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ISSUE #23

JUNE 2023

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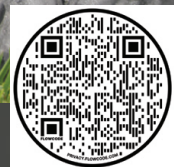


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Welcome to our Summer Fun issue as we try to highlight all of the coolest things to do in Palm Coast and Flagler County when the weather turns warm. We've got stuff for seniors, for kids and anyone in between so have a look and get some ideas on how to have fun here this summer. Our Historical Society column has a new twist this month as we look at the personal history of an interesting Palm Coast resident, William Venne, who was a member of Palm Coast's first City Council back in 1999. And we're trying to expand our horizons as a print publication by incorporating more technology into our pages. We now have QR codes embedded in some of our articles that lead readers to videos that help tell our stories in more engaging ways. This will become more prevalent as we go on and as we create our own video content to supplement our print edition. It's an interesting time to be a magazine publisher, even after 40 years, and the possibilities that technology offers are fun to explore. Who says you can't teach an old dog new tricks. — Tom Aikins

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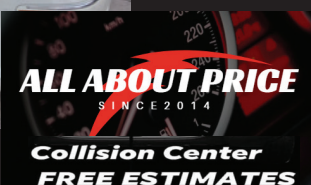


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News Of The Palm Coast World



Commemorations Mark Memorial Day Events

The Palm Coast and Flagler County governments each held a ceremony for Memorial Day on Saturday, carrying on each of their respective traditions to honor the armed service personnel who have died in combat. The Palm Coast event was first, following shortly afterward by the Flagler County one.

Both events spotlighted one deceased soldier in particular: Raheen Tyson Heigher, a U.S. Army Specialist who was killed in combat on July 24th, 2003. Heigher was honored by his mother, gold star mother Cathy Heigher. In addition to her

work on the Palm Coast City Council, Heigher is a prominent veterans' advocate in the community.

"My son was a warrior, he was a fighter," Heigher said of her son. "He loved what he did. He knew what he wanted to do when he joined the armed forces." She spoke of Raheen asking her to join the service when he was 17 years old, and her making him wait until he was able to sign himself up. Her concerns for her son joining the military were ultimately founded, as it led to her life's greatest heartbreak. But with

grief, comes pride.

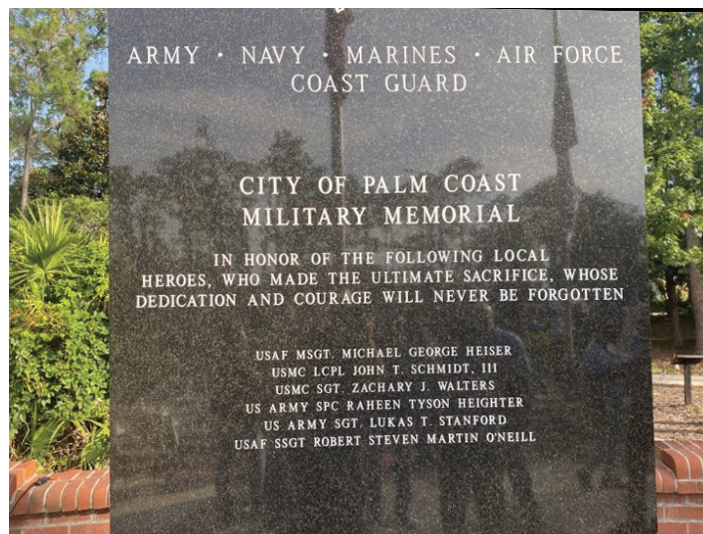
"I'm just so proud of my son. Proud of his service, proud of his sacrifice, and proud to be able to say that my son died with dignity. He died serving his country, a country that he loved and a country he believed in." This July will mark 20 years since Specialist Heigher's death.

The Palm Coast ceremony took place at Heroes Memorial Park, where the names of local military, police, and fire personnel are enshrined on plaques in the park circle. Mayor David Alfin and Councilwoman Heigher both spoke, and a choir led the musical tribute.

The Flagler County ceremony, held at the Government Services Building in Bunnell,

featured special guest Peggy Hengeveld, a retired U.S. Army colonel. Since retiring from the service, Hengeveld has become entrenched in the community as president of the Military Officers of America Association's Flagler County branch, as well as a Flagler Free Clinic volunteer, AARP tax scheduler, and member of the University Women of Flagler County.

Musical stylings were handled by vocalists Shannon Rae and Vince Cautero, the latter of whom is a regular and beloved guest of the county's ceremony. Local boy and girl scout troops as well as the AFJROTC units from Matanzas and Flagler Palm Coast high schools assisted in the presentation of the colors. — *Chris Gollon*



City And Waste Pro Tussle Over Recycling Bins

The Palm Coast city government is preparing potential legal action against Waste Pro, its outgoing waste contractor, for recycling bins they say the company is stealing from residents. The bins were distributed to residents under the presumption that they'd be the residents' property, and not an item on loan. FlaglerLive first reported on the developing conflict.

The city government is alleg-

ing that Waste Pro is violating city code by reclaiming recycling bins without the express permission of the city. Waste Pro is entering the final days of its contract as the city's waste removal provider, and has already begun picking up bins off residents' driveways.

In addition to threatening



legal action, the city is also issuing \$125 fines for each bin Waste Pro scoops up. City spokespeople have confirmed

that a lawsuit against the company is a possibility in the near future, and is presently being discussed. It would be a new large legal battle for the city, who are already in the midst of recovering funds

and capital from the company that mal-constructed its once-celebrated Holland Park splash pad.

The decision by the city to move away from Waste Pro, its decade-plus waste disposal provider, was the subject of controversy and dispute when it was made in July 2022. FCC Environmental will be taking over in the coming days, beginning a seven-year contract worth \$32 million. — *Chris Gollon*

Palm Coast Is 18th-Fastest Growing City In U.S.

Palm Coast grew 10.3 percent between 2020 and 2022, to 98,411 people, according to the Census Bureau's latest estimate, released recently. The city is on pace to cross well past the 100,000 threshold this year, and based on the last two years' trend, likely did so in February or March.

The city's torrid growth pace makes it the 18th-fastest growing city in the nation in that span (out of 796 cities with populations of 50,000 or more), and the fifth-fastest growing in Florida, behind North Port (13.8 percent growth), Port St. Lucie (13.1), Cape Coral (11.9), and Fort Myers (11.1).

Palm Coast is now the 24th-largest city in Florida, surpassing Melbourne, Fort Myers and Sunrise in the last few years and making gains on Boca Raton. And Flagler Coun-

ty is the third-fastest growing county in the state.

"And it puts us squarely number one in our MSA," Palm Coast Mayor David Alfin said. "Our metropolitan statistical area is extremely important. Because number one, they'll have to rename the MSA, which never even included the words Palm Coast in the past. For site selectors and for Fortune 500 companies and for corporate America, we now are on their radar because of our ranking in the MSA."

As the News-Journal first reported earlier last month, based on University of Florida estimates, Palm Coast was

already the largest city in the Flagler-Volusia zone, exceeding the population of Deltona. In fact, it is now the largest city in Flagler, Volusia, St. Johns and Putnam counties. The Census



bureau figures specify that Deltona, while still growing, is at 97,265, up from 95,252 in 2021, just a 2 percent increase.

Bunnell, too, has grown almost as fast as Palm Coast, by 9

percent in two years, but from a smaller base, going from a population of 3,326 in 2020 to 3,631 in 2022. That growth is driven almost entirely by the Grand Reserve subdivision.

The population of Flagler Beach, in comparison, has barely budged: from 5,162 to 5,279. That city has different challenges, not least of them its diminishing physical size as the ocean on one side and the Intracoastal on the other continue to grind at its shores.

"No doubt we are a destination, from where we are in proximity and access to major population centers, but still being far enough away that we're not in the middle of all that," said County Commissioner Andy Dance. "That's the challenge for us in our position, is protecting health safety and welfare and the character of the community."

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Flagler County Local Government Leadership Academy Holds Graduation



Thirteen executives, managers, and professionals graduated from the Flagler County Local Government Leadership Academy at a special ceremony at the Flagler County Sheriff's Office Operations Center on Thursday, May 18th.

In this four-month executive education program which meets weekly for two-hour classes at the Tax Collector's Office, the graduates studied important topics like leadership, human resources, budgeting, risk management, customer service, program evaluation, teamwork, and organizational culture. Students read two highly regarded books on leadership and completed a series of real-world assignments. They enhanced their knowledge of successful leadership and strengthened valuable skills like research, writing, presenting, analysis, decision-making, teamwork, project management, communication, problem-solving, and planning. They learned best practices and utilized data-driven decision-making to select policies and programs with proven performance.

"Leadership is the single greatest predictor of how successful any organization will be. This academy teaches students the key subjects and specific skills to ensure these

leaders excel in their roles and responsibilities. We teach everything that our residents would want and expect in our leaders," stated Flagler County Tax Collector Suzanne Johnston who organized and hosted the classes at her main office.

"As leaders, we have to be thinking about today, tomorrow, and ten and fifty years from today. This academy helps our current leaders be their best and it effectively prepares emerging leaders for future roles. We congratulate all of our graduates on this accomplishment. We look forward to seeing your continued success as you and those you lead create a very bright future for Flagler County for many years to come," stated Flagler County Sheriff Rick Staly. "We are grateful for the strong partnerships across local governments which make this program possible. By teaching best practices in successful leadership, we help ensure that local government always operates effectively and efficiently to best serve citizens," said Dr. Joe Saviak who taught the leadership academy.

The next Flagler County Local Government Leadership Academy begins this fall. For more information, please contact the Flagler County Tax Collector Operations Manager / FCLGLA Coordinator, Shelly Edmonson.

The graduates are: John Fanelli, Flagler Schools, Doug Gonzalez, Flagler County Tax Collector's Office, Ron Mello, Flagler County Sheriff's Office, Kelly Mullen, Flagler County Tax Collector's Office, Matthew Rivera, Flagler County Government, Teresa Rizzo, Flagler County Education Foundation, Alma Rock-Yanochko, City of Palm Coast, Jennifer Rodbourn, Flagler County Tax Collector's Office, Alyssa Roscoe, City of Palm Coast, Ryan Simpson, Flagler County Government, Rosanna Vinci, City of Flagler Beach, Christopher Wagner, Flagler County Sheriff's Office, Stacy Whalen, Flagler County Tax Collector's Office

QR Code Use Growing in Popularity

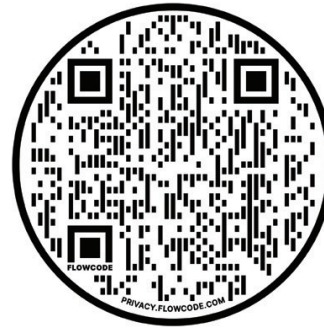
You've undoubtedly seen QR codes all over the place in your everyday life and you maybe a regular user of them. If you are, you may not need to read this article. If you're not that familiar with them and aren't sure of what they do, then please read on.

In either case, QR codes are here to stay and are gaining in popularity and usage. We have been using them in this magazine for over a year now and they have been steadily producing more and more scans each issue. In the last 90 days,

for example, the number of scans made from QR codes in our pages has gone up 174% in the last 90 days.

How do you scan a QR code. Now you can simply point most phones at a code such as the one at left and the phone will display a URL. When you touch that URL you are taken to a web page. When I first started using QR codes I downloaded a QR code reader from the Google Play Store. iPhone users that have an iPhone 11 or later can automatically scan codes without a QR reader. My current

Samsung phone, an A13, also automatically scans QR codes so I don't have to use the QR reader software that I downloaded for free over a year ago. So if your phone doesn't scan



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These are only two examples but there are many more benefits that local communities receive from their local businesses. So please do what you can to support the local businesses you see in the pages of this magazine and any other local businesses that contribute so much to our life here in Palm Coast. Thanks.

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Local Happenings



The City of Palm Coast hosted the 53rd session of the Palm Coast Citizens Academy, which began on March 20 and ended on May 1. Thirty-three citizens academy participants graduated on May 3 at the Palm Coast City Council business meeting.



The Flagler Power of the Purse board of directors and committee members before their event on April 24 at the Hammock Dunes Club. The event was produced by the Women United Flagler Chapter. See their Facebook page for more info. Momo Photography



Premier Chiropractic and Kara King Esthetics had their grand opening in their new location on Rt. 100 on May 4. The large crowd enjoyed food and drinks from Bartlett's and had the Chamber there for the above ribbon-cutting.



The Professional Women of Flagler County held their May monthly meeting at Market Street on Friday the 5th. The group meets for networking the first Friday of every month. See their Facebook page for more information.



Members of the Garden Club at Palm Coast who attended the Florida Federations of Garden Clubs District VI Spring Meeting at the Hammock Dunes Resort on May 9. The Palm Coast club was the host of the event which takes place semi-annually.



On May 10 The Kiwanis Club of Flagler County held their 17th Annual Law Enforcement Officer Appreciation Luncheon and awards ceremony, where Detective Adam Gossett was named Flagler County Sheriff's Office 2023 Law Enforcement Officer of the Year.



The Wildflower Salon held a grand opening celebration on May 13 at their new Roma Court location. A large crowd of well-wishers, customers and friends had a chance to view the salon and also a number of hair and beauty products on display.



Members and guests attended the Flagler County Detachment 876 Marine Corps League Mother's Day Barbeque on Saturday, May 13th. The group meets regularly throughout the year. Contact Ellen Werner at ellenwerner69@gmail.com for more information.



Bunnell City Manager Dr. Alvin Jackson joins Bunnell Mayor Catherine Robinson, Florida Secretary of Commerce Laura DiBella and Vidya Herbs USA VP of Florida Business Operations Helga Van Eckert for the official grand opening of the company on Monday, May 15, 2023 on Route 1 in Bunnell



The Flagler County Sheriff's Office's Sheriff Perry Hall Inmate Detention Facility (SPHIDF) has been awarded the 2023 Innovation Award for medium-sized facilities by the American Jail Association. Sheriff Staly, Court and Detention Services Chief Dan Engert, and other Detention Services members accepted the award at AJA's 42nd Conference and Jail Expo on May 23.

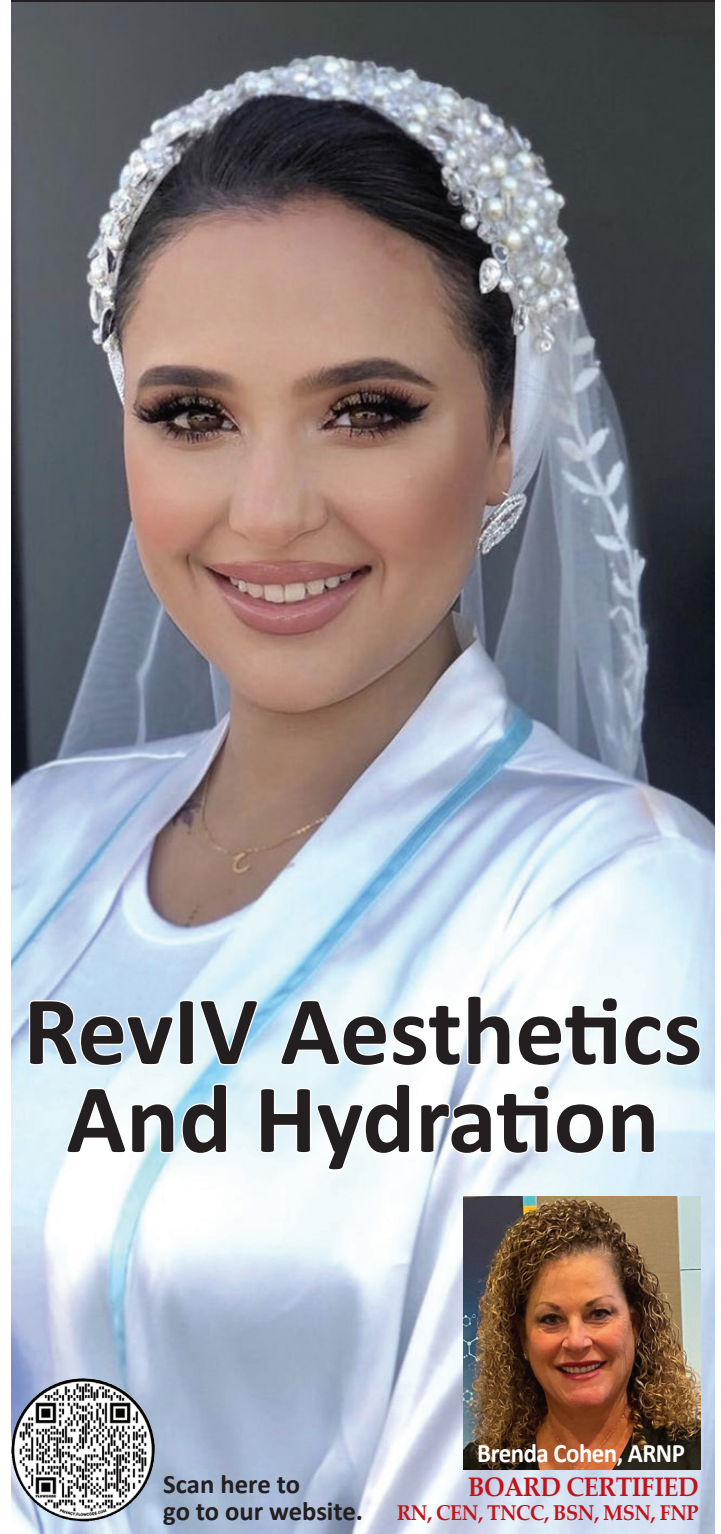


The Palm Coast Fire Department hosted a Gold Star Dedication ceremony in memory of Army Corporal Raheen Tyson Heigher on May 27. Cathy Heigher, Raheen's mother and a city councilwoman, is shown with Christopher Strozier, the firefighter who came up with the idea originally.



City of Palm Coast Fire Chief Kyle Berryhill, Palm Coast Mayor David Alfin, Flagler County Sheriff Rick Staly and Debbie Staly were present at the Touch A Truck event on May 27 at City Center.

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Palm Coast People

Dr. Alvin B. Jackson is still being a leader, by Rachel Dolezal

Every day could be “another great day” for Palm Coast resident Dr. Alvin B. Jackson, Jr. He practices the principals of positive thinking and bringing inspiration to others in his daily life.

Jackson is an accomplished leader who has more than 39 years of experience working on economic development and workforce initiatives in municipal and state agencies. He is also an experienced preacher who “blends spiritually-based leadership principles and personal experiences” to help others grow spiritually.

“Individuals should experience your leadership self and walk away with a positive transforming experience,” said Jackson. “If that doesn’t happen, then my leadership is not really leadership.”

Jackson’s book, “It is Another Great Day. An Inspiring Guide to

Effective Leadership,” which was published in 2009, emphasizes strategies for enhancing leadership qualities and the importance of a positive outlook.

“In the book, I wanted individuals to experience who I really am — my energy, my sense of excitement, my positive thinking — and how individuals should feel about themselves and how to deliberately develop skillsets to be an effective leader and to develop an attitude and a spirit of becoming an effective leader,” said Jackson. “Because for me, the bottom line for leadership is about touching the lives of people and making a difference.”

Jackson relies on his extensive work experience and dynamic leadership skills in his role as City Manager for the city of Bunnell, Fla.

Bringing his belief in positive thinking into his work life, he created a vision board several years ago. The vision board was a list of projects to benefit the communi-



ty. All the projects on the board are now funded.

“It’s about keeping your eye on the vision,” said Jackson. “You

have to stay focused and believe in the end product.”

However, Jackson emphasized that he is part of a team, and he credits his team for the success they have achieved.

“I have a dynamic team,” said Jackson. “It’s not just me. It’s the team that we have here that is working in unison, working together. I am just the cheerleader. They are the creators, visionaries. They are the leaders in the community.”

Some of the funded projects include the construction of a new administration/police department complex; construction of Flagler Commerce Parkway; expansion of the Bunnell wastewater treatment plant; restoration of the historic Coquina City Hall; the installation of an updated city-wide camera system; the creation of a business incentive program; and the mass

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The Flagler Commerce Parkway project has been in the works since 2002. In partnership with Flagler County, the city is moving forward with construction. The parkway will connect U.S. 1 and S.R. 100. Construction is expected to commence in fall 2023 and should be complete in approximately 24 months.

Jackson and his wife relocated to Palm Coast in 2018. She fell in love with the community after they attended an economic development conference at Hammock Dunes.

Jackson earned his Bachelor of Arts degree in Government and Politics from the University of Maryland. He earned his Master of Ministry and Doctor of Ministry degrees from the Thomas Brown Bible College in Jacksonville, Fla.

Jackson has a proven track record of creating affordable housing. In the early 90s, he helped establish an affordable housing non-profit organization in Lake

County. He said today's market is reminiscent of the housing market in the early 90s. However, he recognizes the differences and the increased cost of materials.

Therefore, he is looking for creative ways to create affordable housing. The draft plan involves reducing density requirements and deferring impact fees. He also noted that Governor DeSantis passed the Live Local Act in March 2023, which addresses affordable housing.

"We could not be successful if we did not have a dynamic mayor, vice mayor and commission that has vision," said Jackson. "And, they are most definitely strategic when it comes to creating a world-class community. I always want them, the team, and my elected officials to know I am very, very grateful to be a part of their efforts. And I'm thankful for the support that they give me so that we can be successful. As I always say in my closing, Bunnell is transforming into the best little city in the world."

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Provision Packs Feeds Kids in Flagler County

One out of every five children in Central Florida are at risk of going to bed hungry at night. Provision Packs, a community-based, non-profit organization, is taking a stand against this situation and fighting childhood hunger by providing supplemental food for local school children.

Provision Packs supplies packs of food to needy children for the weekends and extended school breaks throughout the school year. Each pack consists of shelf-stable, nutritious foods that can be shared with the family.

“If we work together, we can make a difference in our own backyard,” said Provision Packs founder Carrie Torres. “We are hoping to help to fill the gaps while these families live on financial cliffs.”

There are many local families stretching their food budget to

make ends meet. Following the COVID-19 pandemic, many families are experiencing situational poverty, according to Torres.

Through fundraising efforts, Provision Packs raises money to purchase food. Each week, a group of volunteers fills the packs with food and delivers them to the schools.

“We have an amazing board and amazing volunteers,” said



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Torres. "Our volunteers and board of directors — everyone who works with us — gives so much, and they give from the bottom of their hearts."

Based in Ormond Beach, Provision Packs expanded into Flagler County in 2020. Torres founded the program in 2015 when she identified a gap in consistent nutrition for some school children.

During a holiday party at her daughter's elementary school, Torres noticed that most of the children were playing and laughing leaving plates of food carelessly disregarded on tables.

However, two boys were not participating in the festivities. Instead, they were each sitting in separate corners ravenously consuming their food.

"They were not really eating. They were devouring their food," said Torres. "I'll never forget that. It changed my life forever."

Provision Packs currently supplies packs to more than 800 children each week and serves approximately 17 schools

throughout Volusia and Flagler Counties

The only requirement for the program is a signed permission slip. No financial data is required from any child or any school. The goal is simply to make sure that hungry kids are fed.

"If kids aren't coming to school ready to learn on Monday. It's a community problem," said Torres. "Maybe we can help break the cycle of poverty."

Because they do not require financial data, Provision Packs is ineligible for many grants. Therefore, the program relies heavily on fundraising efforts. Donations can be made through their website: www.provisionpacks.org.

Provision Packs is hosting their 7th Annual Backpack Bash on Sept. 23, 2023, at Forever Ranch in Ormond Beach to help raise funds for the program. The event features food from local restaurants, outdoor games, live music and a silent auction. Tickets can be purchased on their website. — *Rachel Dolezal*

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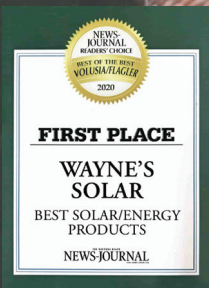
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Your Story In History: William Venne

You know those people who are always helpful, respectful, willing to do any job, and who are quiet and unassuming too. This history is about a man with all these qualities and whose strong belief in God has centered him to be of service his entire life.

A self-starter and leader he can play several instruments, has a voice worthy of a chorus, has a garden, and in his younger days was a revolutionary reenactor in Proctor's Artillery. There is more. He served this city at its most critical time for over 12

Was he preparing for Palm Coast? His master's in business administration helped throughout his career at Howmet Corporation but "jumping out of a perfectly good plane" in the 82nd airborne was where he learned to keep his feet on the ground.

While Bill was the mayor in Randolph breaking ground for a new town hall, ITT was buying land in Flagler County and building the Welcome Center. That town hall was completed in 1972 at the same time the Palm Coast "pioneers" were

of Palm Coast.

It would be easy to say the rest is history but the reality and responsibility of creating a city required the utmost character by a team of men who cared for others and the future. Self-serving decisions were not on the table, collaboration was.

In an interview with Art Dycke, PC City Historian, Bill said that he is most proud of saving city park lands, purchasing the city water system, hiring the right city manager in Dick Kelton and working with the county to streamline services. However, it would be a disservice to him to suggest his life was all political. Did you know he was the president of the Palm Coast Historical Society? That he played the flute and saxophone?

I think Bill's own words illustrate why he was in the right place at the right time to serve Palm Coast. They would sum up how most of the "pioneers" felt when they moved here.

When asked why he wanted to run for office he said, "I believe that in a democracy, the elected government that serves closest to my home is the most accessible and important to my family's well-being.



Bill in his Revolutionary War uniform.

"And I most certainly then could not say that the government of my own town is just another layer of bureaucracy, and therefore not necessary. It is necessary. If I believe that the city government is that important, then how could I not be willing to at least offer to help make it work."

Thank you for your important and remarkable service, Bill, and a huge thank you from the Palm Coast Historical Society for being President and fixer of all things. Please contact elainestudnicki@gmail.com with your ideas for people with stories in history.



Bill, center, with Dr. Elaine Studnicki, left, and Art Dycke.

years. But he is hardly defined by the later years of his life.

Blessed with four beautiful girls, William Venne and his wife Jean lived in Randolph, New Jersey for 38 years. His life in Randolph is as accomplished as his Palm Coast life. He served on the Randolph Township Council for 22 years. He was Mayor for four years, member of the planning Board for four years, member of the Water and Sewer Authority for six years, and served on the Board of Health, Civil Defense and Citizen's Council for Better Schools.

By Dr. Elaine Studnicki, City of Palm Coast Co-Historian.

moving into their new homes.

It does seem that Bill spent the first half of his life preparing for the enormous task of creating a new city. Retiring to a life of leisure in Palm Coast wasn't in the cards. His sense of responsibility for others is in his DNA and he had the skill set to help.

Bill moved his family to Palm Coast in 1994 when ITT was in the process of leaving. The following year he was serving on the Palm Coast Service District Advisory Council and for four years promoted the interests of the Palm Coast residents to the County Board of Commissioners. In 1999 he was elected to seat 1 of the first city council

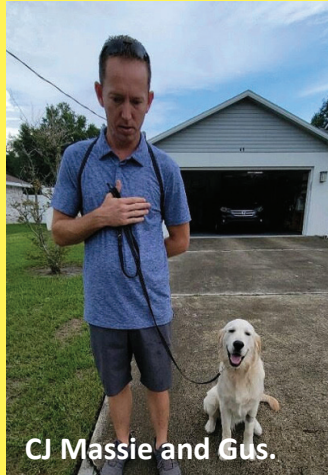


Bill (second from right) with the members of the original Palm Coast City Council.

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Health & Wellness

Storms, CBDs and your pet's health, by Amber Enders

Hurricane season runs from June 1 to November 30 every year. The threat of high winds, flooding and storm damage can drive anxiety through the roof for home and business owners, but thunderstorms and hurricanes can also be frightening to our four-legged friends because they are very perceptive to human emotions and changes in the atmosphere.

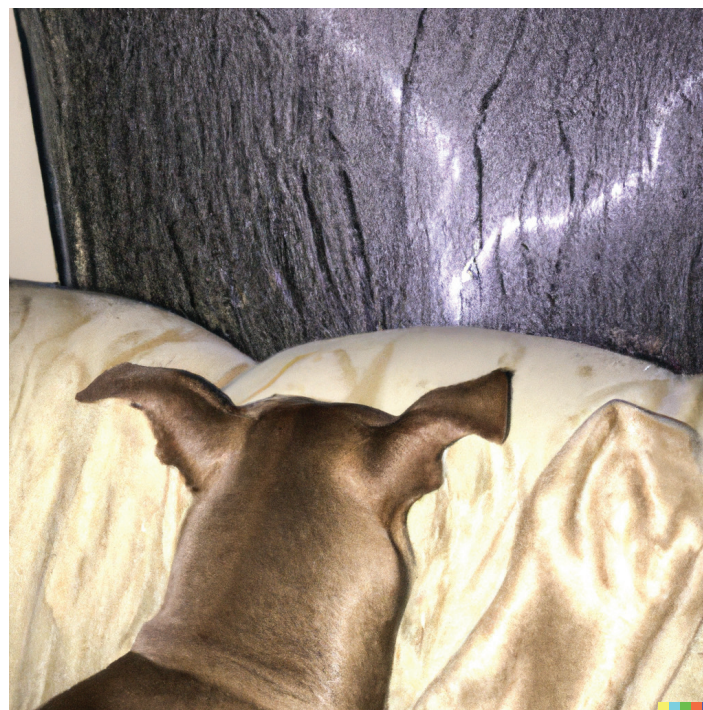
Most homeowners create a hurricane checklist to prepare their property for inclement weather, but often forget to make a formal plan that may help their pets calmly ride out the storm. Fortunately, there are several natural remedies and solutions that can help hurricane season feel a bit less stressful for everyone.

Before we begin reviewing how we can help our pets during this time of the year, it is important to understand exactly why storms affect them so significantly. Storm systems literally charge the air with electricity, making it easier for static buildup to occur in the coats of animals, especially larger dogs and those with double or long coats, such as Huskies, Pomeranians, and Sheepdogs.

If your furry friend has static buildup in its coat, they may feel a static shock on the tip of their nose when they touch it against metal or another conductive surface. These tiny zaps may frighten your pet, causing them to take off for the bathroom or another enclosed space in

Amber Embers is a certified Access Bars practitioner who harnesses the power of plants, essential oils, and nutrients to help others restore wellness naturally. She can be reached at 904-878-3893 if you have any questions.

your home when a storm is coming because these places are often naturally grounded, which means the threat of being shocked will decrease. According to the American Animal Hospital Association, dogs are especially sensitive to barometric pressure changes; they can “feel” the storm before they can see or hear it, and their acute sense of smell enables them to detect rain and an approaching storm. Changes in barometric pressure can affect dogs’ behavior as well.



Yours may become agitated if they are afraid of wind or storms, or they may become over excited and curious, ready to pick up scents in the air and go exploring without sensing the danger outside.

Before investing in toys and supplements meant to calm your pet, first, create a hurricane checklist specifically for them. Your checklist should include:

- Food and water bowls
- Food and fresh water enough for at least three

days after the storm. Moist or canned food is even better, because they will not have to drink as much water. Dogs and cats should have 1 ounce of fresh water for every pound they weigh, each day.

- Treats, toys and a calming wrap (like a Thundershirt or weighted blanket)
- First Aid Kit for pets (including products like Remedy Recovery or Vetericyn)
- Pee pads, paper towels and garbage bags for clean-up
- Contact information for

some other waterproof envelope with the rest of your family’s supplies.

If your pet appears to be experiencing storm-related anxiety, there are several natural supplements readily available without a prescription (but please check with your veterinarian before trying anything new). Pet CBD oil is, by far, the most commonly used natural remedy for stress and anxiety management.

Both humans and animals have cannabinoid receptors throughout our central nervous systems. Your pet’s body releases endocannabinoid chemicals on its own as part of the digestive process. These connect with the receptors that stimulate their natural ability to create serotonin, which is a natural mood stabilizer. Research shows CBD can help relieve seizures, pain, anxiety and even inhibit cancerous growths in both humans and pets, which is what makes this natural remedy one of the most trusted today.

Other remedies for stress mediation may include applying essential lavender oil to their coat before the onset of a storm or car ride, treats that contain Chamomile, Passion Flower, or L-Tryptophan, or even simply playing soft music. Keeping your furry friend at ease during an otherwise stressful time will help manage everyone else’s stress as well.

Pets and other family members are equally important during hurricane season; ensure they are all safely accounted for before the storm hits by reviewing your checklists with anyone else who may need to know that information, and stock up on all your pet’s needs early before the stores are in low supply.

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Flora and Fauna

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



Every February our local herons and egrets start preparing for nesting season. Preferring to nest in groups known as rookeries, spots are chosen and nest construction begins.

These Tri-colored Herons and Great White Egrets are two of the variety of birds at this rookery. Both lay an average of 3 eggs with incubation ranging from 21-25 days. These pictures depict gathering nesting materials, eggs during incubation, newly hatched chicks and a young egret strengthening its wings in preparation for flight which happens 5 weeks after hatching. Not all eggs hatch at the same time; one chick could be as much as a week older than its sibling, which does play a role in survival.



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

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

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



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HOT FUN IN THE SUMMERTIME

By Chris Gollon

Our second annual summer fun issue has a number of activities, events and regular entertainment as well as all of the outdoor sports, hiking, water sports and everything else the outdoors offers here. There are also plenty of indoor activities for when it's raining so take a look at what's available here

and it may help you to plan what you want to do this summer season.

For the Kids

No one in Palm Coast gets more excited for summer to begin than its younger population. Who could forget the feeling of leaving the last day of school, knowing a whole summer was ahead to have fun without the daily pressures of school?

There are a multitude of options in the area for par-

ents looking to take the kids somewhere that'll make their summer the best it can be. One resource is the Flagler County Public Library in Palm Coast, who recently released a schedule of kids' activities for the month of June. Each Monday there'll be a 'Board Game Bonanza' event from 4:00 PM to 5:30 PM at the library, with "Tween Cards & Controllers" happening concurrently on the 5th and 19th, along with "Pixels and Perlers" on the 12th and 26th.

Tuesdays have a different

activity each week, capped off by a Marineland event on the 27th. Those with younger kids will want to attend later in the week, with preschool and baby storytimes at 10:30 AM and 11:00 AM almost every Wednesday, Thursday, and Friday of the month. There will also be "Paws to Read" sessions from 4:00 PM to 5:00 Monday and Wednesdays.

Kids looking to get outdoors have no limit of options in the Palm Coast area either. The City of Palm Coast offers eight different summer camp options

Scan the code to hear Sly and the Family Stone sing "Hot Fun In The Summertime" just to get you in the mood.



The Flagler County Public Library also offers many programs and events throughout the summer.

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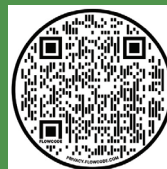
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The Allure of Dog Surfing

It's not every time that you can tell when a local institution is becoming iconic, but it's clear to see that's what's happening with Hang 8 Dog Surfing in Flagler Beach. The event was already more popular than expected at last year's inaugural event, and this year's running again far exceeded expectations. It's a new lifeblood for the city of Flagler Beach.

Attending Hang 8 on Saturday was overwhelming in more ways than one. It was brutally hot out, as is to be expected, and the few city blocks that the event took up were jam-packed with people.



But for the event's organizers, Mayor Suzie Johnston and City Commission Chair Eric Cooley, these were good problems to have. It was prime beach weather and seemingly half the town came out to witness Hang 8. For all the challenges involved, things were an unequivocal success.

"It's probably a lot more than last year," said Cooley in what was likely a significant understatement. "I think we already broke last year's [number] by more than double." For Cooley, both an elected official in Flagler Beach and a small business owner, having an annual event that regularly exceeds expectations will pay dividends for stakeholders of the community. His own 7-Eleven business, located just next to the event on A1A, was packed with patrons throughout the morning

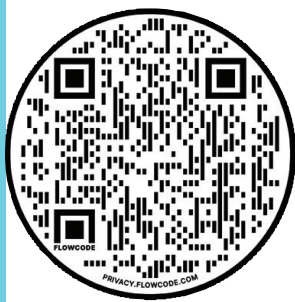
and afternoon. Many other businesses nearby seemingly were as well.

"I feel like the event is more organized this year," said Johnston. "Last year Eric and I had no idea what to expect. We thought we would have about fifty people turn out with five dogs, and it just blew away our expectations. So this year we were just more prepared and organized, and we've been able to enjoy the contest more." Johnston went on to estimate that between 500 and 1,000 people attended the event Saturday, but the

true number was likely substantially higher.

Beyond just the impact on the local economy, all proceeds from Hang 8 went to good causes. K9s for Warriors, the Flagler Humane Society, and SMART of Flagler County, each pet-based charities and nonprofits, were each benefited by the money raised throughout the event.

If you missed the event you can check out some of the action by scanning the code below.



Cover story continued from page 22



for kids, including ones tailored to their interests such as soccer, tennis, firefighter, and robotics camps.

Beat the Heat

It's easy to love the weather we get in Palm Coast, especially for those of us who migrated down from the frigid northeast. The trade-off, though, is that even when Florida's winters may be perfect for a chilly bike ride or nature hike, the summers can at times be too hot to go outside. For seniors or those with medical conditions, taking part in summer activities isn't just unpleasant — it can even be dangerous.

Luckily, there's still plenty to do around town that allows for the participant to stay cool and stay safe. One option would be the beaches, where the temperature is often a couple degrees lower and the ocean provides a respite from the baking

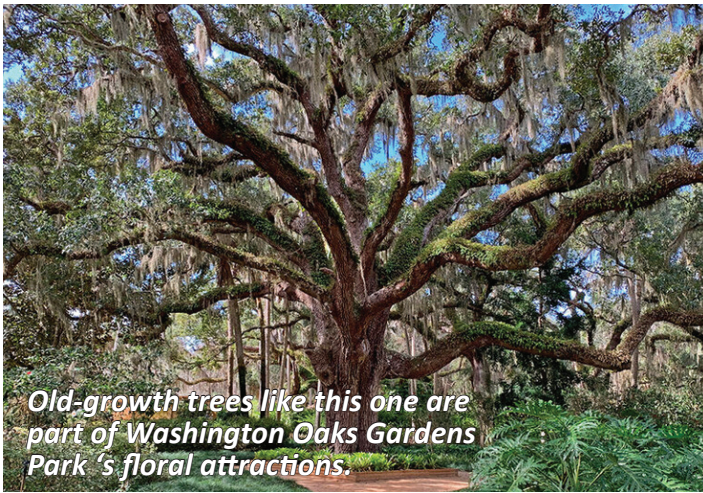
heat. Flagler Beach just over the bridge is a popular destination for local beachgoers, and for good reason. Matanzas Inlet just a short drive up A1A is also a popular and fun beach a little different from our own.

One of our favorites is the beach at Marineland. It's relatively flat and is better for smaller kids who tend to get tossed around more at Flagler Beach. Also, Marineland has bathroom facilities, an outdoor shower and a food truck next to it.

For those looking for a more easygoing swim, the Palm Coast Aquatics Center and Belle Terre Swim & Racquet Club may be the better choice. There are swimming lessons available at both of the city's pools during the summer.

For those who find themselves a little more predisposed to dry land, the area's parks and walking trails may have the answer. Though many Palm Coast parks exist





Old-growth trees like this one are part of Washington Oaks Gardens Park's floral attractions.

primarily in the sun, several offer segments that are largely shaded, and thus quite a bit cooler. Washington Oaks Gardens State Oak offers several walking trails which are largely under shaded canopy, as does Princess Place Preserve. The same can be said for Betty Steflik Memorial Preserve in Flagler Beach, Haw Creek Preserve at Russell Landing, and all three legs of Lehigh Trail in Palm Coast.

Check out the map and guide on page 26 for more information on Palm Coast's many miles of hiking and biking trails.

Sports & Activities

Those more content to sit on the sidelines have just as many

options as the rest — Flagler County and the surrounding areas are rich with live sports and music. For sports fans, Jackie Robinson Park just a short drive down to Daytona Beach offers fun for the family multiple days a week, in the form of the hometown Daytona Tortugas. The particularly avid baseball fan will also enjoy keeping up with one of the professional farm teams of the Cincinnati Reds.

Also in Daytona, the NASCAR Cup Series will take to the high banks of Daytona International Speedway on August 26th for the Coke Zero Sugar 400. One of the most exciting races of the year, NASCAR's show will surely satisfy car-lovers and thrill-seekers alike.

Flagler County itself has a litany of live music to take in over the summer, many of them local artists and performers. One such musician is Muddy Marshall, who has a slate of live performances across the month of June. Locally, he'll perform at Sunbros Cafe on the 2nd, the Christian Romero

lots more information on what national acts will be in the area at venues like The Amp in St. Augustine and the Bandshell in Daytona Beach and also what's happening with local bands in area clubs.

Obviously, we are constrained by space considerations so we can't tell you



Benefit Concert at Tortuga's on June 4th, and Coquina Coast Brewing Company on the 10th. To the north, the St. Augustine Amphitheatre is set to feature a stellar lineup of concerts, including Sammy Hagar, Peter Frampton, TLC, and John Fogerty. See the live entertainment listings on page 28 for

about everything that's happening this summer but take a look at the library's website and also the parks and rec website (scan the code on page 40) to read about all that they have to offer. There are many programs that are running all of the time and that are well done and of interest to a lot of people.



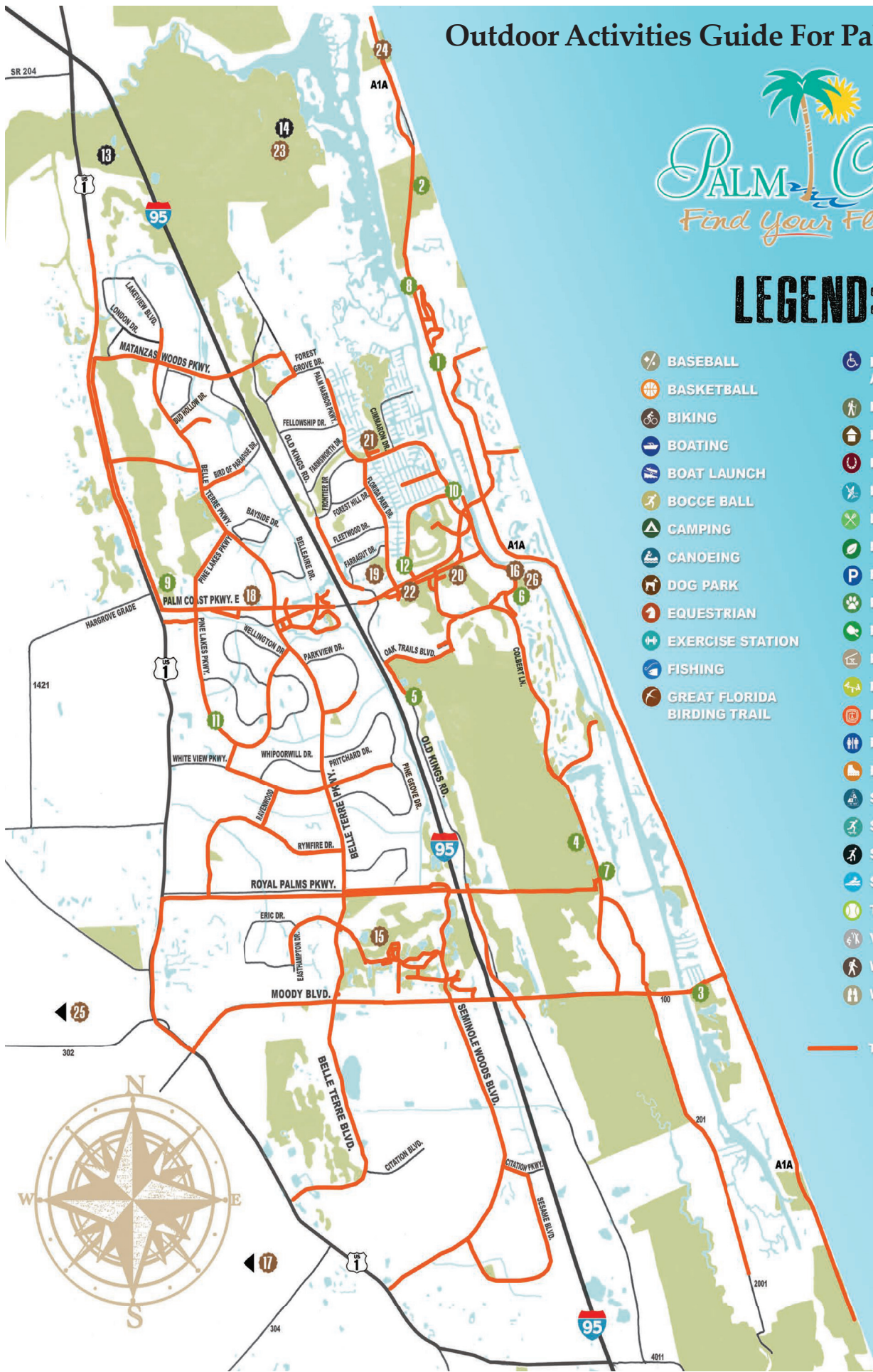
The Daytona Tortugas play Single-A minor league baseball until the middle of September.

Outdoor Activities Guide For Palm Coast



LEGEND:

- BASEBALL
 - BASKETBALL
 - BIKING
 - BOATING
 - BOAT LAUNCH
 - BOCCIE BALL
 - CAMPING
 - CANOEING
 - DOG PARK
 - EQUESTRIAN
 - EXERCISE STATION
 - FISHING
 - GREAT FLORIDA BIRDING TRAIL
 - HANDICAPPED ACCESSIBLE
 - HIKING
 - HISTORIC SITE
 - HORSESHOES
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 - LACROSSE
 - NATURE TRAIL
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 - PICNIC SHELTER
 - PLAYGROUND
 - RAQUETBALL
 - RESTROOMS
 - ROLLERBLADING
 - SHUFFLEBOARD
 - SKATEBOARDING
 - SOCCER
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Live Music This Summer

There'll be a lot of great live music in and around Flagler County over the summer. One such performer is Mike Hynes, who's scheduled to play a multitude of local restaurants and venues in the coming weeks. Hynes is scheduled at the Golden Lion Cafe on June 5th, 12th, 17th, 19th, 24th, 26th, as well as at European Village on June 9th and 20th.



Muddy Marshall

Local artist Muddy Marshall is on tap as well, having performances at Sunbros Cafe on June 2nd, the Christian Romero Benefit Concert at Tortuga's on June 4th, and Coquina Coast Brewing Company on the 10th.

The **St. Augustine Amphitheatre** has a packed set of performances in its summer season.

Highlights include:

June 2nd/3rd - Kane Brown (country)

- June 4th - TLC & Shaggy (reggae/r&b)
- June 7th/8th - Rebelution (reggae)
- June 15th - My Morning Jacket (alternative)
- June 25th - Straight No Chaser (yacht rock)
- June 28th - Peter Frampton (classic rock)
- July 11th - Louis Tomlinson (pop)
- July 16th - Barenaked Ladies (alternative)
- July 20th - Young the Giant (alternative)
- July 27th - Goo Goo Dolls (alternative)
- July 28th - John Fogerty (classic rock)
- August 5th - Underoath (metal)
- August 8th - Counting Crows (alternative)
- August 11th - Stephen Marley (reggae)
- August 12th - Jason Isbell & the 400 Unit (country)
- August 13th - Jason Mraz (pop)



Scan here to go to the website.

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

Looking to the south, the **Daytona Beach Bandshell** has a star-studded lineup of tribute

bands, taking you back to the glory days of some of your favorites.

Highlights include:

- Invincible & So Like Pink: Pat Benatar + P!nk Tributes
- Fleetwood Max: Fleetwood Mac Tribute
- Caribbean Chillers: Jimmy Buffett Tribute
- Boxers and Southern Cross: Simon & Garfunkel + Crosby, Stills, Nash, & Young Tribute
- The Motowners: Motown Tribute
- Hotter Than July & All Night Long: Stevie Wonder, Commodores, and Lionel Richie Tributes
- Homegrown: Zac Brown Band Tribute
- Foreigner Experience & Bad Inc: Foreigner and Bad Company Tributes
- Jaded: Aerosmith Tribute
- Never Stop Believin': Journey Tribute
- Alter Eagles: Eagles Tribute
- Carnival of Crue: Motley



Peter Frampton (in the 70s).

Crue Tribute
Rushour and Kiss America; Rush and KISS Tributes
The Boss Project: Bruce Springsteen Tribute
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European Village Live Music In June

- Thursday June 1st B Building Courtyard Music Collab Series w/ Clayton Sturgeon 6:30-9:30
- Friday June 2nd Live music w/ Mike & Vin 6:30-9
- Saturday June 3rd live music w/ Ian Opalinski 7-10
- Friday June 9th Live music w/ Kary Adams and "On Island Time" 7-11
- Saturday June 10th Live music w/ Mike Hynes 6:30-10:30
- Thursday June 15th B Building Courtyard Music Collab Series w/ Chunny McG 6:30-9:30
- Friday June 16th Ataraxis Experience 7-10
- Saturday June 17th Joel Dennis on Sax 6:30-10
- Friday June 23rd Just Peachy Duo 7-10
- Saturday June 24th Full Circle Trio 7-10
- Friday June 30th Clayton Sturgeon 7-10



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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



Selection Of The Month

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



Patty and Dan Murphy of Evans Dr. have been recognized as the June 2023 Selection of the Month by the Garden Club at Palm Coast. Originally from western NY, they moved to Florida in 2007 and in 2013 they purchased their current home.

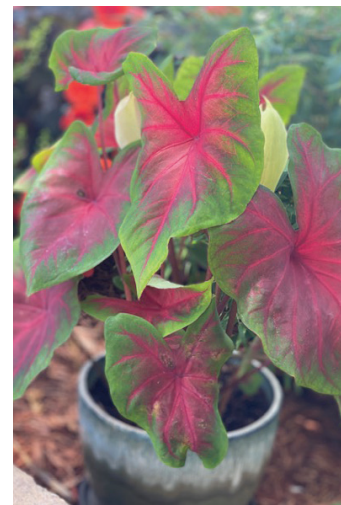
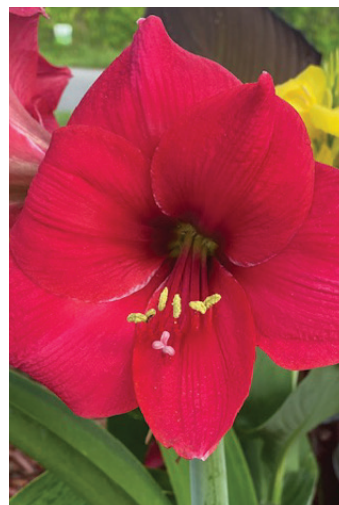
They first planted palms, (Sylvester, Queen, date) along with sago, and ponytail palms. Then they added coral colored Encore azaleas, hot pink crape myrtles, and an array of multi-colored cannas, amaryllis, Asiatic lilies, and native lilies to their front island. They even tried their hands at growing pineapples and were successful.

In a shaded area under their huge date palm, they have lots of color with bright orange begonias, tropical bromeliads, and pink variegated gingers

that are exploding with color.

Their backyard is a real surprise. A winding pathway that leads to a beautiful courtyard that's surrounded by lush plantings and dozens of overflowing pots and hanging baskets with amazing annuals and perennials mixed for a butterfly's paradise along with a white gardenia, exotic bamboos, and giant elephant ears.

The focus of the garden is a HUGE white crape myrtle tree (Natchez) that is home to dozens of her fabulous orchids. Beneath is a sea of bromeliads, chenille plants and sweet potato vines. A stunning purple bougainvillea really grabs one's attention, surrounded by a huge three-year old hot pink geranium. Each Spring they await the return of their unique varieties of caladium.





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Homeowner's Corner

A new version of reverse mortgages is available by Cindy Polverino

You worked hard for your home, now you can let your home work hard for you. If you hate monthly payments but would like to buy a home for your offspring, a boat or a vacation home, you don't have to have payments or cash. You can use your home equity to make a large purchase or pay down your installment or credit cards debts using a fixed-rate reverse mortgage on your primary home.

The qualifying age for this type of reverse mortgage is for homeowner's age 55 and over.

The homes that qualify

Cindy Polverino is a Certified Reverse Loan Specialist and Loan Officer. You can reach her at cindy@HomePrideLending.com or 904-669-3011.

for this type of mortgage are home values that exceed the FHA loan limit of \$822,375 or homes that don't qualify for FHA such as condominiums and some Planned Unit Communities.

You can never owe more than the home is worth because this is the a non-recourse loan, which means that the lender can only recoup funds from the value of the property. Your heirs cannot be held responsible if the loan exceeds the value of the home.

Ownership of the home is still retained by the individual(s) on the title just like a traditional mortgage.

The way that this loan differs is that you borrow against the equity in your home and receive a lump sum of cash at

closing and/or a line of credit. There are no monthly mortgage payments required as long as you live in and maintain the home and continue to pay property taxes and homeowners insurance.

ically does not affect Social Security payments. The loan comes due when you 1) sell the property; or 2) no longer live in the home as your primary residence; or 3) if you fail to meet your loan obligations

such as paying property taxes, homeowners insurance, and for home maintenance.

When the balance of the loan is paid off, any remaining equity will go

to your heirs. If the home has appreciated their inheritance could have increased significantly. They have an option to sell the home and reap the increase in value.

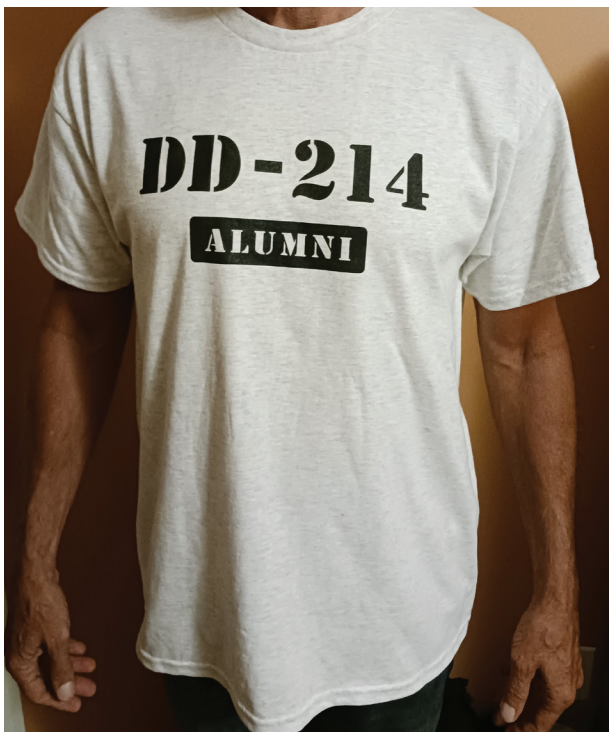
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Flagler County
Education Foundation

Gardening Tips

Making the most of citrus trees, by Master Gardener Judy Jean

Citrus trees are a delightful addition to any homeowner's garden.

Not only do they provide fresh and flavorful fruits, but they also add beauty and vibrancy to the landscape. However, it is important to be aware of the challenges that can arise, particularly with the prevalent issue of Citrus Greening. This devastating disease, caused by a bacterium spread by the Asian citrus psyllid insect, poses a significant threat to citrus trees and has become a major concern for homeowners. In this article, we will explore valuable tips from the

University of Florida IFAS Extension and the Florida-Friendly Landscaping™ Program, guiding homeowners in nurturing healthy citrus trees while addressing the challenges posed by Citrus Greening.

When choosing citrus trees for your Palm Coast garden, consider the region's climate and conditions. Placing citrus trees in suitable locations offers several benefits. Proper placement allows trees to grow to their desired size, reducing the need for frequent pruning. Selecting the right soil type and pH for citrus trees ensures a balanced nutrient supply, reducing the need for additional additives.

Location and Sunlight

Palm Coast enjoys abundant sunshine, which is ideal for citrus tree growth. Select a location in your yard that receives at least 6 to 8 hours of direct sunlight daily. Take note of any microclimates in your landscape that may offer additional warmth and protection for your trees during cooler winter months.

Soil Preparation and Planting

Prepare the soil for your cit-

rus trees by incorporating organic matter such as compost or well-rotted manure. This will improve soil fertility, drainage, and water-holding capacity. Palm Coast's sandy soils may benefit from added organ-



ic amendments. Dig a hole slightly wider and deeper than the root ball, and gently place the tree, ensuring it sits at the same depth as it did in the container. Backfill the hole with soil, firming it gently around the roots.

Irrigation

In Palm Coast, citrus trees need regular watering to thrive. Water deeply but not too often to encourage deep roots. Aim for about 1 inch of water per week, including rainfall and irrigation. Check the soil moisture and adjust watering to avoid over or under-watering, especially in dry months. Remember to use water wisely, considering the amount you use, to keep your citrus trees healthy and conserve water.

Fertilization

Proper fertilization is crucial for healthy citrus trees in Palm Coast. Start fertilizing in spring when the tree shows growth signs. Use a balanced citrus fertilizer as recommended by the University of Florida IFAS Ex-

tension. In the first year, apply fertilizer every six weeks from February to October. Use an 8-8-8 analysis fertilizer, starting with a half cupful and increasing to one-and-one-half pints in September.

Follow UF/IFAS's fertilizer schedule in the second, third, and fourth years. Apply fertilizer within the basin area in the first year and spread it beyond the dripline as the tree's age (up to ten years). Avoid applying fertilizer near the trunk. Check soil pH at the County Extension Office, aiming for a range of 5.5-6.5.

Pest and Disease Management

Palm Coast's warm climate also presents some challenges with pests and diseases. Monitor your citrus trees regularly

for signs of aphids, citrus leaf miners, and other common pests. Stay informed about the presence of citrus greening disease and take necessary precautions to prevent its spread. Follow integrated pest management practices, prioritizing cultural and biological controls before considering chemical options. Consult the University of Florida IFAS Extension for specific recommendations on pest and disease management in Palm Coast.

Mulching

Applying a layer of organic mulch around the base of citrus trees in Palm Coast offers numerous benefits.

Mulch helps conserve moisture, regulate soil temperature, and suppress weed growth. Maintain a 2- to 4- inch height.

State of the Citrus Industry

It's important to be aware of the current state of the citrus industry and the challenges posed by a devastating disease called Citrus Greening, also known as Huanglongbing

(HLB). Florida, including Palm Coast, has been significantly affected by this disease, which has had a profound impact on citrus trees statewide.

Citrus Greening is caused by a bacterium that is spread by an insect called the Asian citrus



psyllid. The disease weakens the tree, stunts its growth, and causes bitter, misshapen fruit. Unfortunately, there is no cure for Citrus Greening, and infected trees usually decline and die within a few years.

The citrus industry in Florida has been actively working to combat this disease through research, education, and the implementation of best management practices. Researchers and growers are striving to develop resistant citrus varieties and explore innovative treatments to control the spread of Citrus

Greening

As a homeowner in Palm Coast, it's crucial to stay informed about Citrus Greening and its impact on the local citrus industry. By following recommended practices for pest management, regularly inspecting your trees for signs of the Asian citrus psyllid or disease symptoms, and promptly reporting any suspicious findings to your local extension office, you can contribute to the collective efforts in managing and minimizing the spread of Citrus Greening.

Remember that responsible citrus tree care practices, such as proper fertilization, irrigation, and integrated pest management, play a vital role in maintaining tree health and resilience against diseases. Supporting the citrus industry and adopting these practices can help preserve the future of citrus cultivation in Florida, including the beautiful citrus trees in your Palm Coast garden.

Exciting Updates from the Extension Office

Mark your calendars for the Flagler County Master Gardener Plant Sale fundraiser on June 17, 2023. It's a green thumb's paradise. Don't miss out. Follow us on Facebook at Flagler County Master Gardeners or shoot us an email at mgardener@flaglercounty.gov for more info. Let's grow together.




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Flagler Artists

Rob Stern pushes the limits of glass blowing, by James Moore

For most of Rob Stern's life, there was art. Both of his parents artists in their own right, it was a matter of time before he found his own medium. In his sophomore year of college, he discovered glassblowing, and has spent the last thirty-five



years making a career out of it.

Stern describes it as instant love. He was very athletic in his youth, playing just about every sport that interested him, from football to X-Games-related events. Glassblowing is an art form that is physically demanding and works best when there is a team. His experience in team sports melded perfectly with his creativity.

"Blowing glass is a bit of a game itself," Stern said. "All the hand-eye-coordination that comes with sports pays off."

Glassblowing was experiencing a renaissance around the time Stern started studying. It was becoming more accessible to the average artist. Instead of glassblowing in a big factory, one can do it in the garage. This made it easier for colleges to teach courses, the same way they might for a ceramics course.

"I was very lucky to get involved with top tier glass makers at the start of my career," Stern says.

Through his professors, Stern met glassblowing giant Dale Chihuly and attended his workshop at the Pilchuck Glass School in Washington State. Stern found out the world of glassblowing is more expansive than one might expect, and so he was determined to absorb as much information as possible.

After nearly ten years, now with enough experience under his belt, Stern decided it was time for a change. "It has someone else's name on it," he says, describing the sculptures he helped craft. "Let me put my name on it."

In 1999 he moved to Florida to teach at the University of Miami for several years. He honed his craft further, guest lecturing and teaching seminars and workshops across the United States and Europe.

Stern's constant work made him a recognizable name in his own right. He entered into the professional sphere by selling his pieces, and soon started to expand. "It was just one foot in front of the other. Sell one thing,

move to another project, etc." It's a romantic formula for him. The art form makes him happy. He feels engaged with the team he works with and is proud of what he does.

Beyond just being able to travel, keeping up with glassblowing was the natural decision. The hard part was learning the business end. "Glass-making is only twenty percent of it," Stern said. Keeping his focus and work ethic aimed at staying engaged with the

community helped him get started, and it has ensured his continued success.

However, hardships would eventually rear their head. As it turns out, glassblowing is a physically demanding form of art.

As it is for any athlete, thirty-five years of regular wear and tear on the body caused Stern to reevaluate.

With years' worth of students having studied at his feet, he finally felt he could step away from the ovens and the wrestling with the molten molds, at last casting his career into its final form.

Casting and creating full sculptures is where Stern now focuses the future of his work. Solo exhibits and shows, in this community, means you



are at the height of the industry. That's where Stern has his sights set now.

After that will be museums. The Imagine Museum in St. Petersburg, Florida has recently recognized his work, and Stern hopes more will follow

Another recent milestone in both his own career and in making glassblowing more accessible to the masses is Rob's participation in the third season Netflix series, 'Blown Away'.

"I am a group enthusiast," Stern said. "I like to get people involved, then grow the energy around the material. I am a teacher in that way."

Residents of Palm Coast can see Stern's work displayed at the Baliker Gallery on Ocean-shore Blvd in Palm Coast.



Palm Coast

June 2023

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Events, Meetings, Classes, etc.

Events

Palm Coast Farmer's Market
June 4, 11, 18, 25 @12-4 PM,
 European Village, 101 Palm Harbor Pkwy, Vendors include sellers of seafood, meats, dairy products, nut butters, many varieties of crafts and a lot more every Sunday.

First Saturday Creative Bazaar Arts & Crafts Market
June 5, 1500 Central Avenue, Town Center. Produced by The Palm Coast Arts Foundation, this is a bazaar and flea market

featuring arts and crafts every first Saturday of the month.

Book Club
June 2, 10:30-11:30 AM, first Friday of the month, Palm Coast Community Center, free. Do you love to read? Each month will have a designated genre. You select and read a book that falls within the monthly category. Book 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.

Flagler County Orchid Society
June 29, 7 PM, Trinity Presbyterian Church, 156 Florida Pk Dr. Every meeting FCOS features orchid species and care. Anyone can grow orchids. Let us show you how at our next meeting. Dr. Courtney Hackney, orchid specialist will be present. FB/flaglercountyorchidsociety.org

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 386-931-5976 for more information.

Nara-Anon Group
Monday nights at 6PM, St. Marks By The Sea Lutheran Church, 303 Palm Coast Pkwy NE, Palm Coast. Nara-Anon Groups are for those of us who are affected by someone else's addiction. For more information please call Nancy at 386-569-0417

Meetings

New Jersey Social Club
 Social club for former New Jersey residents with a monthly meeting on the fourth Wednesday of each month. For more information, contact membership chair Penni Knapp at 386-931-5976.

Italian American Club Bingo
Mondays & Tuesdays, 45

Classes

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

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



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Reverse Division

Events, Meetings, Classes, etc. from page 40

sherrysartstudio.info.

Sat June 3 11 AM Under The Pier Acrylic Wash, Regular price \$75.00

Sun June 4 10 AM 13PC SPECIAL RESIN WORKSHOP, Regular price \$295.00

Mon June 5 11 AM Personalized Beach Jeep Surfboard, Regular price \$55.00

Sat June 10 11 AM "Dolphin Dance" 4ft Surfboard, Regular price \$250.00

Sun June 11 11 AM "Ocean" 11x14 Oval Canvas, Regular price, \$75.00

Sat June 17 11 AM "Shelling" 16x20 Acrylics, Regular price \$125.00

Sun June 18 11am "Oscar" The Sea Turtle 12x24 Canvas Regular price \$125.00

Sat June 24 11 AM June Sea Turtle Of the Month 18x18 Acrylics, Regular price \$150.00

CPR/First Aid & AED Training
Saturdays, June 10, July 8, Aug. 12, 9 AM-4 PM, Palm

Coast 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) that is designed to meet OSHA regulations. \$65/person; pre-registration required at least 48-hours in advance. Register: park-sandrec.fun/adults

Activities

Aqua Zumba®

Mondays and Wednesdays June 5-Aug. 14 (no class June 19, July 3) 5:30-6:30 PM Tuesdays and Thursdays June 1-Aug. 10 (no class June 22, July 4) 9-10 AM years, Palm Coast Aquatics Center.

Aqua Zumba® blends the Zumba® philosophy with water resistance. There is less impact on your joints during an Aqua Zumba® class, so you can really let loose. Ages: 13+, Fee: \$8/

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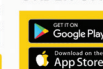


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Grammy Award-winning guitarist Peter Frampton is back on the road—the Never Say Never Tour will include a stop at The St. Augustine Amphitheatre on Wednesday, June 28. “At the end of every Finale Tour show I did say, ‘Never Say Never’ and I am always full of hope for the impossible. I’m very pleased to let you know that I am feeling strong and my fingers are still roaming.”

class Register: parksandrec.fun/aquatics

Water Aerobics

Mondays, Wednesdays, and Fridays June 2-Aug. 14 (no class June 9, 12, 14, 16, 19, July 3), 9-10a AM, Palm Coast

Aquatics Center. Combine aerobics with strength training in our Water Aerobics class. 13+ years, \$8/class. Register: parksandrec.fun/aquatics

Beginner’s Pickleball

Tuesdays and Fridays June

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Events, Meetings, Classes, etc. from page 43



One of country music's most dedicated touring artists, Parker McCollum, has announced dates for the second leg of his upcoming 2023 headlining tour, including a stop at The St. Augustine Amphitheatre on Thursday, June 29.

1-Aug. 11, 8-10:30 AM, Tuesdays and Fridays June 1-Aug. 11 8-10:30 AM Holland Park Tennis Courts. 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, 18+ years. Register: parksandrec.fun/athletics
Intermediate Pickleball Wednesdays June 2-Aug. 9 Time: 8-10:30am Holland Park Tennis Courts. Intermediate Pickleball is designed to improve your game against up-and-coming players. Build-

ing upon the skills learned in Beginner's Pickleball, this program is meant to be progressive and designed for more advanced players that are looking to improve their game. Free, 18+ years. Register: parksandrec.fun/athletics

Ladder League Pickleball – Beginner & Intermediate

June 1-Aug. 7, Mondays, Beginners: 6:30-8 PM; Intermediate: 5-6:30 PM; Thursdays, Beginners: 9:30-11 AM; Intermediate: 8-9:30 AM, Holland Park Tennis Courts. Welcome to our improved Ladder League. In this format, players can compete against other players with similar skill levels each week. Beginners Ladder League is for players 3.0 and below, while Intermediate Ladder League is for players 3.1-4.0. 18+ years, \$10/person. Register: parksandrec.fun/athletics

Flagler County Parkinson's Support Group

Wednesdays, June 14, July 12, 12-1:30 PM, Palm Coast Com-

munity Center.

We are a group of people who help each other, share resources and ideas, as well as support each other in promoting awareness of Parkinson's disease. 18+ years, free.

Register: parksandrec.fun/adults

Widow/Widower's Support Group

Thursdays, June 1-August 3, 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/adults

Book Club

Fridays, June 2, July 7, Aug. 4, 10:30-11:30 AM, Palm Coast Community Center. 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

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little help. June: Friends, Family and Foes July: Beach Reads August: A Twist of Fate, Free, Register: parksandrec.fun/adults

Autism Spectrum Disorder
Tuesdays, June 13, 27, July 11, 25, Aug. 1, 6-7:30 PM, Palm Coast Community Center.

(ASD)/Differently-abled Social Group Would you like a safe, predictable environment to meet other people and make friends with ASD or who are differently-abled? Join us for socialization and recreational activities. You can expect structured activities and a schedule of options. Parents and caregivers will have their own space to socialize together while they wait. Ages: 18+ years, Free.

Register: parksandrec.fun/adults

Senior Social Corner
Tuesdays June 6-Aug. 1, 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

Mah Jongg
Wednesdays June 7-August 2 Time: 12:30-4 PM, Palm Coast Community Center. Developed in China during the Qing dynasty, Mah Jongg is a rummy-like game played with tiles. Join in on this game of skill, strategy, and calculation, all while making new friends. Free. Register: parksandrec.fun/adults

Women's Self Defense
Mondays July 31, Aug. 7, 14 Ages: 13+ years Time: 6-8 PM, Palm Coast Community Center. Learn effective methods to ward off attackers in this three-day class from Commander Michael Lutz of the Flagler County Sheriff's Office. Pre-registration is required at least 48 hours in advance; participants must attend all three classes. Free. Register: parksandrec.fun/adults

BAM! Balance & Motion
flexibility, and range of motion. This class is gentle, upbeat, and supportive of all fitness levels. Free. Register: parksandrec.fun/adults



Multi-GRAMMY Award winning supergroup TLC and multi-GRAMMY Award winning Jamaican icon Shaggy will join forces to bring decades of their most beloved hits to The Amp in St. Augustine on June 4 with TLC & Shaggy: Hot Summer Nights Tour 2023. The star-studded tour will also feature performances from special guests En Vogue and Sean Kingston.

Mondays, June 5-July 31 12:30-1:15 PM; Thursdays, June 1-Aug. 3 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/adults

Business Functions

Referral Diamond Network Meeting
June 7, 14, 21, 28 @ 8 AM,

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Just So You Know...

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

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

Events, Meetings, Classes, etc. from page 44

Coldwell Banker Realty, St. Joe's Village. Weekly networking meeting of local business owners. Call Brad at 386-283-0955 for info.

Palm Coast Business Professionals Network Meeting
June 1, 8, 15, 22, 29 @ 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
June 2, 8:30-10 AM, Market Street, 2 Corporate Dr. Networking breakfast. Call Nina at 845-531-1673 for more information.

The Boss Ladies Community International — Flagler County
June 15, 5-7 PM, Rodie's Place, 5115 N. Oceanshore Blvd, Palm Coast Networking event to benefit Live Like Cam-

eron. See their Facebook page for more information.

The Boss Lady Flagler Ladder Group
June 20, 5:30 PM, The Brown Dog, Palm Coast. The group meets monthly to help and empower its members. For more information call Nina at 845-531-1673.

Palm Coast Lions Club
June 12, 5:30 PM, Lohman's Funeral Home. The Palm Coast Lions Club meets at 5:30 PM on the second Monday of the month at Lohman's Funeral Home in Palm Coast. Call Nina at 845-531-1673 for more information.

BNI
June 1, 8, 15, 22, 29, 8 AM, Elks Lodge Palm Coast. Business referral group that meets weekly to exchange business leads and referrals. Call 904-669-2337 for more information.

Having A Bad Day?

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Sherry's Art Studio

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



Sat July 15
"Ocean Wave Study"



Sun July 30
"13-Pc Resin Set"



Sat July 1
"Seahorse"



Sat June 10
"Dolphin Dance"



Sun July 9
"Oh Baby"



Sat July 8
"Island Girl"



Sun June 18
"Oscar"



Sun July 23
"Christmas In July"



Sat June 17
"Shelling"

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