

2ND ANNIVERSARY ISSUE

Palm Coast

ISSUE #25

AUGUST 2023

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You can contact us at 386-237-4450 or at: palmcoastmagazine@gmail.com. Palm Coast is published the first week of every month.

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Greetings everyone, and welcome to our 2nd Anniversary issue. We're not making a big hoopla about it but we do have an article that highlights the stories we published over the last year on page 26 so you can see a recap at a glance. Our big story, of course, is the new hospital that has just opened here that will double the size of the hospital bed capacity in town. Judging by the speed that Palm Coast is growing (100 people a week, 5,000 a year) we'll probably need another one in a few more years. Our big innovation recently has been the introduction of new QR codes in some of the advertising in the magazine. Originally, the QR codes brought you to a web page where you could see more information about the advertiser. But some are now going to videos that we created for the business owners to talk to you directly about their products and services. We think this will be a great way for the businesses to introduce themselves and we hope that all of you find this to be a useful tool. See you next month.

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— Tom Aikins, Publisher, Palm Coast magazine.

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News Of The Palm Coast World

Palm Coast Senior Games 2023

September 15-October 8, 2023
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Palm Coast Senior Games Coming September 15

The City of Palm Coast is gearing up for the return of one of its most exciting annual events this September, the 2023 Senior Games. The event, which begins on September 15,

is open to participants ages 50 and up. This year, the city will welcome back mainstay events golf, pickleball and tennis, while adding a number of new events over the course of the

new robust schedule, which will see billiards, bowling, horseshoes, shuffleboard, bocce, basketball free throw, bag toss, darts, surfing and even a 5K road race competition all making their Palm Coast Senior Games debut this year.

“It goes without saying that the Senior Games is something that our Parks and Recreation staff look forward to just as much as our participants each year,” said James Hirst, Director of Parks and Recreation for the City of Palm Coast. “Having the ability to bring these new events into the fold this year means that more of our residents will be able to get involved, bring out their competitive spirit and see what makes this event truly special.”

This year, the Senior Games will take place from September 15- October 8 at various locations throughout the city. Event schedules are as follows: Tennis, September 15-17 from 8am-4pm, Palm Coast Tennis Center Billiards, September

19 from 2pm-6pm, Cue Note Billiards Bowling, September 21, 11:30am-2pm, Palm Coast Lanes, Pickleball, September 22-24, 9am-4pm, Holland Park, Golf, September 23, 8am-3pm, Palm Harbor Golf Club, Horseshoes, Shuffleboard, Bocce, Basketball, and Bag Toss, September 25 from 9am-4pm, Holland Park, Darts, September 29 from 5pm-8pm, Palm Coast Community Center, Surfing, September 30 from 10am-2pm, Jubbah Beach, 5K Road Race, October 8 at 7:45am, AdventHealth Palm Coast

Select qualifying participants from each event will be granted the opportunity to attend the State of Florida Senior Games in Pasco County this December. For more information, or to register for an event now, visit www.palmcoast.gov/seniorgames or scan this QR code.



Veteran’s Award Nominations Are Now Being Accepted

Flagler County’s Veterans Services Office is asking for nominations for its “Colonel Gary E. DeKay” Veteran of the

Year Award, which will be presented on Veterans Day. The award will be presented to a living Flagler County veteran who has not only served the United States with honor but



has used the leadership skills and abilities learned in the military to improve the Flagler County community through selfless volunteer service.

“We have more than 13,000 veterans in Flagler County and they have done so much for all of us,” said Veterans Services Officer David Lydon. “This award gives us an opportunity to say thank you as a community.”

Nominations will be accepted now through September 30. The Flagler County Veterans

Advisory Council commissions a panel of veterans and community leaders to review and select the Veteran of the Year from the eligible candidates.

The following criteria must be met for an individual to be considered for the Flagler County “Colonel Gary E. DeKay” Veteran of the Year:

- Must be a resident of Flagler County.
- Must be a living veteran of one of the six Armed Forces of the United States, including Reserve or National Guard, or the United States Merchant Marine.
- Must have demonstrated outstanding patriotism, leadership, and selfless service as a veteran and as a volunteer in

community or civic service.

- May be awarded for a single act or for continuous service.
- May not be a previous recipient of the Flagler County Veteran of the Year award.

Nominations must be post-marked no later than September 30 and may not exceed three typewritten pages. There are other qualifications that must be met so for more information about these and any other details, please call Dave Lydon at 386-313-4042.

Mail or hand deliver nominations to: Flagler County Veteran’s Service Office, Attn: Veteran of the Year, 1769 E. Moody Boulevard, Building 2, Bunnell, FL 32110.

Matanzas High Expansion Started

A planned \$18 million expansion project at Matanzas High School is underway after a ceremonial groundbreaking that was held July 24 on the school campus at 3535 Pirate Nation Way in Palm Coast.

Donning hardhats and shovels, Interim Superintendent LaShakia Moore joined MHS principal Kristin Bozeman, Flagler County School Board Members Cheryl Massaro, Christy Chong, Will Furry, and Sally Hunt, as well as Flagler Schools Chief of Operational

Services Dave Freeman, and Director of Plant Services Kory Bush in turning the first shovel of dirt.

Interim Superintendent Moore says, "This project has taken so much planning. We've talked about this for so long that seeing the work begin is exciting. This brings life to the renderings we've looked at over the past year."

Kristin Bozeman adds, "This expansion is setting up Matanzas for future growth as we continue to see rooftops rise all around our campus. We may have to deal with a few challenges with having a construction zone in the middle of your campus, but in the end, our students, faculty, and staff will have a campus design that will better fit our needs."

The project will add or renovate more than 31,000 square



feet to the campus. The largest portion is a 20,000-square-foot classroom addition. But there will also be a larger media center, expanded cafeteria space, and a new central energy plant. In addition, a new pre-engineered metal building will support the school's physical education programs.

Classes will be conducted

normally, and work will be phased in as needed to minimize interruptions. Final completion is anticipated to be July 2025.

Funding for this project comes from impact fees collected from new home construction across the county.

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Garden Club Propagates Junior Clubs at Schools

The Garden Club at Palm Coast is pleased to announce the creation of two new Junior Garden clubs. It was spearheaded by Margie Brady, who says she wanted to start a junior garden club to combine her love of children and gardening. It also promotes one of the club's objectives which is to encourage interests in all phases of horticulture and to promote education among youth. She is joined by several fabulous volunteers.

Rymfire Elementary in Palm Coast needed help to continue their current butterfly garden. The school is dedicated to this butterfly project and uses the garden for school tours to teach other pupils why butterflies are so important.

The Junior Garden club at Palm Coast has worked hard this past school year to restore and enhance the butterfly garden previously started at Rymfire as a school project. This garden is for all the students and staff at Rymfire. It was designed as a peaceful place to come and be part of nature.

The garden has a variety of host plants where butterflies lay their eggs, nectar plants which provide food for the butterflies and native plants.

Belle Terre Elementary in Palm Coast needed help with starting a vegetable garden, to coordinate with their already successful hydroponic garden. In addition, they wanted a small butterfly garden and small cactus and succulent garden. We have access to an indoor science lab so we will be starting many plants from seeds.

One of our fabulous volunteers,

Kenetha, says that being new to Florida, she thought it would be fun to learn about how things grow along with the kids. Kids have a way of looking at things with a different perspective and she is sure they will teach her.

She added that it is important that they know where their food comes from and how to get it from garden to table. The vegetable garden was very successful. Butterflies came to the garden and the children loved being outdoors. They also

got to eat carrots, potatoes, tomatoes, greens, and herbs.

If you can volunteer for either project, please contact Margie Brady at info@gardenclubatpalm-coast.org and leave your name, phone number and email contact.

If you would like to donate to our club mention it's for Junior Garden Club and send check made out to The Garden Club at Palm Coast, P.O. Box 352153, Palm Coast, FL 32135-2153. Any donations are greatly appreciated.



Any school or community wanting more information on how to get started, just email Margie Brady at our club email above.

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 with-

out 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 codes automatically just download one of the free apps and you'll be all set.

If you want to see if your phone can scan codes then try scanning the code on this page. If it works you'll be taken to our web page where you can download any of our back issues. And if you have any questions for any reason just do a Google search and you'll find lots of information to help you. In the meantime, please keep reading... and scanning.

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.

For example:

How much money do companies not located in Palm Coast contribute to local charities and other non-profit organizations the way local businesses do? **The answer is none.**

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 Flagler County Detachment 876 Marine Corps League held its June Meet & Greet at Portugal Wine Bar and Grill. For more information on the Marine Corps League call 386-237-9798.



The Professional Women of Flagler County met for their monthly get-together on July 7 at the Market Street memory residence. Guest speaker was local mortgage specialist Cindy Polverino. For more information please contact Nina at 845-531-1673.



Take Off Pounds Sensibly (TOPS) Chapter 0636 in Palm Coast installed their new officers for 2023-24 year. Left to right: Jean Gasior, Diane McLaughlin, Joann Antonucci, Diane Cavill, Julie Terzo, and Ellen Werner. For more information go to www.TOPs.org.



The Schmidt Family of Companies, parent company to Coldwell Banker Premier Properties, today announced its market expansion in Florida with the strategic acquisition of a sales office in Palm Coast. The company will acquire the Palm Coast office from Coldwell Banker Realty. From left to right: Daniel McHone, Steve Carr, Rob West, Tom Heiser and Steve Ladrido.

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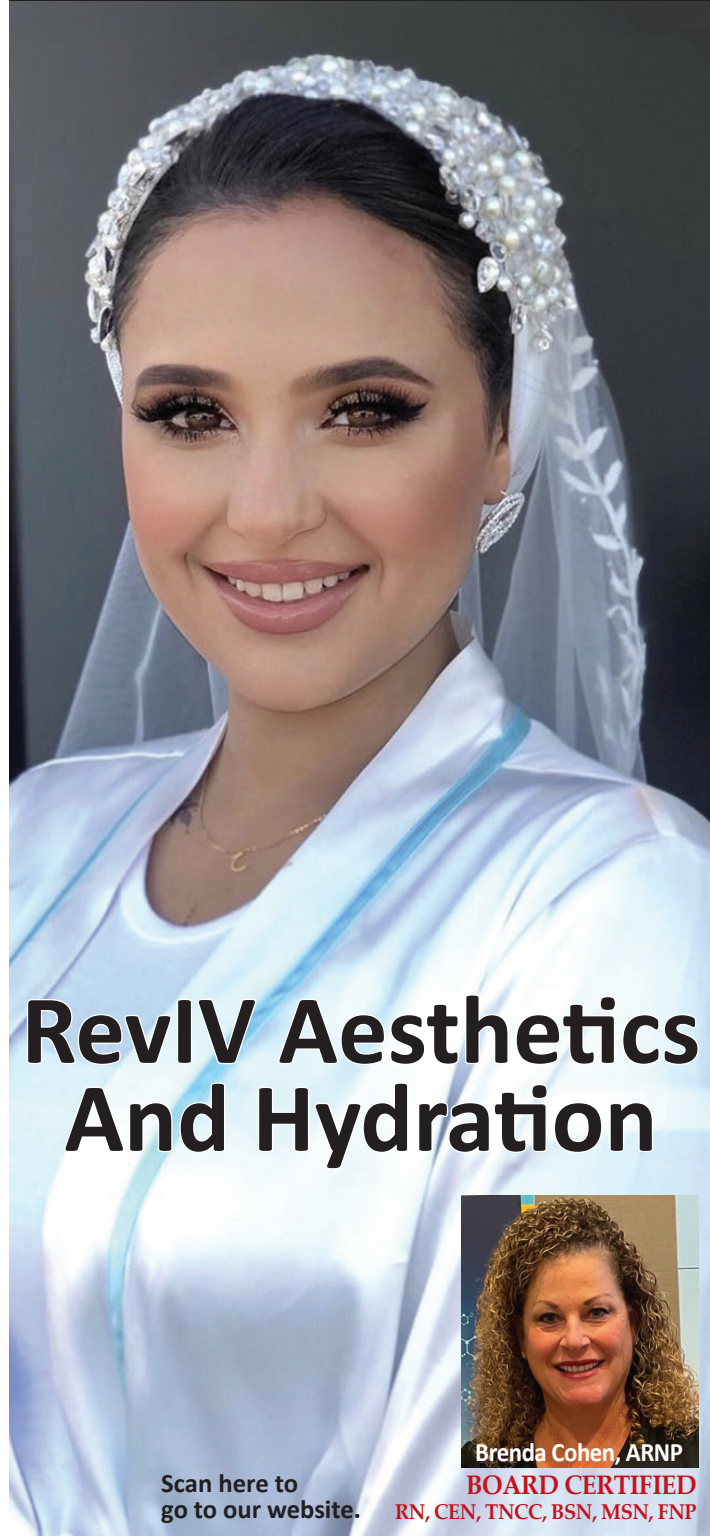


Flagler County Sheriff's Office (FCSO) employees donated \$25,645 to the Florida Sheriffs Youth Ranches (FSYR) making FCSO employee's total donations to the FSYR over \$158,000 since 2017. Flagler County Sheriff Rick Staly presented the latest employee donation check to FSYR Executive Vice President Maria Knapp, and Levy County Sheriff and FSYR Board Chair Bobby McCallom on July 24th, 2023 during the Florida Sheriffs Association (FSA) semi-annual meeting.



A new Children's Business Fair was held at the Hammock Community Center on July 15. Maria Delgado of Culinary Wellness, in partnership with Acton Academy, sponsored and hosted the inaugural event, according to a news release. This fair offered children a chance to showcase their products and services. "We wanted to support our young entrepreneurs in our community, and organizing this event provided them that opportunity," Delgado said, according to the release. "I'm so proud of each and every kid vendor that participated in this one-day marketplace and thankful to everyone that came out to support them." Children as young as 6 were responsible for setup, sales and interacting with customers. Eleven kid vendor tables offered items including handmade jewelry, baked goods, plants, henna tattoos, car detailing, paracord bracelets and artwork. "Today's youth are tomorrow's business innovators and leaders, and we look forward to hosting this event every year," Delgado said.

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Palm Coast People

Greg Hansen's "retirement" in Palm Coast, by Rachel Dolezal

Greg Hansen originally moved to Palm Coast to retire, but instead he is spending his time serving as the Flagler County Commission Chairman and using his extensive background in government relations to help make Flagler County a great place to live, work and play.

Hansen was born in Wisconsin, but raised in San Antonio, Texas. He graduated from the United States Naval Academy in 1969. After graduation, he served 27 years in the Navy and retired as a Captain. Throughout his time in the Navy, Hansen served a year in Vietnam and commanded two Naval Warships, the USS McClusky (FFG-41) and the USS Antietam (CG-54).

After retiring from the Navy,

Hansen worked for a government relations firm in Washington, D.C., helping companies supply products to the Navy.

Hansen and his wife, Linda, moved to Palm Coast in 2005, when he retired. The couple was eyeing locations up and down the East Coast when one of his colleges mentioned Palm Coast.

In January of 2017, Hansen was appointed to the Flagler County Board of Commissioners by Gov. Rick Scott and served as an appointee for two years. He was then re-elected to the post twice by a landslide.

During his tenure as District 2 Commissioner, Hansen has been a part of several successful community projects, served on various committees and has helped manage future devel-

opment of the County.

"I am very proud of my role in managing future development," Hansen said. "You can't stop development, but you can manage it."

He has also helped establish good relationships with the cities and county.

"Good relationships with the city and county are important because we all have to sing from the same sheet of music," Hansen said. "We all have to have the same goals. That's the way we can succeed as a county."

Hansen and the Board of



Photo courtesy of Flaglerlive.com

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Commissioners have been working to replenish the Flagler County beaches that were battered by hurricanes in the past years. After hurricane Matthew in 2016, they commissioned a massive emergency replenishment of sand and added sea walls in Flagler Beach.

“We all have to have the same goals. That’s the way we can succeed as a county.”

In spring of 2024, they expect to begin a project with the Army Corp of Engineers to complete dredging 2.6 miles off the shore of Flagler Beach. The goal is to protect State Road A1A and improve the beaches. The board is also working on a plan to replenish beaches north of

Flagler Beach to the St. Johns County line. They hope to keep dredging and replenishing sand as far north as Jungle Hut Rd.

Hansen currently serves on the Board of Directors for the Florida Agricultural Museum, on the Community Redevelopment Agency Committee for Marineland and is chair of the Flagler County Value Adjustment Board.

As a County Commissioner, Hansen fights every year to keep taxes low and closely guards the tax-payer dollar.

“Every year we fight the battle of ‘don’t raise the taxes,’ and, in fact, we cut it,” said Hansen.

He credits his staff for providing the board with a sound budget plan that they review very closely to evaluate needs verses wants.

“Every year we seem to come out just right,” said Hansen. “But there is never enough money to do everything you want.”

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Lions Club Needs More Members To Do More

The Lions Club of Palm Coast is letting out a mighty roar to invite local residents to become new members and help with their mission to support the blind and deaf. The Lions Club's motto is "We Serve," and they need community support to keep serving Flagler County.

Anyone interested in becoming a member is invited to attend the club's next meeting on Monday, Sept. 11 at 5:30 PM at Lohman Funeral Home in Palm Coast. Refreshments will be served, and newcomers are welcome. The club meets the second Monday of each month, except for July and August. The club accepts members of all ages and dues are \$85 annually.

The club's membership, which once was more than 100 members locally, has dwindled down to a little more than 20

members.

"We need more people to participate so we can make this group bigger and grow it again," said Nina Guiglotto, president of the Palm Coast Lions Club.

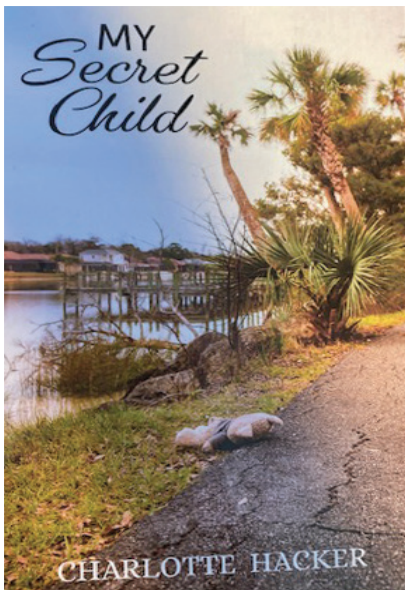
Founded in 1973, the Palm Coast Lions Club is celebrating its 50th anniversary this year with a banquet at Nicklaus Grill in the Grand Haven Golf Club on Nov. 18 at 5:00 PM. The public is invited and tickets can be purchased for \$35 per person. The banquet will feature food, drink, a speaker, awards and a silent auction. Contact Nina Guiglotto at 845-531-1673 for more details.

Throughout their 50 years in Palm Coast, the Lions Club has served the community through various charitable projects.

The club has teamed up with the Early Learning Coalition to

First Release By Palm Coast Author Charlotte Hacker.

Watch for local book signing events to come in September. You can order your hardcover copy now from the list of retailers below.



Elizabeth and Eric were a young couple in love. They could not have been happier when they discovered they would have a child. Unfortunately, their happiness did not last long when Elizabeth's mother, Lisa, learned about the pregnancy. Lisa set out to destroy their relationship by forcing her daughter to do the unthinkable. Eric's life suddenly changed forever as his world was ripped away. But Eric could not stay quiet; he came for revenge.

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offer free vision screenings in child care centers beginning next month. The screenings will help with early identification of children with vision issues.

Vision screenings will also be offered at the club's booth at the Active After 50 Expo in Palm Coast on Nov. 4.

Beyond vision screenings, the club provides financial assistance to those who cannot afford to treat vision or hearing issues, and they participate in a recycling program for eyeglasses. Drop-off boxes for gently used eyeglasses are located at Flagler County Public Library and Lohman Funeral Home on Palm Coast Parkway.

The Lions Club also provides volunteer opportunities for local youth through their Leo Pro-

gram. Both Flagler Palm Coast High School and Matanzas High School participate in the Leo Program, which allows students to earn volunteer hours by helping the Lions Club.

Each year, the Lions Club awards a \$1,000 college scholarship to a local student. Typically, the scholarship is awarded to a Leo who is active in the group.

With the holidays fast approaching, the Club is offering the official 2023 White House Christmas Ornaments for sale to the public. The ornaments are \$25 each and can be purchased directly from the club. Proceeds from the ornament sales are split between the local Lions Club charity and the White House Historical Society.



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Our History: The 70s In America

Hey, it's time to take a chill pill. We're headed for the groovy 70s. Let's set the stage for this significant decade. President Nixon was inaugurated to his second term in office (73). The Supreme Court ruled in what was at that time a landmark case and Roe v. Wade was born (73).

On January 27, 1973, the Paris Peace Accord was signed, and thankfully the Vietnam war was over. It was a war that created conflict with other countries and especially within our own USA.

The decade was an investigation into music, art, drugs, science, exploration, and non-compliance (the 60s too!). It was also a decade that transformed Flagler County. Palm Coast was created in 1969 and in 1970 started celebrating with growth, parties, celebrities, golf and find-

ty backed down because neither wanted to lose their identity. As opposed to the young people who were trying to find it.

It was the Me Decade in the 70s and good, bad, and scary memories were created. Do you remember Jaws (75), One Flew Over the Cuckoo's Nest (75) and never mind The Exorcist (73).

Fabulous bands produced music never heard before. If you can relate to Dark Side of the Moon (Pink Floyd), Aqualung (Jethro Tull), and Stairway to Heaven (Led Zeppelin) you were there.

But the 70s wasn't enjoyed by only the young getting down with rock and roll. There were other songs that spoke to generations. If you know "Bad Bad Leroy Brown" (73) you are now singing the lyrics. Other top chart songs included, The Morning Af-

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VOLUME 4, NUMBER 2

JULY/AUGUST/SEPTEMBER/1973

NEWSMEDIA ENJOY YACHT CLUB OPENING ACTIVITIES



HIGHLIGHTS from the national press gathering at the Palm Coast yacht club opening, March 2-4. TOP L: Editors prepare for golf outing. CTR: Barbara Britton and editors at press conference. RT: Dr. Young enjoys light moment with Mr. & Mrs. Richard Boone. L: Gretchen Young. Dr. Young's 10-year old daughter, christens boat in her name. Diana Willis hits one for women's job. RT: Golf pro Gary Thompson gives a few pointers to Mr. & Mrs. Hagelhorn. L: Editors gather for christening. CTR: Yacht club burgee raised by Gretchen and Capt. Fearon. RT: Rosalyn Atreavya and Kiki Olson relax in the nursery of the Valencia model home.

ing its way in the South. New York City (ITT) meet Flagler County, Florida. Over time a relationship was forged but neither par-

Written and compiled by Elaine Studnicki, past president of the Palm Coast Historical Society.

ter and Touch me in the Morning. Do you still dance like Saturday Night Fever or remember who yelled, Adrian? Groovy.

The 70s was a decade of many fashions — but surely it was out with Dior and Chanel and in with threads like bell bottoms, tie dye, bohemian style, and collars up.

Garments of stripes, plaid and large patterns were abundant at social gatherings in the original Palm Coast Yacht Club, at the Centennial Celebration, and I'm sure at the now famous free buffets on Friday night.

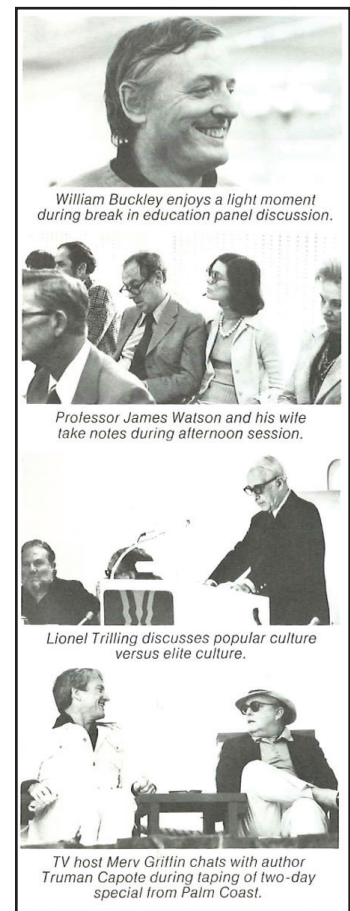
Retired folks were moving to Palm Coast, but it was not intended to be a retirement community. Swim teams, soccer teams and more were created, and a new high school built. In one decade, the population of Flagler County grew by 5,969 people. Others were buying property for their future.

Palm Coast marketing sought buyers around the world. They were selling the perfect place to live, and the appeal was real. The Palm Coast Welcome Center played Here Comes the Sun by the Beatles continually, keeping Palm Coast in the times and creating a sense of sunny days and bright futures.

As the decade evolved the world turned in unexpected ways. Apollo 13 barely made it home safely, Watergate stunned the world, Kent State stunned the country, as did the turmoil felt by so many and normal relations with China were established. The Bicentennial (76) was

a huge celebration as well as the first earth day. The environment was then and continues to be an ongoing priority as we see and feel the influence of poor past decisions.

The environment was a high-



ly discussed topic in Palm Coast as well. The Flagler settlers who lived here for decades, if not centuries, watched as some 42,000 acres of pine forests, home to wildlife and human entrepreneurship, were cut down. Original streams and rivers were altered to accommodate canal homes. Unknown historic treasures were forever lost and turned over into deeper ground to hide what should have never been disturbed.

The first decade of Palm Coast was naturally a first for many things. Many celebrities visited Palm Coast and the news hype

was high. But the most important feature of the decade was the people moving here and beginning a new life. The Civic Association and Volunteer Fire department were started. The first store (Handyway 73) and church (St. Mark by the Sea 76) would be built. Dr. Dunn and Dr. George Ledger were the first doctors and PCHS Board member, Greg Johnston (76) was the first dentist. Businesses opened and a community began to develop into a city.

Naturally, prices were lower. To complete this short review of what you might have considered

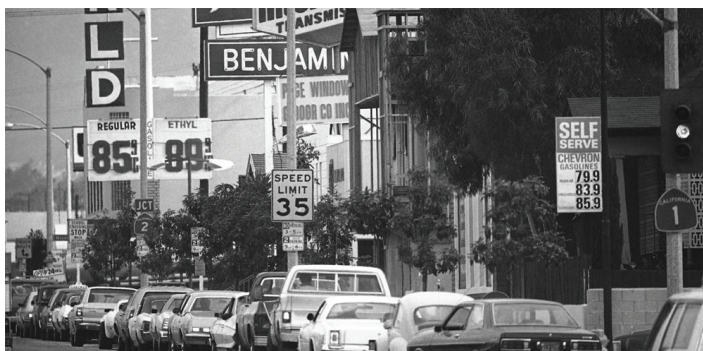


Part of crowd that gathered at Yacht Club for Bicentennial Fourth picnic and games.

the best time to be alive also remember that a loaf of bread was .25, gas was .57 and milk was \$1.32 per gallon. Palm Coast homes started \$15,990 and the minimum wage was \$1.45 in February of 1970. Did you have fun waiting in line for gas during the embargo? During that time gas could only be bought on odd or even days.... all based on your license plate.

The 70s was a unique time

with much more to share but for now that's the skinny for early Palm Coast and our Country. As for me, it's the Dancing Queen here serving you some American Pie and asking just how Deep Is Your Love? The magic of the 70s would soon fade but, as you know, the influence of history experienced first-hand is memorable and life altering. Let's create some great history today for the future tomorrow.

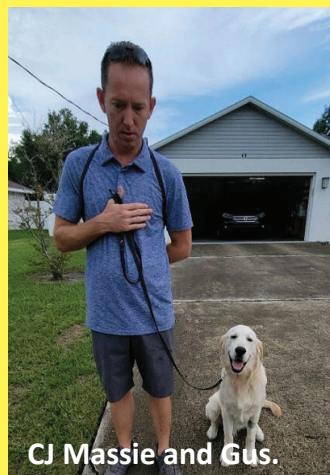


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Health & Wellness

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

Has cognitive health been on your mind lately? If so, you may have discovered that the search for brain-boosting supplements can be overwhelming. Powders, capsules, beverages, gummies and foods are readily available on the market, but with limited research and resources, many people simply do not know where to begin.

Memory and cognition issues affect people of all ages, both in the classroom and throughout life. Fortunately, there are natural supplements that can help improve the brain's ability to work, regardless of age.

As summer comes to an end, many individuals will begin preparing for the busy "back-to-school" season. Regardless of age or grade level, notebooks, pens, pencils, markers and other productivity supplies are needed to help support and facilitate classroom activities, but what about support for the brain? If the brain is not performing at its best, the learning experience may be a challenge at any age. Rather than medicating to address cognitive issues, there are several natural kid and adult-safe supplements available over the counter, such as Omega 3 Fish Oil, Vitamin C, Turmeric, and mushrooms.

Mushrooms have been gaining popularity in mainstream media, research, and medical use, but why? What makes this fungi so unique is its ability to reduce inflammation, provide

antioxidants, and fight certain forms of cancer with minimal effort. They have been shown to improve short and long term memory, motor functionality, emotional stability, and other imbalances in the body. Mushrooms can be cooked, made into tea, added to chocolate, dried and encapsulated, and prepared in countless other ways. If administered to children, it is highly recommended to cook or saute mushrooms to reduce possible digestive upset. Oyster, Portobello, and Button mushrooms are popular varieties for children.

According to a study conducted by the Cleveland Clinic, mushrooms contain protein, fiber and vitamins that can prevent cellular damage, support nervous and immune systems, maintain healthy blood pressure, boost energy, and improve cognitive function. The mushrooms administered during this study were classified as "functional" or "nootropic", meaning they did not contain the psychedelic substance psilocybin and did not elicit the "trip" experience often associated with mushroom use. These mushrooms included White Lion's Mane, Cordyceps, Chaga, and Reishi varieties. Special mushroom blends can be found in coffee and other consumable forms available to the general public.

Speaking of coffee, caffeine (especially when paired with L-theanine) is another pow-

erful brain booster. Caffeine promotes brain function and physical energy by blocking the brain's receptors for a chemical called adenosine. Adenosine regulates the sleep/wake function within the brain. If the body is low on energy, the brain can not function properly.

Although coffee is often the first choice when a bit more energy is required to make it through the day, drinking green tea can actually provide more

breakfast cereal and nutritional yeast are all excellent sources of these important vitamins. Bananas, grapes, and peaches also contain B vitamins.

Originally used as an exercise supplement, creatine has been shown to improve brain health in recent studies. According to a 2022 study published in *Nutrients*, results reported that creatine may improve cognition, help protect against neurodegenerative diseases,

reduce depression, and aid recovery from concussion and mild traumatic brain injuries. Creatine is a naturally occurring amino acid found in muscle tissue and the brain responsible for energy production, especially during times of increased metabolic demand, such as sleep deprivation. It is often taken as a powder that is mixed into a smoothie, but it is also available as a capsule.

Many people are shifting to plant-based diets in an effort to improve their overall physical and mental health. Though this lifestyle is not for everyone, adopting a few ideas may help increase focus, improve memory and provide mental clarity. Foods rich in Omega-3, B vitamins, and L-theanine help keep the brain energized, while mushrooms such as White Lion's Mane improve its functionality. Incorporating brain-boosting foods and supplements into your daily routine may help improve other bodily functions, such as digestion, as well.



health benefits because it contains an amino acid not found in coffee called L-theanine. In addition to an increase in mental stamina and physical energy from caffeine, green tea's L-theanine helps promote a state of calm while maintaining alertness.

Omega-3 fish oil and B vitamins such as B6, B9 (folic acid), and B12, play a role in brain health as well. Foods such as meat (especially liver), seafood (sardines, trout, salmon), poultry, eggs, dairy products, legumes, leafy greens, seeds, and fortified foods, such as

Amber Embers is the owner of The Cosmic Hippie, a holistic wellness concierge service that focuses on natural, plant-based remedies. For more information or to make an appointment, please call 904-878-3893

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Homeowners Corner

Enhancing your landscape with lawn curbing stones

Creating a beautiful and well-defined landscape is an aspiration for many homeowners. One effective way to achieve this is by incorporating lawn curbing stones. Lawn curbing stones, also known as landscape edging, are functional and aesthetic elements that provide a distinct boundary between different areas of your outdoor space.

In this article, we will explore the benefits and various applications of lawn curbing stones, helping you transform your lawn into a visually appealing and organized paradise.

Defining Borders and Curves

Lawn curbing stones play a vital role in defining borders



and curves within your landscape. Whether you want to separate your lawn from the garden bed, create boundaries around trees or flower beds, or outline pathways, curbing stones offer a clean and polished look. Their rigid structure prevents the intrusion of grass or mulch into unwanted areas, keeping your garden tidy and reducing the need for constant maintenance.

Enhancing Aesthetics

One of the key advantages of using lawn curbing stones

is their ability to enhance the overall aesthetics of your outdoor space. These stones come in various colors, shapes, and sizes, allowing you to select options that complement your landscape design. From classic gray concrete to natural stone finishes, you can choose the perfect curbing stones to match your style. The clean lines and defined borders created by these stones add a touch of sophistication and elegance to your lawn.

Durability and Longevity

Lawn curbing stones are built to withstand the test of time. Made from sturdy materials like concrete or natural stone, they are designed to endure various weather conditions and resist erosion. Unlike traditional edging materials such as plastic or wood, which can deteriorate over time, curbing stones maintain their shape, functionality, and appearance for years to come. This durability ensures that your landscape remains intact, even with regular foot traffic and mowing activities.

Easy Installation and Care

Installing lawn curbing stones is a relatively straightforward process, making it a popular choice for DIY enthusiasts. The stones are typically interlocked or set in place using mortar, providing a secure and stable border. With proper preparation and planning, you can easily create a seamless edge that adds structure to your landscape. Additionally, maintenance is minimal. Occasional cleaning to remove

debris or grass clippings is all that's required to keep your curbing stones looking pristine.

Versatile Applications

Lawn curbing stones offer a wide range of applications, allowing you to get creative with your landscape design. Besides defining borders and pathways, they can be used to build raised flower beds, enclose water features or decorative elements, or even construct retaining walls. By incorporating different heights and textures, you can add depth and visual interest to your lawn, transforming it into a multi-dimensional oasis.

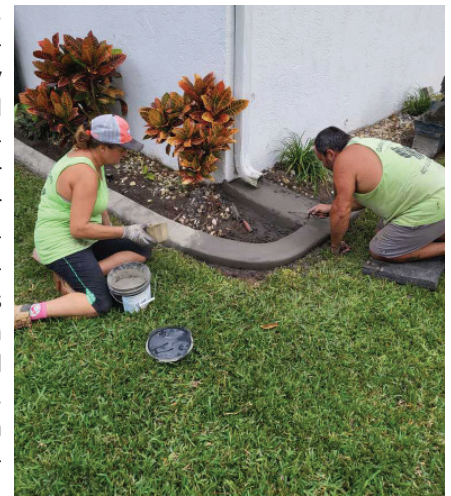
Lawn curbing stones are an excellent addition to any landscape, providing both functional and aesthetic benefits. From defining borders and curves to enhancing the overall appearance, these stones offer

If you'd like some help from a local company you can give **In The Weeds Maintenance** a call at **401-862-3488**. John and Bobbi-Joe Delbonis have been taking care of peoples' landscaping needs for the last four years here in Palm Coast and describe themselves as a one-stop shop when it comes to lawn care, landscaping and curbing services.

You can see them pictured above putting the final touches on a cement rain spout drain, something very few other companies do around here. They also do all kinds of curbing installations and are adept at designing landscaping for the whole property which is why they consider themselves to be

a polished and organized look to your outdoor space. With their durability, easy installation, and versatile applications, lawn curbing stones are a long-term investment that can significantly elevate the beauty and value of your property.

So, if you're looking to create



a captivating and well-structured lawn, consider incorporating lawn curbing stones and enjoy the transformative impact they can have on your landscape.

a one-stop shop.

They use only the finest materials when it comes to curbing stones and can create any kind of custom design for your lawn using their curbstone machine. Their curbstone material is a solid color so there is never anything to wear off or fade away.

Many people, when they move into a new house here, call John and Bobbi-Joe to come in and replace the original landscaping provided by the home builders since it is usually not great quality and the designs are less than inspired.

Whatever your needs may be in this area, these two can almost certainly help you out.

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Palm Coast's Medical Options Double With New Hospital

BY TOM AIKINS

The latest medical facility to call Palm Coast home will open on August 3, 2023, just about the same time this magazine will be hitting the streets. Of-

feet, AdventHealth Palm Coast Parkway has 100 beds, effectively doubling the inpatient capacity in Flagler County and nearly doubling the ar-

specialized services, including orthopedics, cardiology, gastrointestinal, surgical, urology, and gynecology care.

"As a long-time Flagler County resident myself, I am personally thrilled to see this new hospital open," said Wally De Aquino, president/CEO for AdventHealth Palm Coast Parkway (see below) and an area resident since 2005. "Construction began in September 2021, but the planning and preparation were years in the making. Flagler County – and Palm Coast in particular – has experienced significant growth in recent years, and to help keep our community healthy, it is important that our health care infrastructure continues to expand and grow too."

Palm Coast has a predominantly older population and even though families are moving here, retirees still dominate the scene. With aging comes greater health troubles including a significant increase in the possibility of experiencing a heart attack or a cardiovascular failure.

Fortunately, a big part of the expansion of health services

in Palm Coast is centered on heart health. AdventHealth pretty much leads the way for heart care in Palm Coast offering care and specialists for acute and chronic conditions including atrial fibrillation and arrhythmia.

As well as the obvious benefits a new hospital brings in terms of medical capabilities for the community there is also an important economic factor that is present. Initially, the hospital will have about 350 employees which is a big contribution to the city's economy since many of these jobs are higher-paying than retail or most service industry jobs.

And with the new hospital's presence here there will be more spinoff companies that provide services for hospitals and labs locating here, creating more jobs. This is part of the city's long-term plan involving a nexus of medical businesses that provide good jobs for the city.

In essence, the hospital provides more needed services and more income to the city which can only be looked at as a big positive for Palm Coast.



ficially known as AdventHealth Palm Coast Parkway, the hospital is the largest investment ever in the medical field in Flagler County, carrying a \$167 million price tag.

The four-story building is located off Palm Coast Parkway, abutting Bridgehaven Drive on the opposite side of town from the location of its first Palm Coast hospital at 60 Memorial Medical Parkway.

Spanning 158,000 square-

feet, the hospital also includes state-of-the-art surgical suites, cardiac catheterization labs for heart-related conditions, endoscopy suites for digestive health issues and more.

Complementing the hospital is a 30,000-square-foot medical office building that opened on June 12. The medical office building on the campus of AdventHealth Palm Coast Parkway houses a range of

AdventHealth Palm Coast Parkway CEO Wally Aquino

Wally De Aquino serves as the chief executive officer and president for AdventHealth Palm Coast Parkway.

De Aquino received a Master of Business Administration in health care administration from Regis University in 2005, a Bachelor of finance from the University of Massachusetts in 2000, and an Associate of business administration from Bristol College in 1997.

Key projects and initiatives under De Aquino's direction include transitioning OP Rehab

from PT Solutions to an in-house department aligning the culture and resulting in a \$250K expense reduction, partnering with the City of Palm Coast to recruit University of North Florida and Jacksonville University to build a new campus in Palm Coast, building a simulation lab to serve team members of Central Florida Division-North and students from University of North Florida and Jacksonville University, negotiating and establishing a partnership with Flagler County Schools that included a focus on sports, ca-

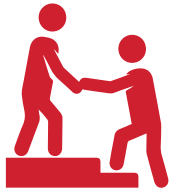


reers and mental health, leading the planning and construction of a new \$167 million campus comprised of a 100 beds hospital and a 30,000 square foot medical office building, overseeing the planning of a new cancer center, serving as the AdventHealth Palm Coast executive sponsor for the EPIC implementation, leading a major renovation of a \$5 million OR and ambulatory surgery center, and developing a partnership with the Hammock Dunes community to expand rehabilitation services.



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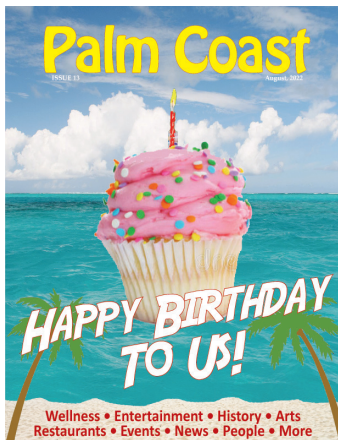


On a media tour that the hospital organized on July 25, we were shown all of the new facilities that make up the hospital. Much of what we were shown is on this page, lots of shiny new pieces of equipment: expensive equipment as it turns out since the scanners alone are over \$1 million each. If you were wondering how the price tag of the hospital got to be \$167 million, these are some of the reasons why right here. And judging by the plethora of cables, wires and other equipment that's involved in a modern hospital, it probably took as long to wire everything together here as it did to erect the building itself.



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- #3 Endoscopy room
- #4 Main department - CT Scanner Room
- #5 ICU patient room
- #6 Patient room
- #7 Emergency Department - CT Scanner Room
- #8 Operating room
- #9 Operating room

Our Second Year At A Glance



Issue #13, August 2022

COVER STORY: Palm Coast magazine's first anniversary issue.
FEATURES: Remembering Heroes Festival, Theresa Rizzo profile, home inspections, Flagler County Orchid Society, Flora & Fauna, Bronx House Pizza, live music.



Issue #14, September 2022

COVER STORY: Flagler Auditorium. We looked at the exciting forthcoming season of music and shows at the county's premiere entertainment venue.
FEATURES: FCSO Deputy Crista Rainey, Family Life Center, The Garden Club of Palm Coast's Garden of the Month, La Piazza Café, Assassins The Musical, Local Artist Doreen Hardie.

Issue #15, October 2022

COVER STORY: The State of the Arts in Palm Coast.
FEATURES: Art Volunteer Nancy Crouch, Krewe Of The 13,

To mark our second anniversary we've put the covers of the last 12 issues here — our second year of publication — along with a brief recap of the articles that appeared in each of the issues. If you are interested in reading any of these articles you can scan the code at right or go to our website at www.palmcoast-mag.com where you will find all of these issues available for download in a PDF format for free. Each issue is available for download as soon as the next issue is published. For example, the August issue is available for download as soon as the September issue is published.



workout tips, gutter cleaning advice, Palm Coast Arts Festival, Felt Art with Liz Canali, The Net by George.

Issue #16, November 2022

COVER STORY: Our Veterans Remembered: A Season of Thanks and Remembrance
FEATURES: Flagler County Or-

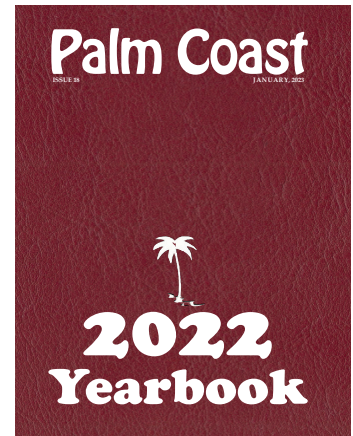


chid Society Auction, Historical Society President Elaine Studnicki, Grace Community Food Bank, Nine and Dine Event, The Golden Lion. And some more info here.



Issue #17, December 2022

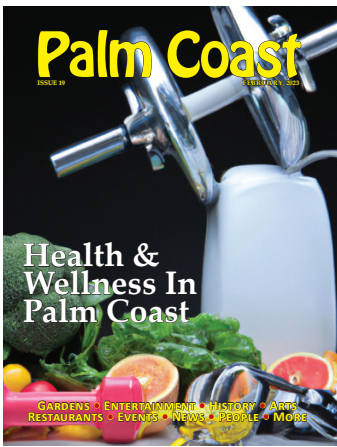
COVER STORY: 2nd Annual Christmas Buyers Guide
FEATURES: Salvation Army, Christmas Come True, Grace Community Food Bank, Live Like Cameron, Emmanuel's Closet, Pest Control Tips, Joe's NY Pizza.



Issue #18, January 2023

COVER STORY: 2022 Yearbook
FEATURES: 2022 in Review. A look back on the events, happenings, and news stories that shaped the Palm Coast community throughout the year, as told by the professionals at Palm Coast magazine. A large photo section was also included that featured photos of over 50 groups, organizations, clubs and city and county employees. It was a community yearbook in a real sense and gave our readers a chance to see dozens of people who help make the city function on a daily basis.





Issue #19, February 2023
 COVER STORY: Health & Wellness in Palm Coast
 FEATURES: First Responder Tracy Farmer, Florida History Quiz, Upcoming AdventHealth Palm Coast Parkway, Redefined Food, Flagler Artists.

Issue #20, March 2023
 COVER STORY: Homeowners Issue
 FEATURES: Palm Coast City Councilwoman Cathy Heigher, Habitat for Humanity, Women's History Month, How to Hire a Contractor, Gardening Dirt Tips, Bob Evans.



Issue #21, April 2023
 COVER STORY: 2023 Garden Club Spring Festival Preview
 FEATURES: FCSO Honor Guard, Palm Coast Fire Chief Kyle Berryhill, Military Officers Association of America, The Psychedelic Renaissance, Insect Tips for Gardening.

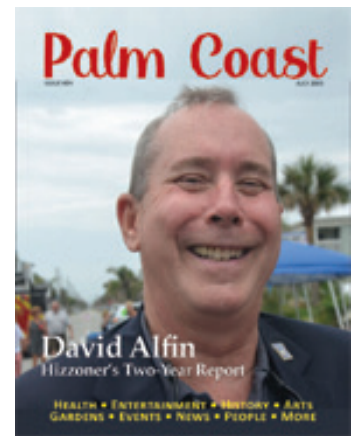


Issue #22, May 2023
 COVER STORY: Lieutenant General Mark Hertling on



Leadership
 FEATURES: Palm Coast Fire Department 50th Anniversary, QR Codes, National Preservation Month, Intro to Yoga, Red Koi.

FEATURES: Memorial Day Events, Palm Coast vs. Waste Pro, Dr. Alvin Jackson, Dog Surfing, Local Live Sports, New Version of Reverse Mortgages, Citrus Trees, Rob Stern's Glass Blowing,



Issue #23, June 2023
 COVER STORY: Summer Fun Issue



Issue #24, July 2023
 COVER STORY: Mayor David Alfin's Two Year Report — a look at the future developments coming to Palm Coast as well as a look back at the first two years of the mayor's term.
 FEATURES: New Addition to Turtle Trail, Cancer Activist Jim Keegan, Kiwanis Club, Beach Health, Home Inspections, Gardening tips, Artist Christine Zollinger.



Ron Wallace artwork from Issue #13, August 2022.

Flora and Fauna

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



1. Royal Tern: Winter Visitors to our area after spending the warm months from North Carolina to Canada. New born Terns leave their nest after one day and gather with other babies. Parents are able to find and feed their own chicks. 2. Rock Pigeons: Highly intelligent birds, the most famous being Cher Ami, credited with saving 194 soldiers during WWI. 3. There are 28 varieties of Seagulls in the United States. They live along the coast and in cities and are expert food thieves. They work in groups to harass enemies and are experts at adapting to different environments. Laughing Gull: listen for their very distinctive call which sounds like a laugh. 4 and 5. Ring-billed Gulls.

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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Gardening Tips

Incredible, edible alliums — onions and garlic, by Fran Corcoran, Judy Jean

When my children were small, we read a book together called “A Tale of Tulips, A Tale of Onions” written by David Francis Birchman. The story is based on the tulipomania craze (1634-1637) in Holland, when the Mosaic virus infected tulip bulbs.

Flowers grown from the infected bulbs had “bizarre” stripes or flames. Tulip bulbs became more and more valuable, then plummeted sharply. In the end, a tulip bulb was no more valuable than a common onion.

More recently I ran across an article on re-growing vegetables from kitchen scraps that piqued my interest. Anyone that cooks with garlic has probably experienced cloves that sprout before they can be used. Although not recommended with cloves from the grocery (they may be treated and unlikely to grow well) cloves are used to propagate and grow new garlic bulbs or garlic sprouts.

Likewise, onion bulbs are used to grow new onions or onion greens. If a whole spring onion is not used, and the lighter bottom part is placed in water (photo below) or potting soil the dark green leaves will re-grow. This will also work with a common onion (photo below). All you need is a sunny windowsill.

Onions and garlic have been cultivated for centuries. There are indications in Egyptian cemeteries that date back to as early as 3750 BC, and references that date back to the time of the Pharaohs (starting around 2500 BC). Garlic and onions make appearances in many places including poems, stories, books, recipes, quotes, medical texts and journals.

Most, but certainly not all historical or current references are positive. These “smelly” vegetables definitely arouse strong opinions. Podcast searches using “onion” or “garlic” pulled more results than I expected. Of course, most are not actually about the edible allium vegetables, but the search results reflect just how deeply ingrained these “smelly



vegetables” are in popular culture.

There are podcasts titled “The Friendship Onion,” “Needs Garlic!,” “Peel Back the

Onion,” “The Garlic Girls” and “The ONION Peel.” Embedded in the description for the latter podcast is “...how much life is like an onion; it stinks and makes us cry, but the flavor it brings is priceless.”

The exceptional flavor these two aromatic vegetables deliver is acknowledged around the world, as reflected in the Flavor Bases of many different world cuisines such as Cajun, Indian, French, Middle Eastern, and Latin to name just a few. Onions and garlic are indispensable in the kitchen.

There are many types of onions and garlic. Grocery stores will generally offer the longest storing variety, called silver-skins. For home gardeners it is best to purchase seeds (onions), sets, or seedlings for planting from a reputable seller. Once they are growing in the garden, some can also be propagated by division.

Onions and garlic are fairly easy to grow, as long as cultural practices are observed. Choose only healthy bulbs/cloves or



plants, plant in light soils enriched with well-rotted manure and with good drainage, provide a sunny location and consistent irrigation, and keep the bed weeded. Crop rotation is also important to maintain a disease-free site. Onions and garlic are low-calorie flavor-boosters. They provide vitamin C, vitamin B6, potassium & folate. Garlic also has thiamine, calcium, phosphorous, copper and manganese.

And, the great flavors, either strong or delicate, that garlic and onions add to so many dishes is a powerful motivation to keep growing them.

Allium	Time(s) to Plant	Avg Time to Harvest	Plant Spacing	Planting Depth	Varieties
Onion - (dry, bulbing)	Sept-Dec	100-130 days from seeding (when 1/4 of the tops have fallen over)	~ 6"	.25-.5"	Short-day varieties - Granex (yellow)
Garlic (compound bulb)	Late Fall thru Early Winter	180 days (when 1/2 of leaves dry & bend towards the ground)	4-6"	2"	Soft-necked varieties - Artichoke, Creole
Onion - Shallot (multiplier, Bunching)	Sept-Mar	180 days (early summer when leaves turn brown)	~ 6"	.25-.5" growing point exposed	Shallots
Onion - Green (bunching)	Fall, Winter and Spring (Aug-Mar)	50-100 days	~ 2"	.25-.5"	Evergreen Bunching, White Lisbon Bunching
Onion - Chives	Aug- Mar	Harvest as needed year-round	8-12"	.25"	Can use seed, but easiest to purchase at local nursery

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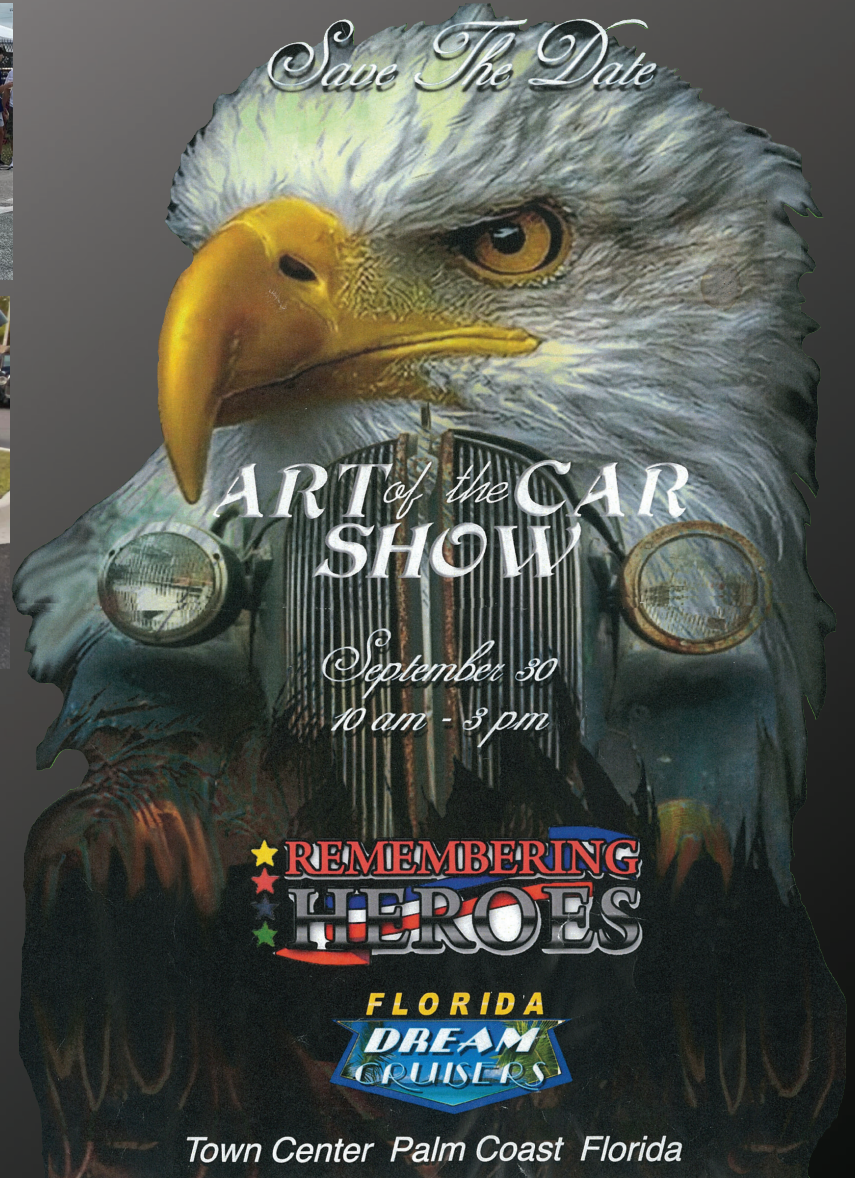
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Cathy Heigher at 386-931-8323

Ashley Skaer at 618-972-3950



Town Center Palm Coast Florida



Restaurants

Southside Grille offers an interesting dining experience

Bunnell is not really known for having a sophisticated dining scene but there are enough little mom-and-pop type places there to make it rather interesting in its own right, however. We visited one of those interesting places to find out if the accounts we had read were true and we were pleasantly surprised by what we found,

We were expecting a diner sort of place judging by what we had seen but they were

advertising a prime rib special over the weekend. That didn't add up completely since we had never seen a diner serve prime rib before. And the hours weren't a diner's either since they didn't open until 11 AM.

It does look a bit like diner on the inside but that's where it seems to end as the menu offers too many higher-end items for that thought to remain in your head for long regardless of the wall decorations and

counter seating that are featured.

It's an unpretentious but comfortable looking interior and the large menu seems to echo this theme as well. There are a mixture of old favorites as well as some items that you maybe wouldn't expect. — like prime rib. We tried it, by the way, and it was quite good and at a price, \$22, that will almost certainly bring people back.

We also tried the ribs and they were unlike any we've had since we moved to Florida as they were sauced but then they were also put back on the fire to caramelize and even char the sugar in the sauce a bit, creating a different flavor and crunchy texture which reminded me of some forms of



Prime Rib Special.

Chinese barbecue you can get in parts of Asia.

Anyway, they were very good, as was the burger we got, the prices were reasonable, and the service was fine. There's no reason not to check out this intriguing little place with its large menu that offers good value to its customers.

Southside Grille, 1104 S. State St., Bunnell, 386-693-4926



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Danny

Positive: Punctuality, Responsiveness, Value. Glenn Fletcher, owner of SunState Gutter, did an amazing job installing my gutters. Showed up on time. Very Professional. I am recommending SunState Gutters to all of my friends and family. Thank you Glenn

Chris

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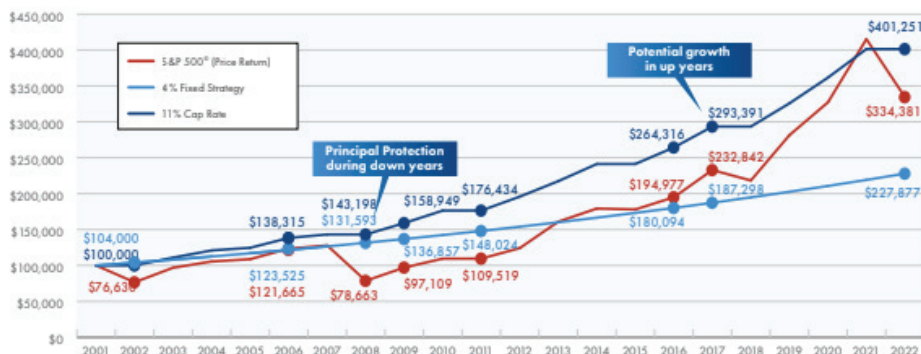
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- Retirement planning
- Estate planning
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The graph below shows the performance of the S&P 500® (Price Return) for the last 21 years,* along with two hypothetical fixed index annuity demonstrations. As you can see, S&P 500® peaks provide opportunities for growth, while principal protection sustains the contract value and positions the contract for continued growth.



*Assumes a hypothetical investment of \$100,000 directly in the index and uses the annual point-to-point method based on changes in the S&P 500® to calculate the indexed rate for each term. Assumes no withdrawals. This example is for informational purposes only and is not indicative of past performance, nor intended to predict future performance of any specific product. Withdrawal charges may apply to an annuity. Interest earnings in an annuity are not taxed until withdrawn. Annuity withdrawals and distributions may be subject to income tax and, if withdrawals or distributions are taken prior to age 59½, a 10% federal penalty tax may apply.

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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.

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

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.



Scan here to go to the website.

Highlights include:
Boxers and Southern Cross:
Simon & Garfunkel + CSNY



Highlights include:

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)
Aug 25th
Matisyahu + G. Love & Special Sauce - 2023 Summer Tour with special guest Cydeways
St. Augustine Amphitheater, 1340C, A1A S., St. Augustine 904-209-3746

Tribute
Hotter Than July & All Night Long:
Stevie Wonder, Commodores, and Lionel Richie Tributes
Fast Forward:
Kenny Chesney Tribute
Alter Eagles:
Eagles Tribute
Rushour and Kiss America:
Rush and KISS Tributes
The Boss Project:
Bruce Springsteen Tribute
Wildflowers:
Tom Petty Tribute
US Stones:
Rolling Stones Tribute
Loverboy Tribute, REO Survivor + Chicago Rewired:
Loverboy, REO Speedwagon and Chicago 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

Aug. 3 - ZaZa Flamenca | Flamenco, Gypsy
Aug. 10 - JC Hatfield Trio | Country & Americana
Aug. 17 - Glory | Dance-Tribute-Variety
Aug. 24 - The Grapes of Roth | Classic Rock and Dance
Aug. 31 - The Dune Hoppers | Folk, Bluegrass, Swing, Blues

As always, there are plenty of destinations for live music in Flagler County. Pay D'Aguzzo's Duplicity Quintet will be performing at Flagler Beach's First Friday event on August 4th, located at the concrete stage in Veterans Park. Their group will provide a fun and nostalgic ambience for the duration of the event while attendees check out booths and tables from local businesses and charities.

The 1405 Saloon in Bunnell is another destination for live music enthusiasts. 1405 will be hosting The GreenTree Brothers on Saturday, August 12th for Dark Side of the Moon Jam - A Reimagining of Pink Floyd.

This performance by The GreenTree Brothers coincides with the 50th anniversary of Dark Side of the Moon, one of the most influential rock albums of the 20th century. Additionally, those looking to get in on the fun can come to 1405 Saloon on Wednesdays for karaoke night, 7-11pm.

Tortuga's Florida Kitchen and Bar is a common solution for live music-seekers, with most nights at the restaurant featuring some degree of live music. Highlights this month include Ben Taddiken, performing on Tuesday, August 1st, and Madam, performing on Saturday, August 19th.

European Village Live Music In August

Tuesday 8/1 Ash & Ale Cigar Notes Series Luis Mario Peral 6-9
Thursday 8/3 "Cork & Pint and Ash & Ale Music Collaboration series" w/ Joel, Dennis on Sax 6:30-9:30
Friday 8/4 live music w/ Mike & Vin 7-10
Saturday 8/5 Live Music w/ Ian Opalinski 7-10
Tuesday 8/8 Ash & Ale Cigar Notes Series Charlie Ellis 6-9
Wednesday 8/9 Randy Elvis at Red, White, and Blues 7-10
Thursday 8/10 Cork & Pint Karaoke every 2nd and 4th Thursday
Friday 8/11 Live Music w/Kary Adams and "On Island Time" 7-10
Saturday 8/12 Live Music w/ Charlie Ellis 6:30-10
Tuesday 8/15 Ash & Ale Cigar Notes w Claire Vandiver 6-9
Thursday 8/17 TBD
Friday 8/18 Live music w/ Clayton Sturgeon 7-10
Saturday 8/19 Live Music w/Just Peachy Duo 6:30-10
Tuesday 8/22 Ash & Ale Cigar Notes series w/Fond Kiser 6-9
Wednesday 8/23 Randy Elvis at Red, White, and Blues 7-10
Thursday 8/24 Cork & Pint Karaoke every 2nd and 4th Thursday
Friday 8/25 Live music w/The Sand Sharks 6:30-10
Saturday 8/26 Live Music w/Singing in Vain 7-10
Thursday 8/31 Cork & Pint and Ash & Ale music Collab w/Mike Chandler, 6:30-9:30

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Flagler Artists

Babz Lupoli is an educator turned artist, by James Moore

For the past twenty years, Babz Lupoli has been an artist. Shortly after moving to Florida, she attended an art fair to hand out brochures for Chicos, where she was working. Marveling at the art, she wondered aloud how it was possible to create such pieces. A stranger nearby suggested Babz look it up, reminding her that YouTube and Google exist.

Babz, to this day, does not know who that woman was or has ever seen her again since. But the comment sent her on a journey through art classes and up to owning her own gallery.

If you had asked Babz, as a child, if she had any artistic interests, she might have laughed. The only painting she recalls being hung in her childhood home was a pastel piece from an artist on a street corner in New Orleans. Other than that, it was only posters adorning the walls of her childhood home. Babz's father was a sales agent and moved the family from the Midwest to the deep south and further to New York and Connecticut.

As an adult, Babz was a career educator. Thirty-two years



serving in the Baltimore Public Schools; eleven years teaching first grade, and the rest spent as an administrator. Without realizing it, Babz was mingling the people skills her father taught her as a salesperson and the creativity of a teacher.

Moving to Florida twenty-three years ago, Babz worked in advertisements, before moving to sales with Chicos. More of her creativity was forming in her subconscious as she helped customers accessorize to form the perfect outfit. The serendipitous interaction with the mystery woman happened and Babz joined her first art class.

This began an entirely new and enveloping chapter for Babz. What started as a class became her life for the last twenty years. From the first moment

of that class, painting sunsets, oceans, and sailboats, she knew she had the ability. Her experience as a teacher primed her mind to absorb the information quickly. It took a short while to realize she could do this professionally.

"I never had a bad day with art," she says. "Any mistake you make, you can just paint over it."

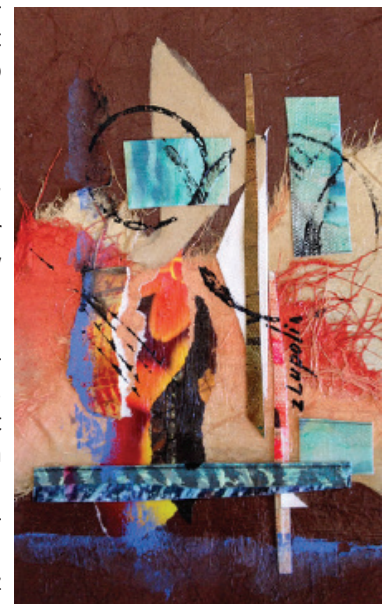
Community was another major factor for Babz's new career as an artist. She had nine other classmates, and from the start they worked together supporting each other. Using this support, Babz went from joining the Daytona Art League to being a board member for fifteen years, acquiring several awards.

Forever the educator, Babz found herself back in the classroom, aiming to teach beginner art classes. There will always be the love of seeing a student latch onto the art the same way she did, but what also "keeps her going" is teaching new styles to experienced artists.

Babz cultivates the same support she experienced from her classmates. One such way is an art program she founded with the Chiles Academy of Daytona, a charter school for pregnant teens and young parents to finish their education. "Art can take you into so many different areas," Babz says.

Babz is managing Galerie Elan in Daytona Beach, having previously led Beaux Arts of Central Florida in Melbourne. The website describes it as, "A delightfully eclectic co-operative gallery hosting over 75 artists, from emerging local talent to internationally known names," which host monthly art walks.

The first Friday of every month, it hosts a new exhibition. October 2023, the website advertises a collaboration with the Florida Women's Arts



Association. There are also options to register for classes to begin your own journey as Flagler's next artist.

"Try everything, try it on," Babz says. "It's how I feel about art, friends, and teaching. Just trust yourself."



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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.

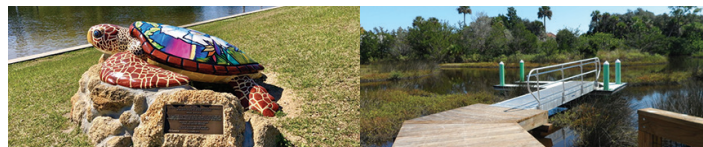
Baseball • Basketball • Bocce Ball • Dog Park • Lacrosse • Parking • Pickleball • Picnic Shelter • Playground • Restrooms Shuffleboard • Soccer • Tennis • Volleyball • Walking



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



Events, Meetings, Classes, etc.

Events

Palm Coast Farmer's Market
August 6, 13, 20, 27 @12-4 PM, European Village, 101 Palm Harbor Pkwy, Vendors include sellers of seafood, meats, dairy products, nut butters, many varieties of crafts and a lot more every Sunday.

First Saturday Creative Bazaar Arts & Crafts Market
August 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
August 4, 10:30-11:30 AM, first Friday of the month, Palm Coast Community Center, free. Do you love to read? Each month will have a designated genre. You select and read a book that falls within the monthly category. Book suggestions are available on our website if you need a little help. That month we will meet to share our impressions,

reactions, and feelings. June: Reader's Choice. Go to www.parksandrec.fun/adults to sign up.

Psychic Fair & Holistic Wellness Expo

August 5, 2 PM-6 PM, Indigo Door, 160 Cypress Point Pkwy, Ste B106, Holistic products along with psychic readings and other exhibits. Free.

Flagler County Orchid Society
August 24, 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

Friends of The Library Book Sale
September 9, 2023, 9 AM to 2:30 PM, Flagler County Public Library, 2500 Palm Coast

Pkwy. Fiction, non fiction, hard and soft cover, children's, young adult, puzzles, DVDs, coffee table books for sale.

Contact: Connie Hussey 386-283-4618 or email at friends@friends of the library.org

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 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

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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Menopause The Musical 2
Cruising Through 'The Change'
Oct. 29, 2023 - 2:00 PM



United States Navy Band
Commodores Jazz Ensemble
Nov. 3, 2023 - 7:00 PM



Almost ABBA
Nov. 18, 2023 - 7:00 PM



Legend 2 Legend Show:
The Music of Billy Joel & Elton John
Nov. 24, 2023 - 7:00 PM



**One Christmas Night
in Memphis**
Dec. 7, 2023 - 7:00 PM



The Silhouettes:
Light of Christmas
Dec. 15, 2023 - 7:00 PM



Navy Band Southeast
Holiday Show
Dec. 17, 2023 - 7:00 PM



The Texas Tenors
Jan. 10, 2024 - 7:00 PM



The Greatest Love of All
*Starring Belinda Davids:
A Tribute to Whitney Houston*
Jan. 20, 2024 - 7:00 PM



**Human Nature: Back to the
Sound of Motown as Presented
by Smokey Robinson**
Jan. 26, 2024 - 7:00 PM



**The Bronx
Wanderers**
Jan. 31, 2024 - 7:00 PM



**Invincible: A Glorious Tribute
to Michael Jackson**
Feb. 3, 2024 - 7:00 PM



**Stayin' Alive: One Night
of the Bee Gees**
Feb. 14, 2024 - 7:00 PM



**An Evening with Anthony
Smith and Darryl Worley:**
Nashville Songwriters
Feb. 16, 2024 - 7:00 PM



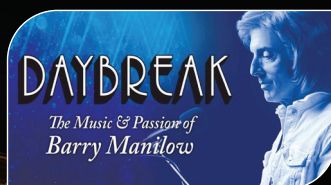
**Fourever Fab
& Sixtiesmania:**
A Journey Through the '60s
Feb. 22, 2024 - 7:00 PM



B2Wins Music:
Reimagined
Feb. 27, 2024 - 7:00 PM



The Doo Wop Project
Mar. 23, 2024 - 7:00 PM



**DAYBREAK: "The Music
& Passion of Barry Manilow"**
Apr. 13, 2024 - 7:00 PM



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Events, Meetings, Classes, etc. from page 40

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

Classes

Art Classes

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

Sun Aug 13, 11 AM, 24x36 Ocean Wave, \$175.00

Sun Aug 20, 11 AM, Seahorse 12x24 Canvas, \$95.00

Sun Aug 20, 11 AM, Seahorse Surfboard, \$150.00

Sat Aug 19, 11 AM, Mermaid Porthole Painting, \$150.00

Sat Aug 19, 11 AM, Round Mermaid Wood Sign, \$65.00

Thur Aug 24, 11 AM, Patriotic Garden, \$95.00

Sat August 26, 11 AM, 24" Resin Wood Life Ring Door hanger/Sign, \$110.00

Sat Aug 26, 11 AM, Beach House View 24x48 Oversize Canvas Acrylics, \$250.00

Sun Aug 27, 11 AM, "The Captains Lure" 12x36 Acrylics, \$195.00

Sat Sept 2, 11 AM, XL Porthole Mirror, \$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-regis-

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Reverse Division

tration 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, July 3), 9-10 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 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. Building 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



After performing to sold-out crowds worldwide on the Butter Miracle Tour over the last two years, Counting Crows will be at The Amp in St. Augustine on August 8 with the Banshee Season Tour. After years of collaboration, cult-favorite rock band and long-time friend of the band, Dashboard Confessional, will be joining as support on the tour.

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 com-

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Grammy Award winners Jason Isbell and the 400 Unit with special guest The Baseball Project are coming to The Amp in St. Augustine on August 12 in support of their new album, *Weathered*. Written and produced by Isbell, *Weathered* features 13 brand new tracks. It is a collection of grown-up songs: songs about adult love, about change, about the danger of nostalgia and the interrogation of myths, about cruelty and regret.

pete 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 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 dis-

ease. 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: A Twist of Fate, Free, Register: parksandrec.fun/adults

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

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The multi-Grammy Award winner and Songwriters Hall of Fame honoree Jason Mraz will be at The Amp in St. Augustine on August 13. His new album, *Mystical Magical Rhythmical Radical Ride*, his eighth studio album, was just released on June 23.

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:

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Just So You Know...

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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

parcsandrec.fun/adults

BAM! Balance & Motion

Mondays, June 5-July 31

12:30-1:15 PM; Thursdays,

June 1-Aug. 3 12-12:45 PM,

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Business Functions

Palm Coast Business Profession- **als Network Meeting**

August 3, 10, 17, 24, 31 @ 7:30

AM, Coldwell Banker, St. Joe's

Village, Weekly networking meet-

ing of local business owners. Call

Brad at 386-283-0955 for info.

Professional Women Of Flagler **County**

August 4, 8:30-10 AM, Market

Street, 2 Corporate Dr. Network-

ing breakfast. Call Nina at 845-

531-1673 for more information.

Bold Ladies In Business

August, 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.

Palm Coast Lions Club

August 14, 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 info.

BNI

August 3, 10, 17, 24, 31, 8 AM,

Elks Lodge Palm Coast. Business

referral group that meets weekly

to exchange business leads and

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