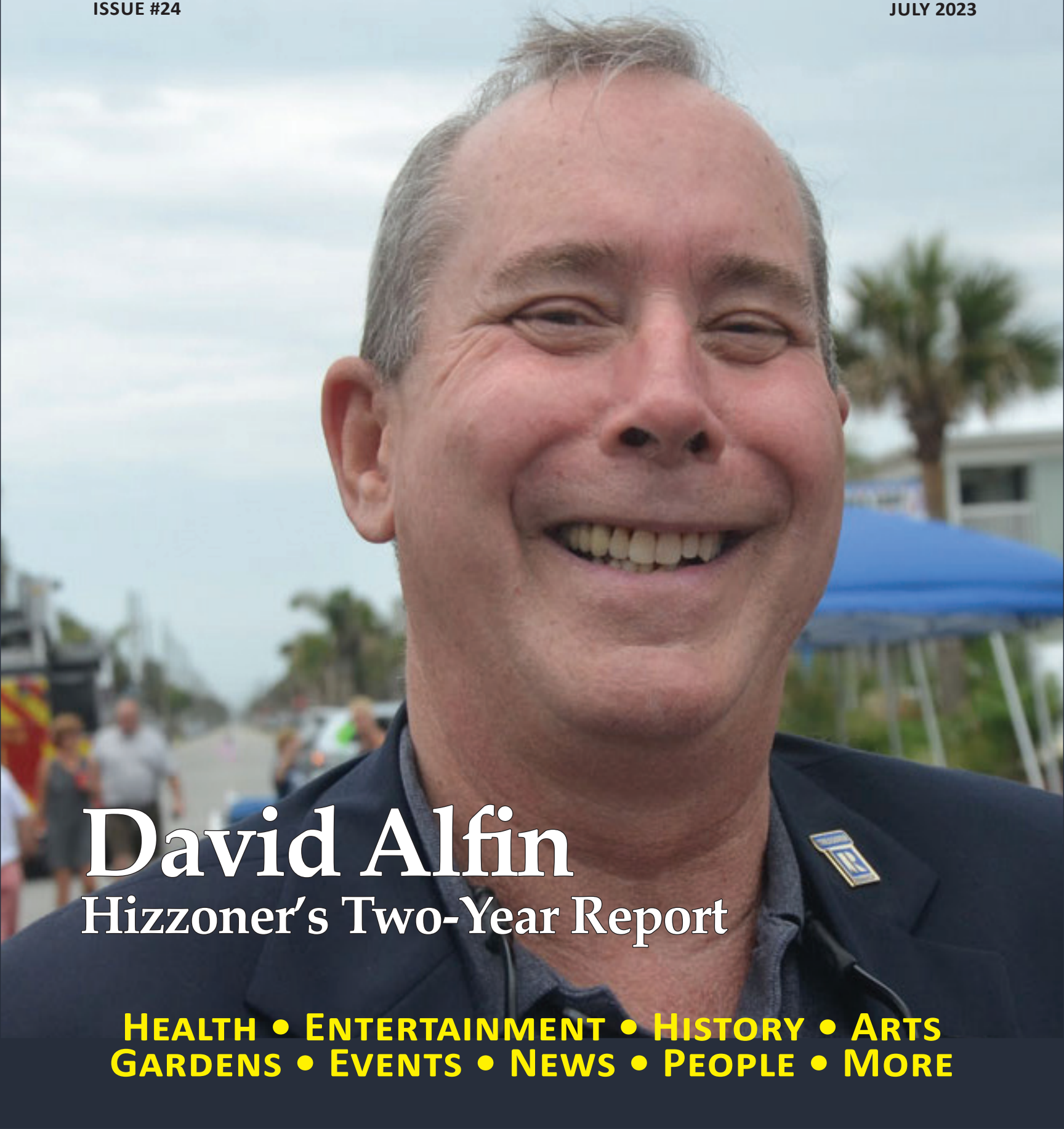


Palm Coast

ISSUE #24

JULY 2023



David Alfin

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As the dog days of summer approach (referring to the emergence of the star Sirius near the end of July, according to the Romans) we'll be busy planning the second anniversary of Palm Coast magazine. We've now been around for two years, just like our mayor, and it's been an interesting time. And the future is looking the same as we continue to try to provide you with the best information we can about what's happening in our city. Our upcoming issues should be of interest too as we have different theme issues planned for the remainder of the year. August will have coverage of the new Advent-Health hospital that's opening soon. September will put a spotlight on Flagler Auditorium's upcoming year of entertainment and October will focus on the state of the arts scene in Flagler. We're still thinking about November and December will feature our third annual Buyer's Guide for Christmas. And if you want to see any of the issues you might have missed in our first two years you can go to www.palmcoastmag.com and download any back issues in PDF format. You can scan this code to go to the site.



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News Of The Palm Coast World



School Board members Christy Chong and Sally Hunt.

School Board Votes Down Arming School Faculty

The Flagler County School Board on Tuesday voted not to proceed with a ‘guardian program’, a proposed measure that would arm faculty

to protect students in the event of a gunman on campus. The Board voted 3-2 to turn it down, with the majority being formed by Chair

Cheryl Massaro along with Colleen Conklin and Sally Hunt. Christy Chong and Will Furry were in the minority.

Had it passed, the vote would’ve entered the School Board into an arrangement with the Flagler County Sheriff’s Office in which the latter organization would’ve applied for grants to fund the program. It would have required those who carried firearms on campus to undergo training, plus drug and psychological evaluations.

Proponents of armed defenders on school campuses aren’t completely without hope — Massaro and Hunt both expressed an openness to one day revisiting some form of the guardian program, and schools will remain protected by school resource deputies, members of the Flagler County Sheriff’s contracted to serve on-campus.

If it had been implemented, the exact faculty who were armed would not be public information, nor would any evaluations made of their training by the FCSO. In the view of Furry, this would be an effective deterrent by creating more risk for a would-be shooter. Though he and other supporters hoped that point and an examination of other districts who’ve approached the policy would lead to Flagler support, they did not get their way in the final vote.

Those opposed to the program cite the responsibility required to use a firearm in a dangerous situation, along with the potential for deadly accidents. Their view will likely remain the policy of Flagler Schools until 2025 at least, when the next School Board is sworn in following the 2024 elections. — *Chris Gollon*

Victor Barbosa Running For County Commissioner

Coast City Councilman and local business owner, will attempt a return to elected politics by running for Flagler’s Board of County Commissioners. He will face off against former Commissioner George Hanns and outgoing Palm Coast Vice Mayor Ed Danko, as well as any other candidates who may sign up.

Barbosa was elected to the City Council in 2020, beating out Dennis McDonald, Bob Coffman, and eventual mayor David Alfin to win the District 2 seat. He served for over a year but soon became involved in multiple controversies, namely alleged ties to crimes in Costa Rica and shoplifting accusations at a local Walmart. Barbosa resigned his seat on March 1st, 2022, and his term was finished by interim Councilman John Fanelli.

During the 2022 election cycle Barbosa at different times vowed to run for re-election to the City Council and for a different County Commission seat; he’d ultimately drop both bids well before the election. He was relatively scarce in the interim, not making forays into local politics beyond social media posts, but has now decided to try and resume his career in public office.

“The real Republican has shown up,” Barbosa said on Facebook in his first acknowledgment of the run. Having officially filed with the Supervisor of Elections Office he becomes the second candidate registered after Danko; Hanns is still expected to file but has not done so officially. The remark is likely intended as a slight at both candidates, as Hanns was a Democrat until recent years

and Danko’s political philosophies have clashed with Barbosa’s before when they both served on the City Council.

In a followup message to social media, Barbosa encouraged residents to contact him at (386) 569-8748. — *Chris Gollon*



Victor Barbosa

Daytona May Host Jaguars Games For Two Years

In a surprising and perhaps exciting development, the Daytona Beach area may be home to a major American sports team for the first time in its history. The Jacksonville Jaguars are reportedly in communication with Daytona International Speedway about playing there while TIAA Bank Field undergoes renovations.

DIS President Frank Kelleher confirmed the possibility last week in comments made to the Daytona Beach News-Journal. "Daytona International Speedway is a world-renowned sports and entertainment venue and hosts a full schedule of events each year," Kelleher said in that report. "As good neighbors in the Florida sports community, DIS will be speaking with the Jacksonville Jaguars to see if we can assist them with their potential upcoming facility needs around our scheduled events."



The Jaguars are also considering multiple other facilities in North and Central Florida, including the football stadiums used by the University of Florida and University of North Florida. They're also considering Camping World Stadium in Orlando, home of the NFL's Orlando Guardians.

Though Jaguars President Mark Lamping acknowledged the situation would be unorthodox, the speedway has hosted football games before. In 1959 it hosted multiple home games for Father Lopez Catholic High School, the same year as the inaugural Daytona 500. It again hosted football when

Bethune-Cookman University played multiple games there in 1974 and 1975.

More recently, the speedway was home to Daytona Soccer Fest during 4th of July weekend last year, demonstrating the facility's capacity to host large-scale field sports events on the infield grass. — *Chris Gollon*

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Gustav Becomes Turtle #19 On The Turtle Trail

The Palm Coast Arts Foundation will be unveiling Turtle #19 to the public on Monday, July 3 at 2:30 PM at Hammock Dunes, 2 Camino del Mar, Palm Coast. Gustav, created by artist Judi Wormeck, was inspired by the work of Austrian artist, Gustav Klimt (1862-1918). Klimt was a prominent leader in the Vienna Succession representing Symbolism, Art Nouveau, and Modern art having painted over 200 works in his career.



Veronica Dozier Photo

Wormeck is a longtime permanent resident of the Hammock Dunes community. Her passion in the arts has led to a lifelong commitment and career in teaching and exhibiting her work as a mixed media artist.

Watch for news of more turtles to be hatched on the Turtle Trail in the coming months. A complimentary Guide to Outdoor Art created by the Flagler County Tourist Development office features the Turtle Trail and can be found at their office at 120 Airport Road, 3rd floor, Palm Coast.

This is free and the public is invited. Parking is available at the Southern States Management office, 2 Camino del Mar.

Scan here to see all the public art turtles on the Turtle Trail.



Christmas In July Is Made Official

On June 20 the City of Palm Coast made official the proclamation recognizing Christmas In July and on July 3 at 6 PM Beverly Beach is set to follow suit. On July 10th, Flagler County's Board of County Commissioners will do the same as will the City of Bunnell at 7 PM that evening. Flagler Beach will proclaim on July 13th at 5:30 PM.

December, but all year for those seeking the organization's help.

Christmas Come True founder Nadine King says it's a year-round effort to support the organization's work in the community and the proclamations help raise awareness that it's not just Christmas in

"As you know, it takes year-round events to help us raise the monies needed to keep our mission up and running," said King.

Upcoming events include the July 22nd event "Christmas in July with the Tortugas!" baseball team at Jackie Robinson Ballpark in Daytona Beach. "July is big for us because it kicks off our efforts to raise the money needed for Christmas, when we hope to help over 450 children have a Christmas come true," said King.

QR Code Use Rapidly Growing in Popularity

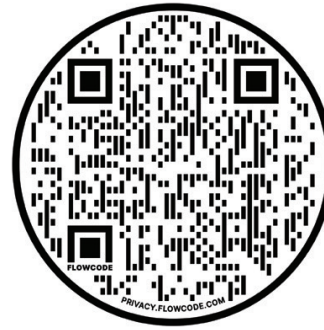
You've undoubtedly seen QR codes all over the place in your everyday life and you maybe a regular user of them. If you are, you may not need to read this article. If you're not that familiar with them and aren't sure of what they do, then please read on.

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 right 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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WHY BUY LOCAL?

There are many reasons to support local merchants whenever possible. It can be difficult sometimes, for a number of reasons, but putting money back into your local community will also pay dividends that you might not think about.

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What about the advertising that local businesses buy to support kids' sports or other school activities like bands and choruses? **The answer is again none.**

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 Professional Women of Flagler County met for their monthly get-together on June 2 at the Market Street memory residence. Guest speaker was local chamber president Greg Blose. For more information please contact Nina at 845-531-1673.



The Professional Women of Flagler County met for their monthly get-together on June 2 at the Market Street memory residence. Guest speaker was local chamber president Greg Blose. For more information please contact Nina at 845-531-1673.

Boss Ladies Become Bold Ladies In Business

Celebrating their third anniversary on June 20, 2023, Boss Ladies International hosted a multi-chapter celebration at the Elks Lodge in Palm Coast with a “Big, Bold & Beautiful” theme.

Formally introducing the refined structure of the organization, which has applied for non-profit status to better serve the community, executive director and founder Ana Reyes-Ouzts unveiled the new name to kick off the evening’s program with great fanfare.

Going from the more common term “Boss Ladies” to “Bold Ladies In Business,” the new title more accurately reflects and aligns with the organization’s mission and goals.

Comprised of professional businesswomen who focus on networking and referrals through genuine ‘coffee connections’ and relationship building, the organization has also become a reliable champion for philanthropic causes throughout the region, spear-

headed by co-founder and fundraising division director Alina Perry-Smith.

The celebration focused on strengthening existing connections and creating new opportunities as members from the various chapters mixed and mingled throughout the evening.

The organization has continued to evolve since the first meeting in Reyes-Ouzts’ living room three years ago, expanding more rapidly than anticipated, as she and her team have

continued to bolster the confidence and provide a platform of support for women in business.

“I’ve learned that you have to shift, you have to pivot, and you have to have a different plan of action,” said Reyes-Ouzts. “We’re winning. All our strategies, our plan, is to build a solid team of warriors. Champions have a playbook. We are going to go bigger than you can imagine. There’s not time to be thinking small and having small mindsets. We are leaders.”



All text and photos courtesy of Flagler News Weekly/Danielle Anderson.

Bold Ladies In Business (formerly Boss Ladies of Flagler County) founder and executive director Ana Reyes Ouzts leads the announcement of the organization’s new name.



A dynamic duo, Ana Reyes-Ouzts and Alina Perry-Smith (left and center) are not only sisters but co-founders of the rapidly growing organization supporting women and charities in the community.

4th Of July Activities

The day will begin in Flagler Beach with a 5-K run over the bridge starting at 6 AM. The Flagler Beach Rotary will host the traditional 10 AM Independence Day Parade down State Road A1A that will last about 90 minutes. DJ Vern of 97.3 FM, the Flagler Beach radio station, will host Music in the Park at veterans Park in Flagler Beach from 11 AM to 5 PM. There will be events running all day long including a dunk tank, contests, bounce houses, line dancing, and performances by the U.S. Navy band from 3 PM to 5 PM. At 5 PM attention will shift toward the county airport where the gates will open. Local elected officials will read the Declaration of Independence at 7 PM and the fireworks will go off at 9. A Palm Coast release states that there is no charge for entry, parking, or participation. Food and drinks will be available for purchase from a variety of food vendors. No glass bottles are permitted.



Members of the Flagler County Detachment 876 Marine Corps League placed flags for Memorial Day at the graves of Veterans at the Pellicer Creek Cemetery in St. John's County and Masonic Cemetery on South Old Kings Road in Palm Coast.



The Boss Lady Community met June 19 at The Brown Dog. The members support the women in our group as they climb their ladder of success, but also looking back to help pull up the next woman at the same time. Text to 845-531-1673 if you're interested.

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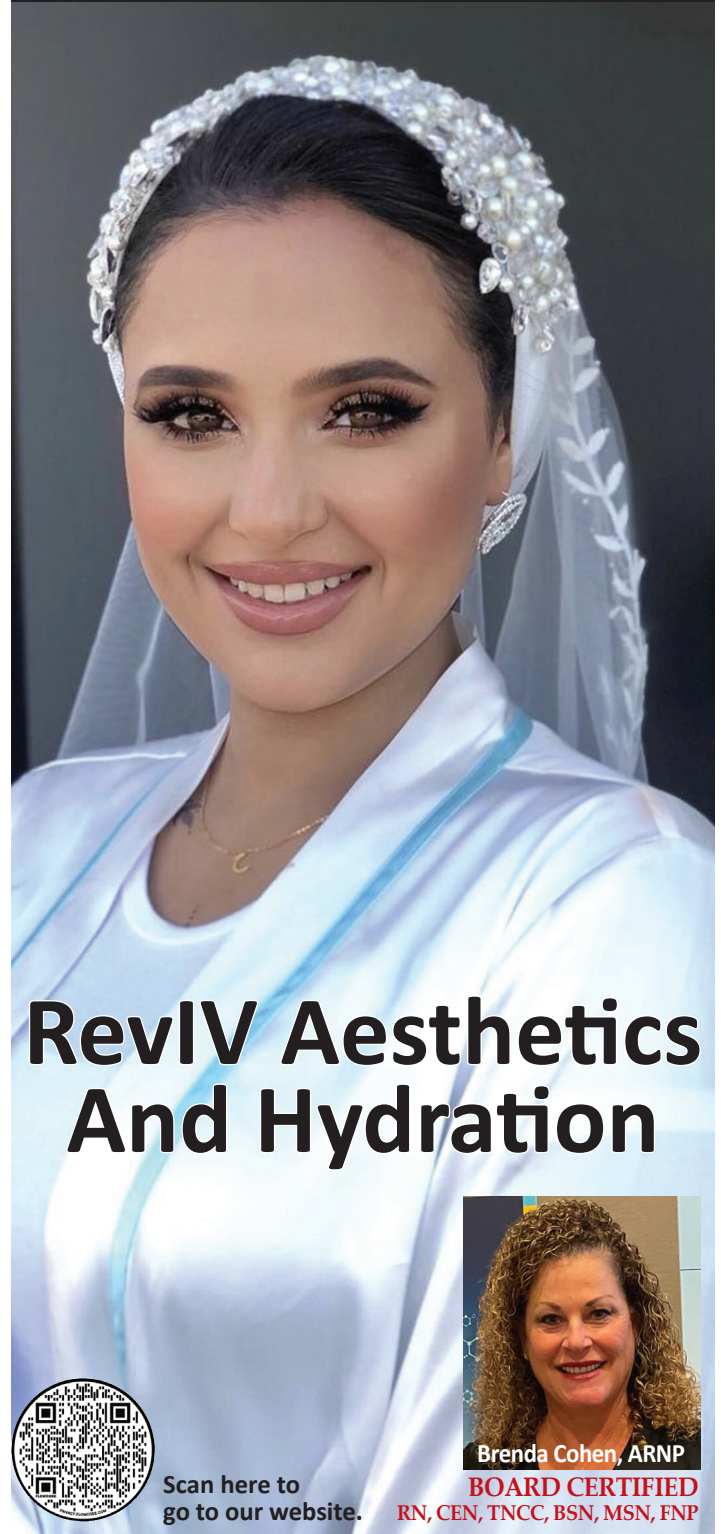
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Palm Coast People

Jim Keegan raises breast cancer awareness in men, by Rachel Dolezal

Breast cancer isn't just found in women. This year, approximately 530 men will die from the disease, according to the American Cancer Society.

Like many others, Palm Coast resident Jim Keegan thought only women developed the disease — until he was diagnosed with breast cancer in 2013. Since then, he has advocated to raise awareness and warn others about the dangers of the disease.

"Breast cancer can be just as painful and devastating for men as it can be for women," said Keegan.

The number of men developing breast cancer is increasing. Keegan said one out of every 883 men is diagnosed with breast cancer. Ten years ago, the statistic was one out of ev-

ery 1,000 men. Comparatively, one out of every 100 women is diagnosed with breast cancer.

Keegan's breast cancer was discovered when his wife noticed a pea-sized lump on his left breast. After a visit with his family physician, he was sent for a mammogram. The day of his mammogram, the radiologist recommended a same-day biopsy. A few days later, he received a call saying it was cancer.

"The race was on," said Keegan. "We had to get this taken care of as quickly as possible and away we went."

Keegan had a one-sided mastectomy, and several of his lymph nodes were removed.

After surgery, he endured a regimen of chemotherapy for one year and was prescribed an oral medication for the fol-

lowing ten years.

"I was really quite fortunate," said Keegan. "I didn't have terrible side effects. I lost what little hair I had and couldn't sleep the night of chemotherapy."

Keegan was also fortunate that his cancer was found early. Many other men are not so

"It is more common to be fatal in men than women," said Keegan. "It is often found at a later stage."

Keegan and his wife, Pat, want everyone, especially men, to know that men can develop breast cancer.

"My wife and I have been



lucky. Often, breast cancer isn't diagnosed in men until later when it is more advanced.

very active in trying to raise awareness about breast cancer in men," said Keegan.

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Keegan regularly speaks at health fairs and American Cancer Society functions. He participates in fundraising events, marathons and 5K runs. He has volunteered with the Florida Breast Cancer Association, the Susan G. Komen Foundation and the Male Breast



Cancer Global Alliance. Keegan was chosen as a Ford Warrior in Pink in 2020 for his work in spreading awareness about male breast cancer. He was also named a Whataburger Hometown Hero, an award for which he was nominated by the Donna Foundation in Jacksonville, Fla. Keegan volunteers every year for the Donna Foundation Health Expo.

In 2022, Keegan carried the flag for The Cure Bowl in Orlando to represent all breast cancer survivors.

On Tuesday evenings, Keegan is often found at the Daytona Tortugas game for Breast

Cancer Awareness nights. Keegan hands out informational materials and answers questions about the disease.

According to Keegan, breast cancer symptoms are the same for both men and women.

Symptoms may include lumps, breast discharge and tenderness.

“This happens and it’s not something to be embarrassed about. It’s not something to ignore. You need to go through the breast self-examinations or ask a spouse or significant other or physician,” said Keegan. “That’s the way to catch it, the earlier you catch it, the better your chances are for survival.”

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EAGLE PEST SOLUTIONS

Kiwanis Club Helps Kids in Flagler County

The Flagler Palm Coast Kiwanis Club's first priority is improving the lives of children, and they are making a difference in Flagler County.

Thanks to proceeds from their boat and recreational vehicle storage compound, the club contributes nearly \$150,000 each year to service projects benefiting local youth. The compound, located at 100 Kiwanis Way in Palm Coast, is owned and operated by the club.

The club celebrates and supports student achievement by offering programs that create pathways for academic success through scholarships, mentoring, donations and awards.

Recognizing the important role literacy plays in academic success, the club participates in a mentoring program. Members of the club volunteer in the

classroom and read with students one-on-one, helping them pronounce difficult words and ensuring student comprehension of the material.

"At the end of the year, it's really rewarding," said Frank Consentino, a member of the club's board. "The children really learn how to read."

Every summer, through the "Library of My Own" project, the club donates \$3,000 to Flagler elementary schools to purchase books which are then gifted to students in the summer reading program. Some of the children have never owned a book, according to Consentino.

"We encourage them to read the books and trade them with their friends," said Consentino.

In the spirit of honoring achievement, the club sponsors a "Terrific Kids" awards ceremony

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ny every few months in Flagler County elementary schools. Students chosen by their teachers are presented with an award certificate and trophy during a ceremony that parents are invited to attend. Students are recognized for academics, good behavior, patriotism or other good deeds.

"That is one little thing that we do," said Consentino. "It's a way to recognize the children."

One of their biggest projects is the scholarship program. Each year, the club awards an estimated \$30,000 in college scholarships to Flagler County students.

Beyond academics, the club sponsors programs that provide food and clothing for children in need. The Chow Now project, which stands for "Children Hungry on Weekends Not on My Watch," provides non-perishable food for school children to

take home on the weekends.

The club also donates clothing, shoes and school supplies to students through the Stuff Bus project, which is a school bus that was retrofitted into a small store. Items from the store are given to those in need at no cost.

Club meetings are held twice a month at the Elks Club in Palm Coast. However, like many other clubs today, their membership is dwindling.

"Membership is down," said Consentino. "But we have dedicated members that have stuck with it."

New members are welcome and club information can be found at www.fpc-kiwanis.org.

"If you are a person who is interested in helping kids, we would love to have you," said Consentino. "New members bring new ideas, and we welcome new members."



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Your Story In History: Frank Consentino

Frank was born on July 17th, 1938. A proud Italian, he traces his family back 10 generations to Sicily in 1785, and is also the last of six generations of hand shoemakers.

In 1898 Frank's family emigrated to Lawrence Mass, the heart of New England shoe making, and home of the largest woolen and cotton mills in the world. Frank learned shoe-making and machine repair there, as well, as how to survive life's hardships and challenges. Those lessons, carried with him today, are why he chooses a life of service.

His life was especially fragile during the early 40's because



he lost his mother at three and a half years old, and lived in bad foster homes for years until War II ended. Fortunately, his grandmother was a stable and comforting presence in his life. He speaks of her today with love and a gleam in his eye.

After the war, his father started an athletic shoe repair factory where he worked summers, and had 3three week.

This is an excerpt taken from Frank Consentino's autobiography. You will find the entire history on palmcoasthistory.org. Edited by Elaine Studnicki, past president of the Palm Coast Historical Society.

As a teenager he worked in a soda fountain after school, and summers in hardware stores when he wasn't working with his Dad. He learned self-reliance at an early age.

In 1956, Frank graduated from Medford High School and joined the Navy, serving active duty from 1957 to 1963, followed by two years in the reserves between Korea and Vietnam. He was stationed in the Pacific as a radarman, aboard two aircraft carriers, USS Bennington CVA 20 and USS Midway CVA 41. Between the carriers he was stationed on Okinawa for eighteen months.

After the Navy, he spent several years as a field service engineer for the United Shoe Machinery Corp in 3 different branch offices.

The Nashville office gave him an education like no other. In the 60's the KKK was burning churches all over the South and killing blacks and their white sympathizers. As a Yankee in the Deep South, Frank carried a 45 cal. Colt semi-automatic in the glove compartment and slept with it under his pillow every night.

He was not raised in bigotry and he could write a book about the inequities he witnessed during those years.

In 1965, at 26, he returned to Boston, married his first wife, Louise, and worked three jobs to save enough money to build a house. Together they had 2 children, Michele and Frank III. He built x-ray machines during the day, ran a Jenny Gas Station nights, and sold men's suits on the weekends.

An avid outdoorsman, he competed in shooting matches, was an NRA certified rifle, pistol and shotgun instructor, and a certified Hunter Safety Instructor, teaching Hunter Safety to kids who wanted to get a hunting license.



Frank has collected coins, guns, shooting trophies, real estate, glass and more. He repaired and refinished antique furniture for over forty years. His special collection is over 1000 pieces of acid etched glass made in American between 1870 and 1970.

Frank owned and operated an X-ray service business, traveling millions of miles across the US and Canada. His life training served him well while running three successful businesses for over 30 years.

He has served on many civic boards and is always willing to serve in a leadership position.

After his second wife died, Frank joined the Haverhill Mass. Kiwanis club. His first project was feeding a bunch of hungry kids, who reminded him of his youth, and thus he was hooked on Kiwanis for life.

In 2006, Frank and his wife Ginette moved to Palm Coast, but his lifelong passion to serve didn't stop in retirement. In 2008/2009 he became the President of the Flagler Palm Coast Kiwanis Club. In 2011/2012 he became the Lt. Governor of Div. 7 with 9 Kiwanis clubs in his di-

vision. Division 7 was named the "Most Improved Division in the Florida District" and he was named "Outstanding Lt. Governor of the Year."

As a Florida Kiwanis Foundation Trustee for four years he was heavily involved with scholarships for our Flagler County kids. Frank served on the Board of Directors of the Family Life Center in Bunnell for 6 years, (2007-2013) because he saw himself in some of those victims of abuse.

Frank is a published author and poet. In 2016, he published his textbooks on glass, featuring his own extensive collection. After 19 years in the



making, he won five awards for the book from the Florida Authors and Publishers Assoc.

He has taught several creative writing classes in the Flagler Schools, is very active in his church, and still writes poetry.

As a 4th degree Knight of Columbus, he has served as the Color Corps Commander of his assembly for the last 5 years.

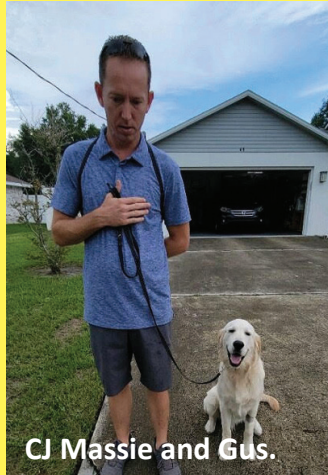
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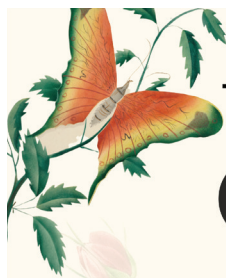
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Health & Wellness

Going to the beach can be very healthy, by Amber Embers

It's time for your daily dose of Vitamin SEA.

Sun tanned skin, sandy toes, and salty air — welcome to summer at the Florida shores. Every year, thousands of tourists travel from great distances to enjoy our award-winning coastline and eateries, but did you know that a day at the beach can be beneficial for your health, too?

That's right. The beach offers several benefits for our skin, joints, lungs, and even our brain.

Did you know that the sun helps our body produce Vitamin D3? Vitamin D is a proven immune system booster. It also controls the growth of bones and teeth, can help fight diseases, and it even aids in weight loss. Our bodies naturally produce this vitamin, but ultraviolet rays from the sun are needed for this process to occur. Even when we are in the ocean, our bodies can still absorb the sun's rays and produce

Ocean water may help reduce arthritic symptoms, such as pain and inflammation, especially for those who suffer from rheumatoid arthritis. Salt water dehydrates inflamed cells, which, in turn, naturally reduces inflammation. Saltwater pools also offer this benefit. Smaller blood cells means less inflammation, which may lead to temporary pain relief and reduced swelling.

Taking a deep breath of salty, sea air can literally relax your body, too. With each deep breath, we inhale the sea's negative ions, which have been shown to help the body absorb oxygen faster and balance the brain's serotonin levels. Serotonin is a chemical naturally found in the brain that carries messages from nerve cells to the rest of the body. Serotonin also plays a major role in bone health, wound healing, digestion, mood, and sleep.

When the brain's signals are amplified, your body is better equipped to heal itself. Supplements such as Aesa and Psychedelic Water also aid this signaling process by activating certain receptors in the brain. Psychedelic Water (which contains Kava Kava, Damiana, and Green

Tea Extract) also aids in body relaxation, which makes it a great beach companion, especially on hot, steamy days. Remember, it is important to stay hydrated while absorbing your dose of healthy negative ions.

Speaking of negative ions, grounding (or earthing) is another fantastic way to reintroduce earth's natural energy into your body. Walking barefoot on the beach allows your



body to absorb energy from the earth, but why is this important?

Grounding is said to help reduce fatigue and chronic pain by allowing the Earth's electrons to flow freely between your body and the surface. According to an article in Science Direct, "bodily contact with the earth's natural electric charge stabilizes the physiology at the deepest levels, reduces inflammation, pain, and stress, improves blood flow, energy, and sleep, and generates greater well-being"

Double-dip and get the most out of your workout routine on the beach. Jogging barefoot on soft sand offers a good workout for those who are looking for more resistance during their session, but it is also a great place to walk for those with achy knees and other

joint problems. The soft surface of the beach's sand reduces stress and strain on knees while requiring more energy when compared to walking on a hard surface. Walking or jogging barefoot allows the Earth ions to flow through your body while exercising, making your time on the beach even more beneficial to your health.

Sometimes it may be a bit too hot for a day at the beach. Luckily, all our bodies need to metabolize Vitamin D3 is about eight to 10 minutes of sun exposure at noon to produce the recommended amount of vitamin D per day. Even if the beach is not an option, simply standing outside will provide your body with the same amount of Vitamin D needed for it to properly function.

A weekly dose of Vitamin SEA often helps individuals rest, reset and recharge, so try making the time to take care of your body this summer; sink your toes in the sand and breathe in that sweet, salty air for your health.



Vitamin D3 — but don't forget the sunscreen while enjoying the warm ocean waves.

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.



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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.

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 identify

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.

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The Man Still Has A Plan



By Chris Gollon

Not only does that feel like just yesterday, but the approaching end of Alfin's first term is quickly arriving as well. He's set to receive a job evaluation from his employers, the city electorate, when he reappears on the ballot in late 2024.

It's reasonable to assume that, given Alfin has only served a partial term due to Holland starting it off, that he'd be at less of an advantage come Election Day compared to other incumbents. Voters want results if they're going to entrust their elected officials with another term, and Alfin won't have had this full luxury when he asks the voters to keep him up on the dais. On top of that, he'll be facing opponents who'll likely claim he hasn't done enough. It's reasonable to assume that, in the absence of four full years, their claim would be closer to the truth merely based on the circumstances of Alfin's election. But he doesn't seem to see it that way.

"The adoption of the U.S.S. Gerald Ford as our sister ship would probably be at the top of my list [of achievements]," Alfin said when we spoke to him in late May. "Number two would probably be the introduction of gig-speed fiber optic cable at no cost whatsoever to the residents of the city of Palm Coast."

The first of these is a grand, if largely ceremonial, accomplishment. It brings the city prestige at a time when more people than ever are looking to it as a place to wind down, or even to embark on their careers. It further cements Palm Coast as a retirement destination for veterans — the city already holds an extremely well-attended

Memorial Day ceremony annually which is never short on local heritage to uplift.

The second of these is the kind of initiative Palm Coast residents really notice. The quality of residents' internet and mobile connections never seems to fade from the zeitgeist of Palm Coast's modern political era. Indeed, bringing MetroNet to only its second client city in the state of Florida is the kind of thing resumes are built on. The initiative was announced with great fanfare, and work has gotten underway quickly and efficiently in the months thereafter.

Anthropocene Reviewed

Also on Alfin's list was an issue that was much more present in the discourse of local politics this time two years ago: decorum. The final months of Holland's tenure were defined by anger and vitriol over even the most mundane topics (pickleball anyone?) both from the general public and City Council.

Shouting matches were not at all uncommon back then, with a Council often described as 'four alpha males' flanking then-Mayor Holland with their priorities set more on performance than governance. While things still can get testy under Alfin, it's fair to say that his brand of mediation has resulted in markedly less flare-ups, even from the Council's fieriest members.

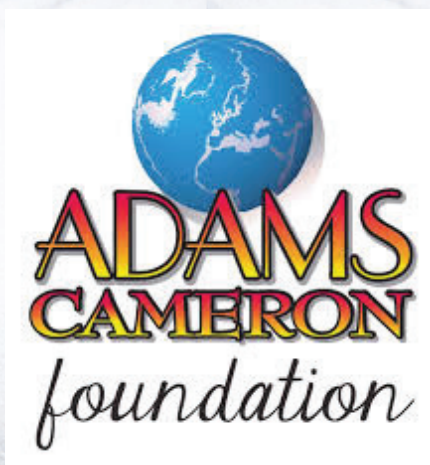
"I think that we are able to review our projects on a much more qualitative basis than has ever been done in the past," he said. Fair point.

Time flies when you're having fun. Whether that holds true for David Alfin isn't immediately clear, but his first two years in office have certainly flown by. It was almost two years ago that Alfin was elected mayor in a special election and about 14 months ago that he gave his first interview for Palm Coast magazine.

The above headline refers to the original one from our October 2021 issue, when we wrote "David Alfin: A Man With A Plan." In speaking to Alfin again, it becomes clear the plan is still intact...just a bit further along, and arguably closer to completion.

In actuality it has been a while since Alfin was sworn in. This summer marks two years since he assumed the role, after beating five other candidates for the privilege of finishing the term of recently-re-signed Milissa Holland.

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“I think that we are able to review our projects on a much more qualitative basis than has ever been done in the past.”

All this to say, Alfin is building a noteworthy list of achievements to carry into election season next year. The vibe surrounding the mayor is considerably transformed since our previous interview. Then, his confidence stemmed from optimistic speculation, a feeling that in the face of great trials he could steer the City of Palm Coast through to success. Now, he speaks as a man who has accomplished a great deal of what he set out to do all those months ago. Alfin is no longer just a man with a plan, he’s a man with a track record.

Don’t get it twisted though — Alfin isn’t overly occupied by the triumphs of the past two years. He’s still oriented starkly toward the future, perhaps surprisingly so. For a man who has no guarantee that he will stay in his job for more than 18 more months, he has lofty goals in both the near and distant future.

Moving West

“The original ITT template called for 40,000 acres of property,” Alfin said early in his interview. “The city also has an additional 40,000 acres which are within the city limits, and currently reside on the west

side of the FEC railroad tracks. We have the land in order to master plan and grow, that’s number one.”

It’s impossible to deny at this point that westward expansion is an inevitable tenet of Palm Coast’s future, whether original residents like it or not. But where Palm Coast’s status as the 18th-fastest growing city in the United States may be alarming to some, Mayor Alfin hopes that he can convey a plan for tempered and smart growth to his residents as all of it takes place.

“We will work with the wetlands and with the low-lying areas the way they are currently configured,” he continued. “This acreage is already within the city limits, it’s not to be annexed or coming soon. It’s been a part of the city since the beginning.”

Those still hoping to retain a small-town feel in Palm Coast would be well advised to make inferences from the level of specificity in Alfin’s plans. We’re way past whether the city will grow. It’s growing already, it’s only going to grow faster, and to continue living in Palm Coast is likely going to mean accepting that it’s no longer going to be the city it was

20 years ago.

Perhaps the most visible face of Palm Coast’s growth is its traffic. It’s a regularity to see afternoon congestion back from Old Kings Road halfway to the I-95 overpass on State Road 100. Northbound Belle Terre Parkway can sometimes feel more like a lemming race than a leisurely arterial road. Not only is all this one of the most irritating symptoms of population growth, it’s also one of the hardest to effectively address. Still, Alfin has ideas.

“An initiative I’m going to try and put into place is, I’m going to ask several insurance providers if they would be willing to offer a stipend to our older residents to teach courses in defensive driving,” he said. “I need to make our residents more situationally aware when they’re driving. Because I think if everybody pays more attention to their driving and to the speed limit, you’ll find that the traffic lights are timed, and the flow of traffic will be much improved.”

Alfin says he’s run this idea by Sheriff Rick Staly, whose deputies grapple with the realities of excessive traffic day in and day out. The concept is rooted in one of the core principles of

Alfin's leadership philosophy: collaboration. To relieve the pressure on Palm Coast's roads will require massive ingenuity and cooperation from multiple departments and businesses in both the public and private sector. Residents' quality of life hangs in the balance.

Also part of the solution is Alfin's own connections in the state government. "For the first time in the history of the city of Palm Coast," he says, "we have a representative on the Executive Board of the Transportation Planning Organization (TPO), which is the organization that helps to prioritize the [Department of Transportation] projects. That liaison would be me. I'm the second Vice Chair of the TPO, so I have the ability now to help prioritize the agenda for DOT projects for the future."

Already, Old Kings Road is likely to see an expansion from two lanes to four according to wisdom gained from Alfin's TPO membership, a move which will allow one of the city's most congested roads to breathe a little easier.

Passing the Baton

While the collaborative process to renew Palm Coast's

road infrastructure may come naturally to Alfin, he made a point in our interview to recognize that he's starting to see methods of teamwork that seem to elude him. He looks at the way the City Council works, him acting as a Chair to delegate speaking time and foster compromise between his colleagues to achieve city goals, and sees something entirely irreconcilable to a growing reality in his own family. "When I watch my daughter, Melanie, it's frustrating to me."

The aforementioned Melanie DiMartino is a budding business professional in her own right, quickly building a substantial resume entirely independent of her father's shadow. "I do not understand how she collaborates, works together with others, sets her priorities. It's different than the way I was trained. But it doesn't really matter how I feel about that, because her way is the future. [That] way is the way it's going to be, not my way."

Alfin's optimism for the new school of business is something he says he brings with him to City Council meetings. Among his fellow Council members are Nick Klufas, a 35 year-old software engineer, and There-

sa Carli Pontieri, a 38 year-old attorney. The relative youth surrounding Alfin brings with them decidedly 21st century styles of public policy, forcing him to adapt his own ways to work with his colleagues as best he can. "Having a younger and somewhat more diverse City Council affords this broader vision of the future," he said. "We feel an obligation to not only think about today's quality of life, not pander to today's residents, but I believe we have an obligation to the next several generations."

To that end, Alfin explains his priorities based on their importance not just to this group of city residents, but to those who will live here decades from now. In his last Palm Coast Magazine interview Alfin said "timing is everything, and the opportunity is here now."

Though Alfin isn't perfect, as no elected official is, his mayorship is profoundly aided by the fact that he understands that the well-being of Palm Coast residents 100 years from now is directly impacted by decisions made in the present day, no matter how mundane.

So as Alfin now looks to 2024 to ask residents for a second term, he's really hoping they'll look much further than that.

"We feel an obligation to not only think about today's quality of life, not pander to today's residents, but I believe we have an obligation to the next several generations."



Palm Coast's City Council: Mayor David Alfin, Cathy Heighter, Ed Danko, Carla Theresa Pontieri, Nick Klufas.

HOT FUN IN THE SUMMERTIME

By Chris Gollon

Our second annual summer fun issue was published in June but we thought we'd run some of the information again in July because it's still summer and we want to make sure you don't miss all of the great things there are to do around here during the hot season.

There are plenty of indoor

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



activities as well as outdoor so check out what the library has to offer as well as the beaches.

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



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

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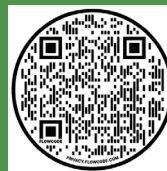
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The Allure of Dog Surfing

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.



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



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

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.

FLOWCODE
PRIVACY.FLOWCODE.COM

Hot Fun *continued from page 26*



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

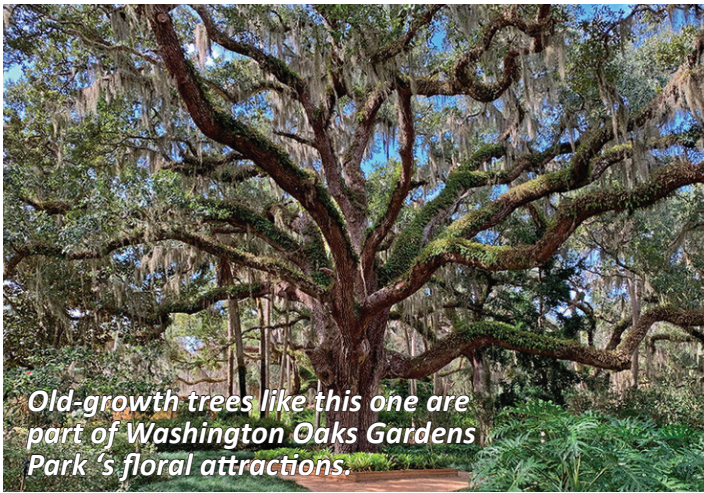
heat. Flagler Beach just over the bridge is a popular destination for local beach goers, and for good reason. Matanzas Inlet just a short drive up A1A is also a popular and fun beach a little different from our own.

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.



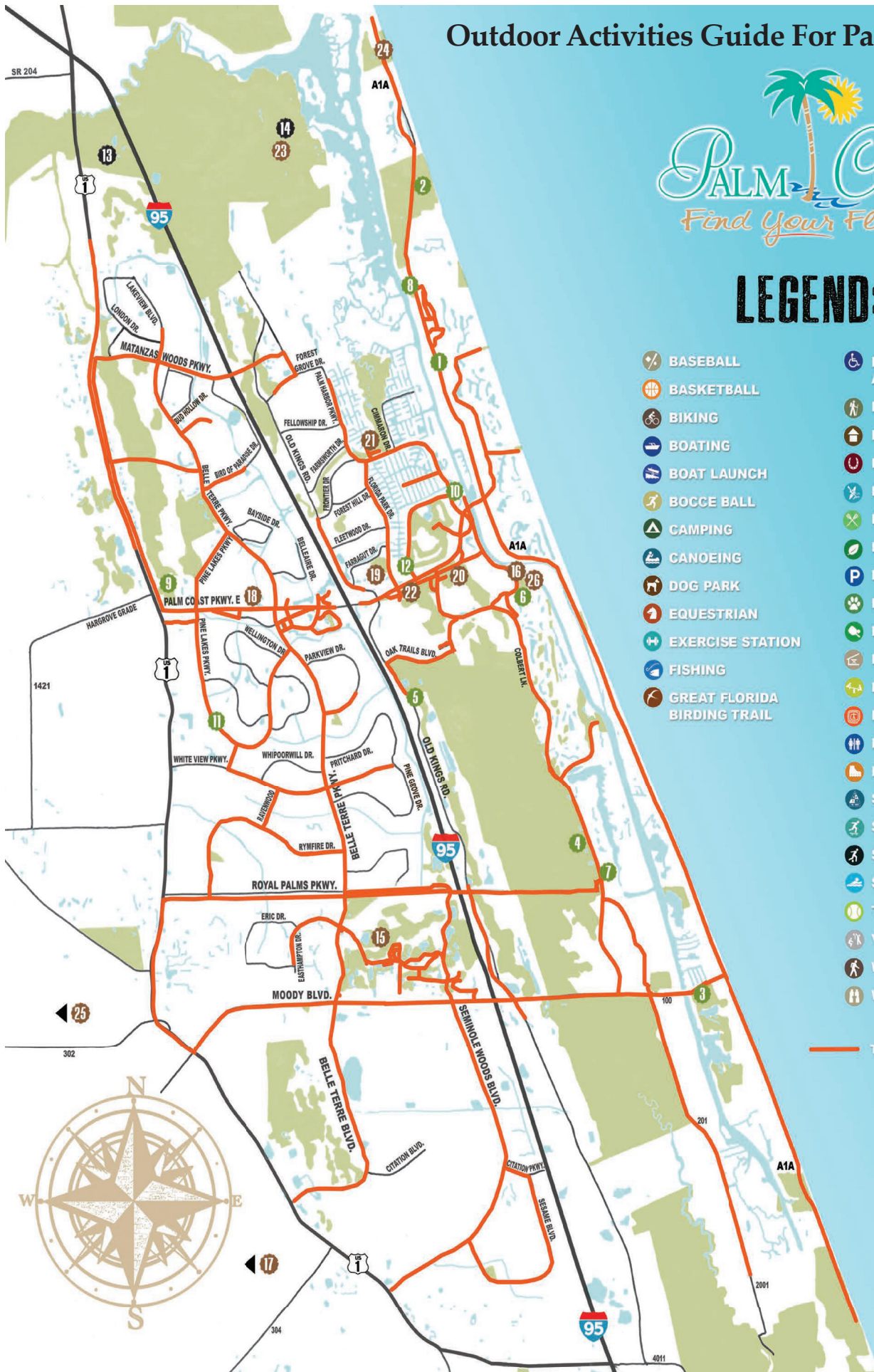
The Daytona Tortugas play Single-A minor league baseball until the middle of September.

Outdoor Activities Guide For Palm Coast



LEGEND:

- | | | | |
|--|-----------------------------|--|------------------------|
| | BASEBALL | | HANDICAPPED ACCESSIBLE |
| | BASKETBALL | | HIKING |
| | BIKING | | HISTORIC SITE |
| | BOATING | | HORSESHOES |
| | BOAT LAUNCH | | KAYAKING |
| | BOCCIE BALL | | LACROSSE |
| | CAMPING | | NATURE TRAIL |
| | CANOEOING | | PARKING |
| | DOG PARK | | PET FRIENDLY |
| | EQUESTRIAN | | PICKLEBALL |
| | EXERCISE STATION | | PICNIC SHELTER |
| | FISHING | | PLAYGROUND |
| | GREAT FLORIDA BIRDING TRAIL | | RAQUETBALL |
| | | | RESTROOMS |
| | | | ROLLERBLADING |
| | | | SHUFFLEBOARD |
| | | | SKATEBOARDING |
| | | | SOCCER |
| | | | SWIMMING |
| | | | TENNIS |
| | | | VOLLEYBALL |
| | | | WALKING |
| | | | WILDLIFE VIEWING |
| | | | TRAILS / PATHS |



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.

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

Highlights include:

- 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:

- Boxers and Southern Cross:** Simon & Garfunkel + CSNY Tribute
- Hotter Than July & All Night Long:** Stevie Wonder, Commodores, and Lionel Richie Tributes
- Never Stop Believin':** Journey Tribute
- Alter Eagles:** Eagles Tribute
- Carnival of Crue:** Motley Crue Tribute
- Rushour and Kiss America:** Rush and KISS Tributes
- The Boss Project:** Bruce Springsteen Tribute
- Absolute Queen:** Queen Tribute
- Wildflowers:** Tom Petty Tribute
- US Stones:** Rolling Stones Tribute
- Sir Jac:** Prince Tribute
- The Wildflowers:** Tom Petty Tribute + Special Guest Bluefield Acoustic Duo
- Nuthin' Fancy:** Lynyrd Skynyrd Tribute
- Loverboy Tribute, REO Speedwagon + Chicago Rewired:** Loverboy, REO Speedwagon and Chi-

cago Tributes
Daytona Beach Bandshell
70 Boardwalk, Daytona Beach
386-239-6625



Scan here to go to the website.

Free Concerts In St. Augustine

Free and open to the public, these concerts are from 6-8 PM in the Plaza de la Constitución on the corner of Cathedral Place and King St., St. Augustine.

- July 6 - Bedrock Band | 80's Hairband Rock
- July 13 - Red Level Band | Classic & Alternative Rock
- July 20 - The Committee | Rock, R&B
- July 27 - Sauce Boss | Florida Swamp Blues
- Aug. 3 - ZaZa Flamenca | Flamenco, Gypsy
- Aug. 10 - JC Hatfield Trio | Country & Americana
- Aug. 17 - Glory | Dance-Tribute-Variety

Muddy Marshall — July Gigs

1. Coquina coast - Flagler Beach (7pm)
4. Crabbys - Daytona Beach (5pm)
7. Enzos On The Lake - Lake Mary (6pm)
8. Tortugas with Ferris Deluxe - Flagler Beach (6pm)
9. Benefit for Christian Romero @ Tortugas - Flagler Beach (3:30pm)
11. H2O bar - Daytona Beach (5pm)
11. Wander Bar - Deland (8pm)
14. Johnnys Riverside - Daytona Beach (6pm)
15. Wander Bar - Deland (8pm)
16. Bin 39 - St. Augustine (4pm)
20. Ormond Garage - Ormond Beach (6pm)
22. Crabbys - Daytona Beach (12pm)
23. Bin 39 - St. Augustine (1pm)



26. Island Girl - Ponte Vedra (9pm)
28. Coquina Coast - Flagler Beach (7pm)
29. Sugarworks - New Smyrna Beach (7pm)
30. Tayton O'Brians - New Smyrna Beach (8pm)

European Village Live Music In July

- Friday 6/30 live music w/Clayton Sturgeon 7-10
- Saturday 7/1 Live Music w/Ian Opalinski 7-10
- Friday 7/7 Live Music w/Mike & Vin 6:30-9:30
- Saturday 7/8 Live Music w/Charlie Ellis 6:30-10
- Friday 7/14 Live music w/Jimmy Singing in the Vain 7-10
- Saturday 7/15 Live Music w/Just peachy duo 6:30-10
- Friday 7/21. Live music w/Clayton Sturgeon 7-10
- Saturday 7/22 Live Music w/Ataraxis Experience 7-10
- Friday 7/28 Live 80s music w/Shawn F and Bill Hamilton 7-10
- Saturday 7/29 Live Music w/Kary Adams and On Island Time trio 6:30-10



Gardening Tips

An alternative to turf lawns and garden mulch

Are you tired of dealing with lawn and garden maintenance issues, expensive water bills, and weeds? If so, please read on for some ideas that may change your mind about traditional turf lawns and ornamental gardens filled with large expenses of mulch.

In Flagler County we are blessed with a climate that encourages outdoor activities and gardening practically year-round. One cannot put the lawnmower, rake, edger, and grass blower away for the winter like our friends and family up north. Tending to a

appealing and inviting.

Ground cover plantings, as both a replacement for turf lawns and as an alternative to mulch in garden beds, is the focus of this article. Plants that grow well in Florida's Central Region and Cold Hardiness Zone 9A (central and western Flagler County) and Zone 9B (coastal areas of Flagler) should be considered. Also, recommendations from The Florida Friendly Landscaping program (developed by the University of Florida/IFAS Extension Service, the Department of Environmental Protection, and the five Florida Water Management Districts) will be followed.

FIRST STEPS TOWARD TURF REPLACEMENT

If your community is governed by a Homeowners' Association (HOA) you need to check for any rules regarding alternatives to turf lawns. Assuming

there are no inhibiting regulations or there is no HOA, the next step is to really take a look at the area you want to change. Select an area that does not have a lot of people or pet traffic: perhaps a corner of your lot, along a fence or shrub line, under a large tree, or the area between the sidewalk and the curb. Also important in this first phase is to start your lawn replacement project at the beginning of the growing season, mid-March or April for Flagler County, if possible.

Once you have decided where and when to start, some

manual labor comes into play. There is no shame in hiring a professional because the existing grass, roots (and weeds) need to be removed, the dirt broken up and leveled out. This can be done with a shovel, a rented sod cutter, or by a professional. There are other methods such as using black plastic to cover the area for a period of time, or using an herbicide, all depending on how big an area of turf you want to replace. Remember, the fastest way to get your new ground cover lawn established is to rid the area of all grass and other growth first.

PLANT SELECTION

The first criteria for selecting the right plant for your space is to evaluate the area's exposure to sunlight. Some plants require full sun for successful growth while others thrive in shaded areas. There are also plants that can tolerate partial sun or partial shade. The best ground cover for you depends on your situation.

The next consideration is water. Remember that one of the reasons you are going through this process is to reduce the need, expense, and bother of maintaining a cumbersome watering system and schedule. Plants with a high or moderate degree of drought



tolerance would be well suited as selections for your new lawn.

Ground cover plants come in all shapes and sizes. Perhaps you want to consider combining taller plants with lower, spreading varieties, or maybe a flowering ground cover bordered by all green.

Soil pH, salinity, and composition (sandy, clay), rate of growth, flowering vs. non-flowering, plant height, all can factor into your plant selection as you focus on specific ground covers that appeal to you. Two resources to consider as you look for suitable ground covers



grass lawn, keeping up with expensive watering and fertilizing cycles, and weeding all those flower beds can become dreaded chores very quickly.

If something could be done to reduce or even eliminate these undesirable activities, wouldn't that free up time for more enjoyable activities? So, it is important to simplify what needs to be done to keep our yards and gardens looking both

Article by Marjory Morehouse, MGV and Judy Jean Master Gardener Coordinator.



are Florida-Friendly Landscaping Guide to Plant Selection & Landscape Design and Florida Gardener's Handbook, both referenced at the end of this article.

IT'S TIME TO PLANT

Now you are ready to install your new ground cover lawn. Using the specific information for the plant type(s) you have chosen, plant them at the spacing recommended but no more than 12 inches apart, center to center. Mulch in between the individual plants to keep the soil moist and suppress weeds during the first few months.

During the first two months, it will be necessary to water twice a week. After that, be sure to supplement rain showers so that your new planting is watered once a week. Continue once a week rain/watering for 6 months. At this point, the ground cover should be established, and these drought tolerant plants should thrive with normal rainfall.

MAINTENANCE

After the new planting is established, little maintenance is necessary. After all, that is why you decided to transform your lawn from turf to ground cover. Mowing, pesticides, and fertil-

izers are usually not necessary. However, if there is an extreme drought, some watering may be beneficial.

GROUND COVER IN ORNAMENTAL GARDENS

Another appropriate use of ground cover is in an ornamental garden, replacing the large areas of mulch between plants. The information above can be utilized to bring another dimension to your garden. With all of the colors, textures, flowers, and foliage available in ground cover, you certainly do not have to settle for boring mulch.

SUMMARY

In their search for more time, energy, and resources for the important things in life, homeowners are looking for places to redirect their efforts. Lawn and garden care can be simplified without sacrificing visual appeal. Using ground cover to replace turf lawns and garden mulch is a good way to start freeing up some time and resources.

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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

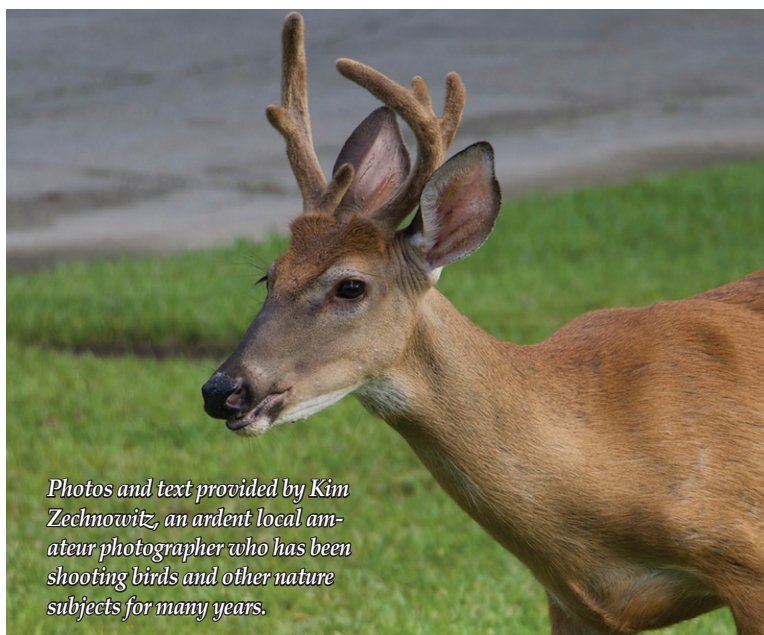


Flora and Fauna

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



The White-tailed Deer is one of three species of deer found in Florida and the one seen in our area. Their lifespan is four to ten years in the wild. Rutting (breeding) begins in the fall and gestation is up to 200 days with births of one to three fawns occurring in the spring. Bucks antlers begin to grow during their first year of life, shed yearly then become a food source for rodents in the woods. Asymmetry of antlers occurs due to an injury to the opposite hind leg or genetics. If a mother doe is injured or doesn't survive, other does will take responsibility for her fawns. Bucks will also care for orphaned fawns, I have witnessed this myself. These photos are of a herd that visits my yard daily. Per Florida Fish and Wildlife, never feed dried corn to deer as it has no nutritional value and gives them a false sense of being full.



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

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Flagler Artists

Christine's Zollinger's creative odyssey, by James Moore

For every art style, there is also a reason to perform. Some paint to create, others use it to wind down after a long day of work, and for others it is therapy. When tragedy struck Christine Zollinger, art became an outlet for her grief.

"I took every art class I could in high school," she says, devel-

oping quite a portfolio by age 16. She had even painted a mural across the basement wall of her childhood home in Charleston, South Carolina. "I loved drawing with charcoal pencils and watercolors."



This love of art continued into college, at least for the first year. As much as Christine wanted to continue as a professional artist, there were bills to pay. Art had to be pushed to the back burner.

She did not completely abandon the passion. After a full day of teaching, the art was there. Long hours monitoring a child-care center for the state of Texas, the art was there. When Christine became a mother, she instilled the importance of

being creative in her children. The paintbrush is not the only source of creativity, she would tell them. One first attempt at blending art and business was the Sip and Paint Christine ran in Orlando. Meant as a social meet-up, adults came with bottles of wine to share, responsibly, with peers while painting. It was a mix of social and creative, cultivating community in one spot. The business had to be sold during the Covid lock downs, unfortunately.

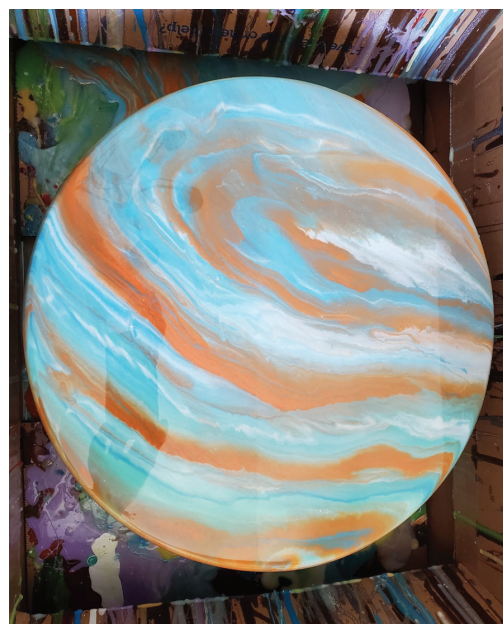
After moving to Palm Coast, Christine discovered how active the town's Facebook community can be in the best way. She had created a Resin Lazy Susan and posted it to one of her groups. Only expecting likes and friendly comments, she instead received requests for commissions. People loved what she had done and wanted it for their homes and offices.

Resin was a new art form for

Christine. It was a style she wanted to learn after falling in love with sea-glass, mixing paint with resin. "I'm self-taught. I saw someone do a project I loved, and I tried to learn how to do it myself. It took a lot of time and screw ups before I learned it correctly."

This is how she makes her "play money." She creates pieces for friends, family, friends of friends, and those who make requests on her Facebook page, CZ Creations. This gives her a comfortable lifestyle where she is rarely beholden to anything. Some days she starts at the beach, others she works part time at her home goods store. A percentage of her proceeds go to Christmas Come True, where she has volunteered for many years.

It is a style for the patient. "When you deal with resin, you do the project, and it needs to



be cured for a couple of days before I can go back and work on it. It takes a while."

Painting commissions on her terms contributes to the comfortable life she loves. "I am very happy with how the work is now. Sometimes it must be every day, sometimes it's less," she says. The major obstacle in her artistic endeavors has been the cost of equipment during Covid.

Art is still a refuge of calm on its own, but has transformed into a vehicle for community and rebirth. Christine is a living example, there is no deadline for reinventing yourself. It is far too easy to put down our passions because there is no time or energy to invest in them. But when the time comes, jump on it. "I started my life over at 50," she says. "That's when I started calling myself an artist."

"It is never too late to do what you love. Do what you love and you'll be happy. Try to be creative somehow with your life." Stay in the know at Beach front and you will catch Christine presenting her pieces.



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Events, Meetings, Classes, etc.

Events

Palm Coast Farmer's Market
July 2, 9, 16, 23, 30 @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
July 1, 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
July 7, 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
July 27, 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 386-445-1893 for more information.

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



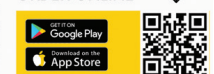
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Events, Meetings, Classes, etc. from page 40

sherrysartstudio.info.

Sat July 1, 11 AM 12x24 Canvas Seahorse, \$95.00

Sun July 2, 11 AM Sea Glass Resin Wreath, \$75.00

Sun July 2, 11 AM Sea Glass Resin Coasters, \$45.00

Fri July 7, 2 PM SPECIAL PRICE Ocean Resin Pour Sea Turtle sign/cuttingboard, \$40.00

Sat July 8, 11 AM Hand Painted Charcuterie Board, \$75.00

Sun July 9, 11 AM Ocean Resin Pour Sea Turtle Cutting Board, \$75.00

Sun July 9, 11 AM 6pc Ocean Resin Pour Coaster Set, \$75.00

Sat July 15, 11 AM Ocean Wave Study 11x14 Acrylics, \$125.00

CPR/First Aid & AED Training
Saturdays, 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: parksandrec.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/class Register: parksandrec.fun/aquatics

Water Aerobics

Mondays, Wednesdays, and Fridays June 2-Aug. 14 (no class June 9, 12, 14, 16, 19,

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July 3), 9-10 AM, Palm Coast Aquatics Center. Combine aerobics with strength training in our Water Aerobics class. 13+ years, \$8/class. Register: park-sandrec.fun/aquatics
Beginner's Pickleball
 Tuesdays and Fridays June 1-Aug. 11, 8-10:30 AM, Tuesdays and Fridays June 1-Aug.

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\$350,000	New Home Purchase Price

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Events, Meetings, Classes, etc. from page 43



"This is the fifth year we have been able to bring Shakespeare to the community and it feels less like a play and more like a party," remarked Raines Carr, artistic director for the production. Gates open an hour prior to the show and guests can enjoy local food trucks, concessions (bar included), and music from two local North Florida bands: The Willowacks (July 14) and Folk Is People (July 15.) Music will start at 7pm each night.

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. Building upon the skills learned in Beginner's Pickleball, this pro-

gram 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. Beginner's 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 Community 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, 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 little help. June: Friends, Family and Foes July: Beach Reads August:

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Autism Spectrum Disorder
Tuesdays, 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
Mondays, June 5-July 31 12:30-1:15 PM; Thursdays,

and supportive of all fitness levels. Free. Register: parksandrec.fun/adults



Multi-platinum, four-time GRAMMY-nominated rock band Goo Goo Dolls have revealed the details for their The Big Night Out Tour with O.A.R. The massive summer 2023 tour will kick off in June and includes a stop at The St. Augustine Amphitheatre on Thursday, July 27.

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

July 5, 12, 19, 26 @ 8 AM, Coldwell Banker Realty, St. Joe's Village. Weekly network-

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Flagler Auditorium	Wawa
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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

ing meeting of local business owners. Call Brad at 386-283-0955 for info.

Palm Coast Business Professionals Network Meeting
July 6, 13, 20, 27 @ 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 7, 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 Cameron. 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
July 10, 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
July 6, 13, 20, 27, 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.

Leads Into The Future
July 11, 18, 25 @ 9 AM, Carrabba's Italian Grill, 160

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