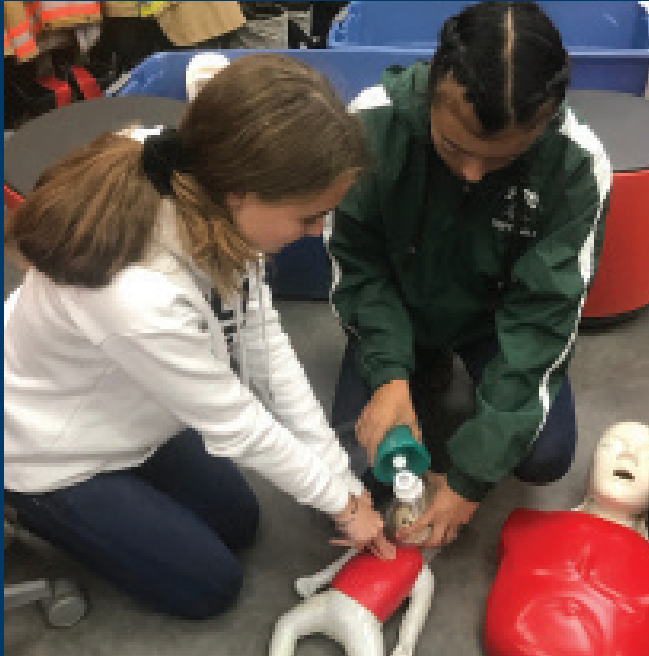
So we think that we have a unique editorial product that provides people with useful information in a timely fashion. It's the basic recipe for success that publications have been using forever. And if you add to this the fact that people can't get this information anywhere else then you have all of the ingredients you need for a successful magazine.

So that's our story and we're sticking to it. We'd like to thank everyone who has made this sojourn of ours so interesting and even fun so far. We're committed to continuing to publish the best package of information we can for our readers and we look forward to many more years of publishing that are as rewarding and exciting as this first one has been.

— Tom Aikins

Can You Help Us On Our Journey?

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



Some of our many programs: Take Stock In Children, Connect Bus, STUFF Bus, Josh Crews Writing Project, Career Coaching, Teacher Grants, Classroom to Career Flagships



386.437.7526
www.FlaglerEdFoundation.org
1769 E Moody Blvd, Bldg 2, Bunnell
**Flagler County
Education Foundation**



Issue #1, August 2021

Cover Story: Palm Coast Today And Tomorrow. We looked at where we were at the time and also took a look at what the future could potentially bring for Palm Coast.

Features: Recreation in the City; Carrabba's restaurant review; Dancing In Elite Style; Blues Comes To The Village; Art Column: The Turtle Trail and local art installations starting up after Covid.

Advertisers: Arctic Breeze, Hungry Howie's, Better Homes And Gardens Real Estate, Building Maintenance Services, Gotcha Covered, Autohaus Of Palm Coast, CJ's Canine Obedience And People Training, Five Star Insurance Services, Cory's Affordable Computers, Kelly Lay Cleaning, Sophia's Massage, Farmer's Insurance.



Issue #2, September 2021

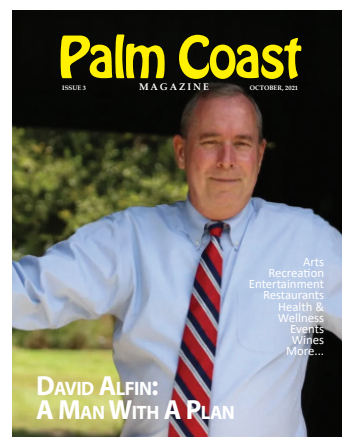
Cover Story: Who Is This Man And How Is He Helping Our Kids. We interviewed Joe

Rizzo, Executive Director of the Flagler County Education Foundation and learned about all of the great programs they have to help the county's kids. Tragically, Joe passed away this past February but his wife Teresa has assumed his leadership role in the foundation.

News section: Local Woman Strives to Honor Veterans and Raise Awareness, Ocean Jewelry Hosts Grand on October 2, Flagler Schools Impact Fee Study Is Complete, Hospitality Industry Still Facing Worker Shortage.

Features: Personal Finance, The Art of Drinking Wine, Health & Wellness, Parks and Recreation In The City, Mamaling's Takin' It to The Streets Asian-Style, Table Talk, Entertainment: City Repertory Theater presents Lady Day, Flagler Playhouse presents Neil Simon's Rumors. Arts In Flagler.

New Advertisers: In The Weeds Yard Maintenance, Carabba's Italian Grill, Moonrise Brewing, Ocean Jewelry, AAG Reverse Mortgages, Village Pub & Deli, Flagler Auditorium.



Issue #3, October 2021

Cover Story: David Alfin: A Man With A Plan. We interviewed Mayor Alfin and printed some of the details of the Palm Coast master economic plan as it started to reach important milestones.

News section: Palm Coast Places Fifth in Overall City

Government Awards 2021, Constitution Day Celebration Takes Place In Palm Coast, Marine Corps Birthday Coming Up Soon, City Council Considers New Development Projects

Features: Health & Wellness, Wines, Restaurants: Green Lion Cafe Is More Than Par For The Course, Artist Profile: Art LaMay, Finances, Entertainment: City Repertory Theater presents Urinetown, comedy at the Hilton Garden Inn featuring JJ Walker.

New Advertisers: Sunsure Insurance, Evolve Beauty Institute, Curleytail Design, Palm Coast Delivery Service, Air & Surface Pro, Atlantic Benefit Consultants, Complete Wildlife Solutions, Elite Dance & Travel, Amplified Off-Road, Southern Girl Consignment & Decor, Beaver Home Services.



Issue #4, November 2021

Cover Story: We're Back: The Flagler Auditorium Returns. We chronicled the backstage happenings at Flagler Auditorium including the people who make the shows there go as they celebrated their 30th anniversary and returned to a full slate of shows for the first time since the outbreak of Covid.

News section: Trustco Is Palm Coast's Newest Bank, Small Business Program Launched By Chamber

Charity feature: Christmas Comes True Charity Helps Flagler Families In Need Every Year

Historical Society feature: The

Origin Of Palm Coast and the Town's First Golf Course
Columns: Health & Wellness, Finances, Arts profile: Hanneke Javons, Restaurants: Texas Roadhouse, Entertainment: Flagler Youth Orchestra concert, City Repertory Theater presents Noel Coward's Blithe Spirit, Flagler Playhouse presents The World Goes Round.
New Advertisers: Phoenix Jewelry, Dr. Paint, Eagle Pest Solutions, Lora Fickett, Financial Coach, Trustco Bank, Lohman's Funeral Home,



Issue #5, December 2021

Cover Story: Christmas Buyers Guide. We featured special offers and deals on Christmas gifts from local merchants.

News section: The Palm Coast Holiday Boat Parade Under a Full Moon, Norman Joins The Turtle Trail

Charity feature: Live Like Cameron Foundation

Historical Society feature: Holiday Activities In Palm Coast From Years Past

Columns: Personal Finances, Health & Wellness: Winter is for lovers by Erica Rivera, Restaurants: Moonrise Channels A Gastropub Vibe, Entertainment: Palm Coast Choral Arts Society presents The Sound Of Christmas, Lime-light Theater in St. Augustine presents A Christmas Story, an adaptation of the successful holiday movie.

New Advertisers: The Item By Cornoldi, Eye-Style Optical, Pivotal Health Systems, Nail



Issue #6, January 2022

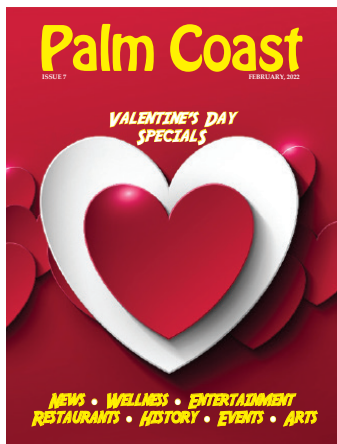
Cover Story: Special Section: Health & Wellness. We took a look at a dozen local businesses that provide a wide variety of health and wellness services.

News section: MetroNet Brining Fiber Optic Network To Palm Coast Soon, New Palm Coast Internet Provider In Over 120 U.S. Cities, Holiday Events In Palm Coast.

Charity feature: Emmanuel's Closet Helps People Get Quality Clothing

Columns: Restaurants: Pizza Is The Star At Mezzaluna, Art Profile: Jan Jackson, Entertainment: Wait Until Dark at the City Repertory Theater, Mass Appeal at the Flagler Playhouse.

New Advertisers: All About Price, Paradise Grove Property Management, Preferred Book-keeping Services, Palm Coast Duplicate Bridge Club



Issue #7

Cover Story: Valentine's Day Special Section. We found

August, 2022

all kinds of gifts and specials treats along with great presents for lovers.

News section: Flagler Access Center Is Now Flagler's Only Mental Health Facility, Louis Is Now Turtle #16 On The Palm Coast Turtle Trail

Local People: Amelia Fulmer from the Flagler Auditorium

Charity feature: Flagler Humane Society

Historical Society feature: Some Of The Organizations That Helped Create Palm Coast

Columns: Health & Wellness: Carpal tunnel syndrome, Restaurants: Osteria Rustica's Quality Doesn't Match Their Prices, Entertainment: The Mountaintop at City Repertory Theater, Company at Flagler Playhouse, Flagler Auditorium attractions, Artist profile: Emma Fleischer.

New Advertisers: Dana Davis Realty, Imperial Tile, D & L Home Inspectors, Jeanine Volpe Realty.



Issue #8, March 2022

Cover Story: Homeowners Section: We featured a dozen local businesses that provide goods and services specifically for homeowners.

News section: Elite Airways Adds Flight From St. Augustine To Portland Maine, Grand Haven Croquet Club Wins Big At Sarasota Holiday Classic and Jone Invitational Tournaments, Deputy Sheriff Receives SAR Life Saving Medal, Reward Offered For The Return Of Quilty The Turtle, Local Happenings.

Charity feature: Hammock Thrift Store

Palm Coast People: Matt Klinkenborg

Historical Society feature: Rosewood The Subject Of Latest Historical Society Presentation

Columns: Health & Wellness: fasciitis problems, Restaurants: Fifth Element's Indian Food Hits Close To The Mark, Entertainment: The Revolutionists at City Repertory Theater, Married To Broadway at the Flagler Auditorium, Osage County at the Limelight Theater in St. Augustine, Art profile: Trish Vevera

New Advertisers: Killian's Screens & Gutters, Alarmpro Security, Stressless Pressure Washing, Palm Coast Vacuum Center, Cut Up & Sew.



Issue #9, April 2022

Cover Story: 2022 Garden Club Preview: We featured the Palm Coast Garden Club's annual flower and plant festival which took place at Flagler Palm Coast High School in April.

News section: FCSSO Opens Registration for Spring Citizen's Academy, John Fanelli Appointed to Vacant City Council Seat, Death Of Education Advocate Leaves Gaping Hole in Flagler County, Local Happenings.

Charity feature: Flagler Cares

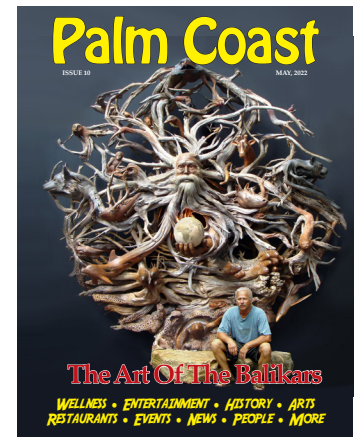
Local People: Tom Gargiulo

Historical Society feature: Early Maps The Subject Of Latest Speaker Series

Columns: Health & Wellness: Can Massage Therapy Help

You?, Restaurants: Sonny's Barbecue Offers A Taste Of "Real" Barbecue, Entertainment: Waiting For Godot at City Repertory Theater, Proof at Flagler Playhouse, musical acts One Night In Memphis and Splish Splash at Flagler Auditorium, Art profile: Karen Ann Patton.

New Advertisers: Wayne's Solar, Charcuterie Dreams, Online Marketing Excellence, Rapid 3D Scan, Palm Coast Songwriters Festival.



Issue #10, April 2022

Cover Story: Our Mother's Day issue had an article about mother and son sculptors, Joan and Paul Balikar, who live and work in Palm Coast.

News section: Palm Coast State Of The City Event Took Place on April 21, Marine Detachment 876 Helps Local VA Nursing Home, Palm Coast Historical Society to Unveil Original Mural In Honor of Jon Netts, Local Happenings.

Charity feature: New Facility Allows Cat Facility to Expand Its Work

Local People: Muriel McCoy

Historical Society feature: Early Maps The Subject Of Latest Speaker Series Event

Columns: Health & Wellness: Imbalanced neck muscles and chronic pain, Flora & Fauna: Check out some of nature's beauty in our own backyard, Garden of the Month: The Garden Club's monthly selection, Homeowners Corner: How to help prevent pests from get-

ting into your house, Restaurants: Red Crab's Food Belies Chain Restaurant Status, Entertainment: Flagler Auditorium presents Singin' In The Rain, Artist Profile: J.J. Graham.
New Advertisers: My Fifth Element, Relief Leaf, Nails By Ann, Flagler News Weekly.



Issue #11, June 2022

Cover Story: Hot Fun In The Summertime. We look at many of the summertime activities available here in Palm Coast and the surrounding area.

News section: Garden Club Ceremony of Remembrance On Arbor Day, Historical Society Ceremony Remembers Mayor John Netts, Five Questions For Mayor David Alfin, Local Happenings.

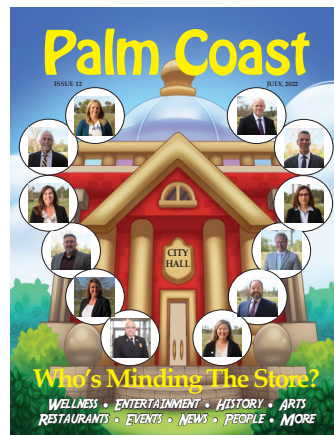
Charity feature: Mid-July Is Target Date For New Goodwill Store

Local People: Brittany Kershaw
Historical Society feature: Weekly Wachee City Of Mermaids The Subject Of Latest Speaker Series Event

Columns: Health & Wellness: Your golf game and your spine, Flora & Fauna: Check out some of nature's beauty in our own backyard, Garden of the Month: The Garden Club's monthly selection, Homeowners Corner: Tips on how to protect and maintain the exterior of your house, Parks & Recreation In The City, Restaurants: Fire In The Hole Offers Simple Basics Done Well, Entertainment: June's Entertainment Options Provide Plenty Of Opportunities to Rock Out, Art Profile: Dave Bowers.

New Advertisers: Granite Repair, Etc., V&R Hardwood Flooring,

Supreme Steamer, The Florida Mortgage Center, ELFA Media Partners.



Issue #12, July 2022

Cover Story: Who's Minding The Store? Who does all of the work in City Hall (other than Mayor Alfin)? We show who does what to make the city work.

News section: FIND Helps Find Future Exhibit Of Flagler's Waterways, Palm Coast Sheriff To Head Florida's Deputy Sheriffs Association, New Fire Chief Selected For Palm Coast, Local Happenings.

Charity feature: Christmas Comes In July Too This Year, Local People: Jared Dawson,

Columns: Historical Society feature: Palm Coast Openings Over The Years, Health & Wellness: Taking care of your knees, Flora & Fauna: Check out some of nature's beauty in our own backyard, Garden of the Month: Pictures from the Flagler County Orchid Society, Homeowners Corner: Tips on how to protect and maintain the exterior of your house, Parks & Recreation In The City, Restaurants: Kawa Sushi Serves Up Southeast Asia, Entertainment: More entertainment in July than just fireworks, the Daytona Bandshell presents tribute bands all summer, and Willy Wonka makes an appearance, Art Profile: Cheryl Kovacs.

New Advertisers: Exit Realty, Flagler County Education Foundation, Off The Hook Mobile Oil Change, Christmas Comes True, Social Club Of Palm Coast, African-American Museum & Cultural Center.

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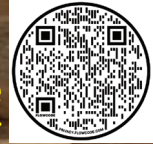
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Cathy P., 10/06/21



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Flora and Fauna

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



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



1. Laughing Gull: A year round resident of Florida, the Gull is aptly named after its unmistakable call. Their head turns solid black during breeding season, mottled gray when non-breeding. **2. Snowy Egret:** Currently listed under the category of Least Concern, these small egrets as adults have black legs and yellow feet. Juvenile's legs are green. Look for these beauties along the shore of rivers and ponds. **3. Mottled Duck:** The male Mottled is often confused with the female Mallard Duck. The Mottled is non-migratory and unique to Florida and the Gulf of Mexico. **4. Ring-billed Seagull:** The most common Gull in North America. Keep an eye on you outdoor picnic food, these omnivores will help themselves to whatever they want.



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Luke T.
Palm Coast, FL

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Parks And Recreation In The City

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

Belle Terre Park • 339 Parkview Dr.

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

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



Bird of Paradise Nature Reserve • 179 Bird of Paradise Drive

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

Fishing



Central Park in Town Center • 975 Central Avenue

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

Geocaching • Parking • Restrooms • Walking



Children's Memorial Garden • 150 Waterfront Park Road

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

Parking



Community Center & Park • 2860 Palm Coast Parkway

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

Basketball • Parking • Playground • Restrooms



Heroes Memorial Park • 5455 Belle Terre Parkway

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

Geocaching • Parking



Indian Trails Sports Complex • 5455 Belle Terre Parkway

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

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



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

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

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



Long Creek Nature Preserve • 1050 Palm Harbor Parkway

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

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



Palm Coast Aquatics Center • 339 Parkview Drive

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

Parking • Picnic Shelter • Restrooms • Swimming



Palm Coast Tennis Center • 1290 Belle Terre Pkwy

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

Parking • Restrooms • Tennis



Ralph Carter Park • 1385 Rymfire Drive

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

Basketball • Parking • Picnic Shelter • Restrooms Skateboarding • Soccer



Seminole Woods Neighborhood Park • 350 Sesame Boulevard

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

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



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

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

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



Waterfront Park/Intracoastal Waterway • 150 Waterfront Park Rd

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

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



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,

Bronx House Pizza Serves Up A Bit Of New York



New Yorkers have for a long time considered good pizza almost a birthright it seems, as though they actually invented pizza, at least pizza in the U.S. And they may have, according to some sources. Other sources think that the first pizza place was in Boston in 1904, with New Yorkers laying claim to

the opening of Lombardi's in 1905. Boston and New York fighting over something — what a surprise.

Wherever pizza-making actually started, outside of Italy of course which has records of pizza dating back over a thousand years, New Yorkers have a special thing for pizza.

That can be attested to by the number of New York style pizza places we have here in Palm Coast as well as countless other places around the country. What sets New York pizzas apart from others?

Well, first of all, it's mostly the crust in our opinion. It's thin and supposed to be on the crisp side as opposed to many other styles, especially ones

from Chicago, that are thicker to varying degrees.

Personally, we prefer thin crusts so during a two-year stint in Chicago in the mid-80s we didn't eat much pizza. And there are many other varieties available too in cities all over the U.S. We found almost 20 distinctive types that have evolved over the years into regional specialties.

Our latest visit to a local pizza parlor took place at Bronx House Pizza on Route 100 in a strip mall next to the airport. With a name like this they're obviously selling New York style pizzas and they also have a small menu of Italian dishes to complement the pizza choices.

We wanted to try a number of

Experience The Many Flavors Of India.

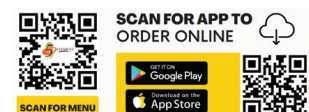
The list of great Indian dishes that we have is lengthy and varied and includes items from the tandoor oven, curries, paneers, dosas, pappadams, samosas, pakoras, soups, dals, Indo-Chinese dishes, rotis, naans, vindaloos, tikka masalas, and many more, including an extensive vegetarian selection.



5th ELEMENT

WE ARE OPEN FOR DINE-IN 11AM TO 9:30PM

BUFFET ON SATURDAY & SUNDAY 11AM TO 3:00PM



European Village • 101 Palm Harbor Pkwy, Palm Coast **386-302-0202**



Chicken Milanese

the dishes so we opted for a 10" pizza, their smallest size, and put some pepperoni, meatballs and peppers on it. We also ordered an appetizer portion of meatballs, the Chicken Milanese and the Eggplant Parmesan.

All of the prices were reasonable and the overall food quality is good. Growing up eating Sicilian food, we've been making meatballs for over 40 years and the ones here are pretty good, a lot better than most and almost as good as my great-grandmother's recipe which came from Sicily (according to family legend) to Boston in 1905.

And the marinara sauce is

of equally high quality, being a little lighter than ours but with plenty of tomato flavor. It seems to have been cooked slightly less than our marinara, which is heavier with a denser, more complex flavor. The Bronx's sauce has a slightly fresher taste and, as mentioned, is a bit lighter. It's certainly better than many we've tried over the years.

The entrees we tried were also done well, which is not surprising because with a good sauce all of your food has a



Eggplant Parmesan



Meatballs in marinara

built-in advantage from the start. And the portion sizes here are generous: the dish containing the Eggplant Parmesan, for example, could have easily housed a roast turkey.

A few beers and wines are available along with the soft drinks and the cannolis for dessert looked great, although we were too stuffed by then.

We dined in but all of their food is also available to go. The style of the pizza you're eating may be important but so are the ingredients and the preparation and here they have it all together.

Bronx House Pizza, Rt. 100, next to airport, 386-356-6699

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

Dominic's Deli & Eatery

160 Cypress Pt. Pkwy, Palm

Love At First Bite.

Pastrami • Corned Beef • Roast Beef • Italian Sandwiches • Reuben • Turkey Club • Veggie Wrap • Tuna Salad • Chipotle Chicken • Cajun Turkey • Chicken Breast • Maple Glazed Honey Turkey • Cole Slaw • Pasta Salad • Macaroni Salad • Bakery Breads & Rolls • Soups • 14 Draft Beers • Pale Ales • Lagers • Ales • Stouts • Pilsners • Wheat Beers • Imported Beers • Ciders • Hard Seltzers • Teas • Wines From All Over • Friday Happy Hour



Over 80 craft beers and wines.



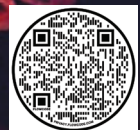
The Village
market
Pub & Deli

facebook.com/VillagePubEV

386-225-4500

101 Palm Harbor Parkway, Unit 133 • In European Village

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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
Stoner's Pizza
 5 Utility Dr, Palm Coast, 386-446-4461, Italian, American, Pizza, Delivery
Ihop
 212 Palm Coast Pkwy NE, Palm Coast, 386-264-6834, American, Veggie
Joe's New York Pizza & Pasta
 1070 Palm Coast Pkwy NW Palm Coast, 386-445-1650, Italian, Pizza
JT's Seafood Shack
 5224 N. Oceanside Blvd, Palm Coast, 386-446-4337, American, Bar, Seafood
Kawa Sushi
 1475 Palm Coast Pkwy NW, Palm Coast, 386-986-2266, Japanese, sushi, Asian
King Palace
 515 Palm Coast Pkwy SW Palm Coast, 386-597-2186, Chinese, Asian
La Piazza Café
 101 Palm Harbor Pkwy, Palm Coast, 386-246-6366, Italian, Steakhouse, Seafood

Daily Specials

BURGER BROS

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

Every Day

Flaming Cheetos Burger; with homemade chipotle mayo, fresh jalapeños, pepper jack cheese, and cheddar sauce, served with crispy fries. Bros Philly Cheesesteak: served with sautéed onions and mushrooms with the provolone cheese on a garlic butter hoagie. \$11

- Goat cheese burger: 8oz patty served with pesto mayo, sautéed mushrooms, goat cheese and sliced tomatoes on a butter brioche bun. Side of crispy fries

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

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50 Plaza Dr
 386-447-3580

Every Day Happy Hour: 4-7 PM

JT'S SEAFOOD SHACK

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 386-446-4337

Mondays

Margaritas are \$2 off

Wednesdays

Martinis for \$5

Thursdays

All You Can Eat Shrimp

Fri-Saturdays

Live Music

MEZZALUNA PIZZERIA

European Village
 386-445-1004

Tuesday

Lunch: 2 cheese slices & soda, \$5.50

Dinner: Large 18" Cheese Pizza, \$10.99

Wednesday

Lunch: Buffalo Chicken salad, \$8.95

Thursday

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

Friday

Lunch: Chicken Panini, \$8.95

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

Saturday

Lunch: Eggplant Florentine hero, \$10.95

Sunday

Lunch: Ravioli with meatball, \$7.95

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

RED CRAB

60 Garden St S.
 386-585-4245

Mon

Combo Special-\$29: 1/2 lb Black Mussel, Shrimp (no head), Snow Crab

Tues

Combo Special-\$29: 1/2 lb each of Crawfish, Shrimp (no head), Snow Crab

Wednesday

Combo Special-\$31: 1 lb Shrimp (no head), 1/2 lb Snow Crab

Thursday

Combo Special-\$35: 1/2 lb Shrimp (no head), 1 lb Snow Crab

Weekend Special

Combo Special-\$37: 1/1 Lobster tail, 1/2 lb each of Shrimp (no head), Snow Crab

RED KOI

European Village
 386-585-4088

Monday

Drink Specials, \$4 Mai Tais and Blue Hawaiis

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Happy Hour Every Day

11 AM-Close

Mariachi Band

Every other Thursday

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25 Cypress Edge Dr
 386-446-5700

Every Day Two for one draft beers for \$4.00

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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

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

Entertainment

Tribute bands, comedians and a musical for mature audiences

With both local playhouses — the City Repertory Theatre in Palm Coast and the Flagler Playhouse in Bunnell — taking a break for the month of August, we turn our attention for this month's entertainment section to other venues.

Daytona Beach Bandshell

Tribute performances continue for the month of August at this oceanside venue.

Listed below are the dates with the name of the band giving tribute to the corresponding tribute listed in parentheses:

Fri., Aug. 5: "Back in Time" (Huey Lewis and the News)

Sat., Aug. 6: "Livin' on a Prayer" (Bon Jovi)

Fri., Aug. 12: "Purple Masquerade" (Prince)

Sat., Aug. 13: "Smokin" and "Renegade" (Boston and Styx)

Fri., Aug. 19: "The Wildflowers" (Tom Petty and the Heartbreakers)

Sat., Aug. 20: "Turnstiles" (Billy Joel)

Fri., Aug. 26: "Ultimate Garth Brooks" (Garth Brooks)

Sat., Aug. 27: "Highway to Hell" (AC/DC)

All performances begin at 7:15 PM. The Bandshell is located at 70 Boardwalk, Daytona Beach, 32118.

Tickets available online by going to the venue's website at



www.daytonabandshell.com. Select the event you are interested in attending and click on the white button with the words, "Buy Tickets" in green lettering. Accessible seating available upon request when tickets are purchased. Purchase tickets day-of-show in person starting four hours prior to the performance at the Bandshell's ticket office.

Parking is available on a first-come, first-serve basis across the street from the Bandshell at the Ocean Walks Shoppes in the Ocean Center parking garage and other surface lots within walking distance. Accessible parking is also available in the parking garage with a total of 31 spaces located in the northeast and southwest

corners on each level near the elevators. Parking cost varies by day. Contact the parking garage directly at (386) 916-3953 for specifics.

Road Trip and Some Laughs

Driving to Jacksonville doesn't take too long: Only about an hour and half.

If you are looking for some humor with a room to spend the night before driving back home, the Comedy Zone located at 3130 Hartley Road inside the Ramada Inn just off Interstate 295 and San Jose Boulevard in Jacksonville's Mandarin neighborhood has your ticket.

The Comedy Zone brings in all calibers of comedians and begins its August schedule with

But wait... there's more

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

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

REDEFINED FOODS

160 Cypress Point Pkwy
386-627-8885

Monday thru Friday

Build Your Own Buddha Bowls during our store hours

Taco Tuesdays

11 AM-2 PM, or until supplies last
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% off 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.

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

9 Palm Harbor Village Way,
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
Steak & Shake
 1 Cypress Edge Dr, PalmCoast, 386-446-6936, American, Fast Food
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

a big name.

Darrell Hammond of Saturday Night Live fame has a five-appearance gig starting at Thurs., Aug 4 at 7:30 PM with two shows on Fri., Aug. 5 and Sat., Aug 6 at 7:30 and 10 PM both nights.

Other comedians scheduled for August are as follows:

Felipe Esparza, 2010 winner of "Last Comedian Standing," is slated for five shows the following week Aug. 11 through Aug. 13 with the same show times as above.

Carolanne Miljavac, a Christian comedian and mom to four kids, is scheduled for a one-night appearance on Sun., Aug. 14 at 7 PM.

Bill Bellamy, creator of the phrase, "booty call," is on tap for six shows over two weeks starting Thurs., Aug. 18 at 7:30PM. His showtimes and dates follow the same schedule as Esparza and Hammond with the addition of a Sun., Aug. 21 appearance at 7 PM.

Finishing out the month of August is Michael Blackson, aka "The African King of Comedy." His performances begin on Thurs., Aug. 25 and run through Sat., Aug. 27, with the same schedule as Esparza and Hammond.

Doors open one hour before each show. The Comedy Zone is divided into two sections: The Inner Circle and the Outer Circle. Seating is first-come, first-serve, but as per its website, the Comedy Zone guarantees seating within the purchaser's circle choice.

The Inner Circle seating provides attendees a greater opportunity to interact with the comedian during the performance. The Outer Circle, which runs along the outside edge of the seating area, certainly isn't a nosebleed section, but



is a bit further away from the performer for those attendees that want to laugh but not possibly get drawn into a segment of the comedian's act.

Prices vary for each performer. Check ticket prices on the Comedy Zone at its website: www.comedyzone.com. Click on performer to purchase tickets. You will be transferred to www.eventticketscenter.com.

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Limelight Theatre, St. Augustine

The final performance of Season 30 features the musical, "Parade," with its preview night on Thurs., Aug. 4 and regular performances running from Fri., Aug. 5 through Sun., Sept. 4. The musical is presented on the Matuza Mainstage, the 125-seat venue of the Limelight Theatre located at 11 Old Mission Ave. in St. Augustine.

Terrific Tuesday, when tickets are discounted to \$17, is Aug. 9.

The lyrics and music for "Parade" was written by Jason Robert Brown, an American musical theatre composer who has won three Tony Awards for his work on "Parade" and "The Bridges of Madison County."

"Parade" tells the story of the 1913 trial, later imprisonment and 1915 lynching of Leo



Parade at the Limelight Theater in St. Augustine

Frank, a Jewish American factory worker accused of raping and murdering Mary Phagan, a 13-year-old who also worked at the factory. Without spoiling too much more of the plot, we can tell you that Frank was hung in Milledgeville, Georgia, where the story unfolded and that some good did come from his death. While antisemitic tension in Georgia grew at this time, the Jewish Civil Rights organization and the Anti-Defamation League were both birthed as a result.

This musical isn't recommended for children. It addresses mature topics without

hesitation.

Online ticket purchases are available at the Limelight's website: www.limelight-theatre.org/box-office/. The Limelight's physical box office at the theatre property is open Tues. through Fri. from 10 AM to 4 PM, on Sat. from 10 AM to 2 PM, on Sundays one hour before showtime and is closed on Mon. It is open one hour before evening showtimes.

Tickets for the musical are \$27 each. Student RUSH tickets available 30 minutes prior to any performance, if available, are \$10. Student identification required. — *Amy Armstrong*

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

Vida Restaurant
European Village, Palm Coast, 386-302-0002, Latin cuisine, full bar

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

Woody's BBQ
99 Flagler Plaza Dr. Palm Coast, 386-439-5010, American, Bar, Barbecue

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— Brad W.

Flagler Artists

Old metal becomes new art

Ron Wallace is way into metal these days.

No, not musically, speaking. Although this next statement by him rings familiar of lyrics to Van Halen's version of the

Kinks' song, "You Really Got Me" just with a few different words.

"Metal, it has really got me right now," Wallace told the Palm Coast Magazine in a re-

cent phone interview. "I really like the different colors and variation that happen when metal is burned with a torch. I am really immersed in metal now."

He isn't kidding.

His garage turned art studio at his Palm Coast home has all kinds of metal as its occupants. It is a testament to the adage that one man's junk is another man's treasure. These discarded metal pieces Wallace has rescued from abandonment alongside the road and often a refuse pile await his creative attention. Once selected for transformation from its current existence as a charred barbecue grill or an old hot water tank or a car fender, these metal pieces are destined for a new expression as parts of maybe



an eagle or an elephant or fish sculpture.

"I float around collecting junk driving my old pickup truck just picking up stuff that gets my interest," he said.

He does buy a lot of flat sheet stainless steel. It works well to cut out fish shapes, he said.

Home Sweet Palm Coast Home

Like most other folks recently making Palm Coast home, Wallace too has an amusing story regarding how that hap-



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pened for him.

“My wife and I were driving around in our RV visiting other parts of the county. We traveled all over. We loved New Orleans but could not live there. California, no way. Tennessee was pretty but that wasn’t it either,” Wallace said of the adventures he and his better half had after retiring from owning

a hair salon in Bethesda, Maryland.

“So, after having a crazy night drinking too much gin, I thought, what about Florida. A friend said to me, ‘go to Palm Coast in Florida.’ So, we had two days left on our trip then and so we went. After kicking the tires a bit and acting like peeping toms checking out

houses on our own, we said we need to get a realtor. We looked at 20 houses and the last one we saw is the one we bought.”

He welcomes visitors to his garage gallery. One just must catch up with him on his website to set an appointment.

For now, probably for the rest of his metal-cutting life, Wallace’s artwork is a diversion to occupy his retirement.

“I don’t love doing the art. I like it,” he said, noting that he never wants his artwork to become a job. “I don’t really know what I am trying to accomplish except that it gives me an outlet and gives me something to do

which I like and keeps me out of the bars and off the streets. I call it a labor of fun.”

You can learn more about Ron Wallace and see many examples of his artwork on his website at www.ronwallace-studios.com.

— Amy Armstrong



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Events, Meetings, Classes, etc.

Events

Palm Coast Farmer's Market August 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

August 6, 1500 Central Avenue, Town Center. 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

Book Club

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

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.

Classes

Yoga for All

Aug. 4, 9-10 AM, Palm Coast Community Center. 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.

Fee: \$5/class, Register: parksandrec.fun/adults

Gentle Yoga

Aug. 2, 10:30-11:30 AM, Palm Coast Community Center.

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. No floor work. \$5/Class. Register: parksandrec.fun/adults

Are Your Ducks In A Row?

First Tuesday of every other month, 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. Call 386-224-6519 for more information.

Learn the Basics of Your Computer

Aug. 16, 10 AM-11:30 AM, Palm Coast Community Center. Want to learn more about your computer? These classes teach you how to care for your computer, different programs you may need to use, and the importance of internet security. Free. Register: parksandrec.fun/seniors

CPR/First Aid/AED

Aug. 13, 9 AM-4 PM, Community Center.

Presented by the City of Palm Coast Fire Department, CPR/AED Heartsaver First Aid is a 7-hour classroom course (includes 1 hour for lunch)

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Mondays - Sewing Studio: 10:30 - 4:30 - \$10

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Events, Meetings, Classes, etc. from page 40

that is designed to meet OSHA regulations. Fee: \$50/person; pre-registration required at least 48-hours in advance Register: parksandrec.fun/adults

BAM! Balance and Motion Presented by FHCP

Thursday, Aug. 4, 12-12:45

PM, Palm Coast Community Center.

Presented in partnership with Florida Health Care Plans (FHCP). Get moving and join senior fitness specialist Artie G. for BAM! Balance and Motion. Develop balance, coordination, core strength, flexibility, and range of motion. This class is gentle, upbeat, and supportive of all fitness levels. Free. Register: parksandrec.fun/seniors

Diabetes Prevention

Tuesday, Aug. 16 - Get Enough Sleep, 9-10 AM, free.

Palm Coast Community Center. The National Diabetes Prevention Program (NDPP) is presented

in partnership with the Florida Department of Health. Developed by the CDC. The National Diabetes Prevention Program was created for individuals diagnosed with pre-Diabetes or who are at risk for developing Type 2 Diabetes. Sessions meet for 1 hour.

Register: parksandrec.fun/adults

Lunch N' Lecture Series sponsored by AdventHealth

Friday, Aug. 12, 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. Pre-registration is required 72 hours before the program date and while space is available. PCAF Turtle Trail with Palm Coast Arts Foundation and Panelists. Celebrate Artist Appreciation Month with Palm Coast Arts Founda-

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John Robert Hiatt is one of America's most respected and influential singer-songwriters. The title of Buddy Guy's latest album says it all: *The Blues Is Alive and Well*. Together. See them at the St Augustine Amphitheater on August 6.

tion and learn all about the turtle trail! Scattered around Palm Coast, Flagler Beach, and Bunnell are fourteen loggerhead turtles. Each loggerhead turtle has its own colorful story to tell, and through whimsical brush strokes inspired by Monet, Louis Comfort Tiffany, and other famous artists, the indigenous creatures are making their mark. Fee: Free. Register: parksandrec.fun/adults

Meetings

Senior Social Corner

Tuesday, Aug. 2, 12:30-4 PM, Palm Coast Community Center. Looking to get out of the house? Come out and make new friends or catch up with old ones. This is a great opportunity to sit, visit, and play games with other seniors. Free. Register: parksandrec.fun/seniors

Widow/Widower's Support Group

Thursday, Aug. 4, 10:30-11:30 AM, Palm Coast Community Center. Have you experienced the loss of your significant other? This is a chance to meet others who have had a similar loss in their life. Free. Register: parksandrec.fun/seniors

Caregiver Support Group
Aug. 2, 11:30 AM-12:30 PM, Palm Coast Community Center. Presented in partnership

August, 2022

with Brookdale Senior Living. When caring for an aging parent or spouse, you may feel like no one understands what you are experiencing. Join our Caregiver Support Group and take a break with other caregivers. Free. Register: parksandrec.fun/adults

New Jersey Social Club

Wednesday, August 24, 1 PM, Palm Coast Community Center. Social club for former New Jersey residents with a monthly meeting on the fourth Wednesday of each month. For more information, contact membership chair Penni Knapp at 386-246-6904.

Activities

Beginner's Pickleball

Tuesdays and Fridays, Aug. 2-12, 8-10:30 AM, Holland Park. Do you want to learn how to play in a fun and friendly atmosphere? Try out our Beginner's Pickleball. Please register early. Paddles, balls, and nets are available for use. Free. Register: parksandrec.fun/athletics

Adult Open Gym Volleyball
Mondays, Aug. 1-8, 7-9:30 PM, Rymfire Elementary School. Bring your friends or meet new ones in this co-ed volleyball program. New teams are created weekly. We use two nets, with teams rotating in and out of play. One net is

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Events, Meetings, Classes, etc. from page 43



Ringo Starr and his All-Starr Band are coming to the St. Augustine Amphitheater on June 24. Joining Ringo will be Edgar Winter, Colin Hay, Hamish Stuart, Warren Ham, Greg Bissonette, Greg Rolie and Steve Luthaker.

for competitive style play and the second net is for recreational style play. Fee: \$15/person. Register: parksandrec.fun/athletics

Adult Open Gym Basketball
Wednesdays, August 3-10, 7-9:30 PM, Rymfire Elementary School.

Play some hoops with your friends or meet new people. This adult co-ed basketball

program is a non-competitive, recreation program. \$15/person. Register: parksandrec.fun/athletics

Double Skills Tennis
Wednesdays, Aug. 3, 10, 9:30-11 AM, Palm Coast Tennis Center. Join us for 90 minutes of situational drills and games designed to build your doubles-play skill set. This program is led by our passionate team

of certified tennis professionals and does not require you to sign up with a partner. Participants are grouped by skill level so everyone from beginners to more advanced players is welcome. Ages: 18+ years. Fee: \$17/day. Register: parksandrec.fun/tennis

Masters Swim
Mondays and Wednesdays

August 1-31, 6:30-8 PM, Palm Coast Aquatics Center. Masters Swim is an instructor-led class that is a blend of fitness and competitive swimming. The structured workouts use techniques of interval training with a focus on fun, fitness, and friendship. Whether you swim for physical fitness benefits or are a competitive swimmer, you can improve your stroke technique and physical fitness in this program. All skill levels are welcome. Ages: 18+ years. Fee: \$30/month or \$4/drop-in. Register: parksandrec.fun/aquatics

Pinocle

Thursday, August 4, 12:30-6 PM, Palm Coast Community Center. Play pinocle with other enthusiasts. There is no cost. Call 386-986-2323 for more information.

A Day At The Movies
Wednesdays, 1-3 PM, Palm Coast Community Center, free admission. Call 386-986-2323 for more information.

August 3 — Encanto
August 10 — Father Stu
August 17 — Dog
August 24 — All The Old Knives
August 31 —

Live Happenings

Concerts
St. Augustine Amphitheater, 1340C, A1A S., St. Augustine, 904-209-3746.
August 6 — Buddy Guy and John Hiatt & The Goners featuring Sonny Landreth
August 12 — Lee Brice
Sept 4 — Dispatch & O.A.R.
Sept 9 — Matisyahu
Sept 15 — Ringo Starr and His

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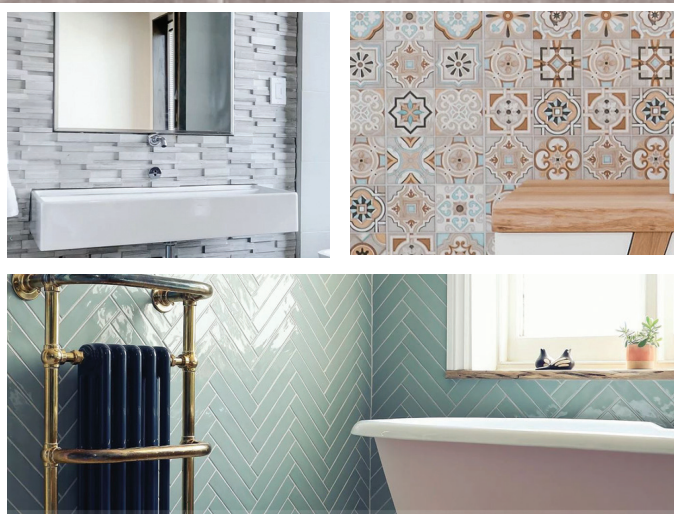


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August 5 — Back in Time, A Huey Lewis & 80's Tribute
August 6 — Livin' on a Prayer | Bon Jovi Tribute
August 12 — Purple Masquerade, A Prince Tribute
August 13 — Smokin' and Renegade, Boston & Styx Tributes
August 19 — The Wildflowers,

A Tom Petty Tribute
August 20 — Turnstiles, Billy Joel Tribute
August 26 — Ultimate Garth, A Garth Brooks Tribute
August 27 — Highway to Hell, An AC/DC Tribute
September 2 — Vegas McGraw, A Tim McGraw Tribute
September 3 — Completely Unchained, Van Halen Tribute
September 4 — Fast Forward, A Kenny Chesney Tribute

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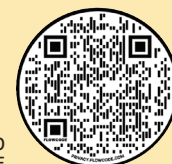
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September 9 — Jaded, An Aerosmith Tribute

September 10 — In the Light of Led Zeppelin, Led Zeppelin Tribute

September 16 — The Wholigans, A The Who Tribute

September 17 — Rocket Man | Elton John Tribute

European Village Live Music

Fri, 5th — Resting Beach Face 7-10

Sat, 6th — Ian Opalinski 7-10

Fri, 12th — Ataraxis Duo 6:30-10:30

Sat, 13th — Full Circle Trio 7-10

Fri, 19th — Clayton Sturgeon 7-10

Sat, 20th — Shaker Jones duo 6:30-10:30

Fri, 26th — Critical Mass, 7-10

Sat, 27th — Walt Kulwicki, 6:30-10:30

Business Functions

Referral Diamond Network Meeting

August 3, 10, 17, 24, 31 @ 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 Network Meeting

August 4, 11, 18, 25 @ 7:30 AM, Carrabba's Italian Grill, 160 Cypress Park Dr., Weekly networking meeting of local business owners. Call Brad at 386-283-0955 for info.

Professionals Network Meeting

August 4, 11, 18, 25 @ 7:30 AM, Carrabba's Italian Grill, 160 Cypress Park Dr., Weekly networking meeting of local business owners. Call Brad at 386-283-0955 for info.

Professional Women Of Flagler County

July 1, 8:30-10 AM, Hilton Garden Inn, Palm Coast. Networking breakfast. Call Danielle at 386-843-0443 for more information.

Boss Ladies Of Flagler County

July 19, 5-7 PM, Sun Bros Cafe, Flagler Beach. Networking event. See their Facebook page for more information.

Coffee And Contacts Network

August 19, 8 AM, Lohman's Funeral Home, Palm Coast. Monthly networking group. Call Vanessa Cole at 904-417-8419 for more information.

To have your group's activities listed in this section, send an email to palmcoastmagazine@gmail.com

Just So You Know...

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

Carrabba's

Community Center

Shell Foodmart

County Government Bldg

Flagler Auditorium

Burger Bros

European Village

Pine Lakes Golf Club

African-American

Cultural Center

Texas Roadhouse

Dominic's Deli

Garden Club

Portuguese Club

Palm Coast Lanes

Elks Lodge

VFW Hall

Palm Harbor Golf Club

Cut Up & Sew

City Hall

Wawa, Route 100

Fairfield Inn

Days Inn

Microtel Hotel

Red Roof Inn

Econolodge

Best Western Hotel

Hampton Inn

Italian-American Club

Palm Coast Social Club

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