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ISSUE #32

MARCH 2024



Third Annual Homeowners Issue

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ARCTIC BREEZE

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Issue #32, March 2024

Palm Coast

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Welcome to our third annual Homowners issue which has lots of information about various topics devoted to taking care of your home and property. We've also included listings of some of the businesses here who provide services for homeowners and some ideas on home improvement and increasing the value of your home easily.

We've mentioned our subscription sales effort which will offer yearly subscriptions to the magazine for the low price of \$39.95 (12 issues) which we'll selling through our website at www.palmcoastmag.com. We're almost done so we'll be letting you know when it's up and running soon. And if you're wondering what's coming up in future issues, we'll be publishing our Garden Club of Palm Coast's Spring Festival section in April and an issue on all kinds of sports that are available in the area in May. So please pick up your copies at your regular spot or subscribe and have Palm Coast delivered to your door. And, as always, if you have any feedback then please use the email address to the left.

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— Tom Aikins, Publisher, Palm Coast magazine.

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News Of The Palm Coast World



Photo by Stephen Helfrich

David Alfin Delivers Final State of the City Address of First Term

Mayor David Alfin gave his annual State of the City address on February 8th, the last one he'll give in his current term in office. Along with other major civic leaders in Palm Coast and Flagler County, Alfin addressed a packed crowd in the largest room at the Palm Coast Community Center.

The evening was opened with a rousing rendition of the Star-Spangled Banner by Flagler Palm Coast High School student K'imani Gervin-McCoy. A familiar face to the community, Gervin-McCoy recently gave the same performance to open the 2024 legislative session in Tallahassee, at the recommendation of School Board Chair Will Furry and Florida House Speaker Paul Renner. Just as she did then, Gervin-McCoy received thunderous applause for her singing.

Next, a host of community leaders in attendance were highlighted by Assistant City

Manager Lauren Johnston. The Palm Coast State of the City is among the most important gatherings in local government, and though the mayor represents only one of Flagler County's three cities he's the most visible permanent Chair in any of the municipalities. Representatives were on hand from the County Commission, School Board, Flagler Beach City Commission, and Alfin's colleagues on the Palm Coast City Council attended as well. Also present were Sheriff Rick Staly, Elections Supervisor Kaiti Lenhart, Palm Coast City Manager Denise Bevan, and County Administrator Heidi Petito.

The tone of the address was potentially Alfin's most outward-facing speech yet. He focused almost exclusively on the accomplishments of others, namely city staff. He did devote a portion of the address toward lofty goals in the city's near future. Westward

expansion continues to loom over Palm Coast, and Alfin attempted to assure residents that the necessary steps were being taken to ensure the inevitable stresses of growth would be manageable. "Anticipating growth, we've fast-tracked an engineering study to increase the capacity of our treatment plants, aligning with our goal of a city whose infrastructure evolves responsibly by 2027," Alfin said.

Another area of local intrigue is the still mostly-unshaped Town Center area. The land surrounding the Central Landings apartments and Epic Theatres is still largely undeveloped. Alfin spoke of a multi-use facility called The Promenade to be built at the corner of Bulldog Drive and Central Ave, which would host restaurants, coffee shops, and one-to-two bedroom student housing. Tenants here would be attendees of the upcoming University of North Florida campus coming to Palm Coast.

On the issue of public safety, Alfin ceded the floor to the city's two foremost department heads: Sheriff Staly and Palm Coast Fire Chief Kyle Berryhill. Staly boasted favorable crime numbers while referencing his own time in office as a unit of measurement. Staly is running for re-election this year, with opponent Larry Jones having said he'd run but having not yet filed. Berryhill's speech was defined by a major announcement: that the PCFD would be getting a new fire sta-

tion on Seminole Woods Blvd. It's been long known that this addition was in the works, but Berryhill's mention placed it back in the spotlight of upcoming city projects.

Three major citizen awards were given out toward the close of the address. The residents who were honored were as follows:

Public Service Award – David Lydon, Flagler County Veteran Services Officer

Citizen of the Year Award – Carrie Baird, Flagler Cares CEO

Next Generation Award: Erik Libby, To-Do-Dudes Founder & CEO

The close of Alfin's speech invoked the rhetoric of the presidential State of the Union addresses that these annual Palm Coast gatherings have always tonally resembled. "The story of Palm Coast is still being written, and your participation is essential to its narrative," Alfin said. "Let's continue writing this story together. Stay involved, stay informed, and let your voice be heard."

Alfin will be on the ballot for re-election in the August primary, where faces challengers Alan Lowe, Peter Johnson, Mike Norris, and Scott McDonald. If one candidate receives more than 50% of the vote, they're elected. If no one does, the top two candidates advance to a runoff on the November ballot. Alfin could serve up to two more four-year terms after this one, as his current three-year term does not count against the city's term limit policy.



Award winners David Lydon, Carrie Baird and Erik Libby, Photo by Stephen Helfrich

Southern Recreation Center Has Grand Opening

The City of Palm Coast is thrilled to announce the grand opening of the long-awaited Southern Recreation Center and the new Lehigh Trailhead, adjacent to the current Palm Coast Tennis Center, on February 23rd from 4:30 pm to 7:00 PM at 1290 Belle Terre Parkway, Palm Coast, FL 32164. These projects are pivotal steps in aligning with the priorities outlined by the community during the recent countywide Parks and Recreation Master Plan.

During the event, attendees can enjoy self-guided tours of the Southern Recreation Center and Lehigh Trailhead, giving them an up-close look at the state-of-the-art facilities and recreational spaces that promote health, wellness, and community engagement. Staff will be available to answer questions and share informa-

tion about the projects.

The Southern Recreation Center is the result of a significant investment in the community. This project was funded in part by the Flagler County Government Tourist Development Council (TDC). The facility boasts a Community Building with offices, restrooms, locker rooms with showers, kitchen dining space, public access to 2 multi-purpose rooms, lobby space, an exterior patio, and a balcony. In addition, the facility's exterior features twelve pickleball courts, six of which are covered for year-round use.

Additionally, the Southern Recreation Center project was meticulously designed to meet Leadership in Energy and Environmental Design (LEED) standards. The LEED rating system, developed by the U.S. Green Building Council (USGBC), is the world's leading green building



Photo and text courtesy of www.flaglerlive.com

project and performance management system that delivers a comprehensive framework for green building design, construction, operations, and performance. The incorporation of energy-efficient systems, water-saving fixtures, and environmentally friendly materials underscores the city's commitment to promoting environmentally friendly practices. As part of the project, the City is

actively pursuing LEED certification for the Southern Recreation Center.

The Lehigh Trailhead project transforms the area into a vibrant park, offering a range of amenities to cater to the diverse needs of the community. The park enhancements feature a state-of-the-art restroom building, community gardens with six ADA plots and 12 standard plots, a large and

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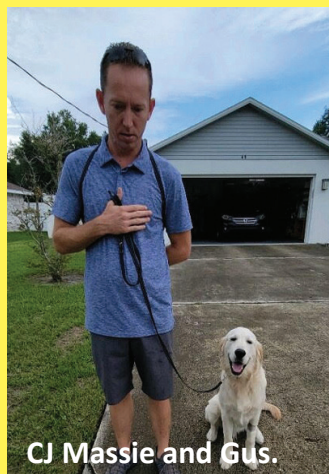
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State To Provide \$4M Grant For Library Project



The upcoming construction project of the new Flagler County Public Library branch has landed a major new cash assist – the state government will be providing \$4 million in grant funds as part of a larger funding initiative.

The selection of the library project, made by Governor Ron DeSantis, as one aspect of a \$223 million allocation largely meant to expand broadband access in Florida. \$135 million of that total is from the state's Broadband Opportunity Program, with another \$86 million coming from the federal Multi-purpose Community Facilities Program.

"We are thrilled by this announcement," said County Administrator Heidi Petito. "This is huge for Flagler County. We are extremely grateful to have been awarded this money by Governor DeSantis."

The library project was chosen by the state as it will be a new source of broadband access for residents, and it will also be one of the county's most useful multi-use facilities once built. The Federal Communications Commission also selected the project in line with new rules combating the expansion of broadband in such a way that discriminates based on income level or social demographic.

Spearheading the application process for this batch of grant

money was Holly Albanese, the Chief of Special Projects for Flagler County and the Library Director. Albanese heard about the grant back in June of last year from State Librarian Amy Johnson, and worked for four months to prepare an application. "It was a very complex grant with lots of requirements," Albanese said of the process. "It is the most difficult grant application I have submitted. We revised the scope of the project from just a library to a library, a Health and Human Services Department, and a community room. It appears that was a good decision because it made us eligible for these funds. This announcement made my day. It's a big win for our community."

The first major step in the expansion process came when Albanese presented the proposal to the Board of County Commissioners. Sitting Commission Chair Andy Dance was a proponent of the idea to integrate the Health and Human Services Department and the community room, and the plan has gone forth with support from the country government ever since. The \$4 million state grant will be combined with \$9.6 million in earmarked taxpayer funds, \$1 million in revenue from library-issued passports, and \$500,000 from another state grant that was secured last year.

— Chris Gollon

City Council Approves Five Year Pavement Plan

During the February 13th City Council workshop meeting, Palm Coast unveiled its strategic plan for road maintenance, following extensive collaboration with Transmap, a leading provider of support services to the transportation industry. Guided by the direction of the City Council, this comprehensive plan is tailored to prioritize critical aspects of roadway upkeep, all while maintaining fiscal responsibility.

The initiative focuses on rehabilitating major roadways through milling and resurfacing, aimed at delivering a refreshed, smooth surface. Simultaneously, crews will conduct thorough assessments to identify and address significant issues such as deep cracks or potholes. This proactive approach upholds a Pavement Condition Index (PCI) of 73 over five years. Moreover, local residential roads will benefit from global treatments, leveraging surplus funds from the primary maintenance efforts.

A roadmap has been also crafted for the next five years, outlining the scheduled resurfacing of various main roadways and residential streets. This plan will undergo annual revisions to align with actual costs, bids, and revenue updates. To consolidate projects based on market dynamics and cost projections, flexibility will be exercised, enhancing operational efficiency.

Despite an average annual revenue projection of \$3.7 million over the next five years, there remains a substantial yearly deficit of over \$4 million for pavement management, highlighting the need for careful resource allocation. To address this, the City Council approved a \$1 million piggy-back contract with Hernando

County, Florida, and Asphalt Paving Systems Inc., enabling micro-surfacing on selected roadways. Additionally, the Council deferred certain items and increased fund allocations, but this won't fully sustain roadway maintenance long-term, given anticipated cost increases.

The City has created a preliminary list of twenty roads scheduled for resurfacing over the next five years. This list will be revised annually to reflect actual bids, project costs, and revenue updates. Projects may be grouped together in a single year depending on market conditions and cost estimates. The current list of roadways included in the Pavement Management Plan are as follows:

- Bannbury Lane
- Banner Lane
- Barley Lane
- Fairchild Lane
- Fairhill Lane
- Lamar Lane
- Lamoyne Lane
- Langdon Drive
- Lansing Lane
- Pilgrim Drive
- Pillar Lane
- Pillory Lane
- Plainview Drive
- Plateau Lane
- Plateau Place
- Pleasant Lane
- Plum Tree Place
- Porpoise Lane
- Porwyn Lane
- Ranch Way
- Ranshire Lane
- Ranwood Lane
- Rivera Lane
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<p>ITALIAN SALAD Romaine, garden vegetables, and kalamata olives served with our Italian vinaigrette dressing (200 - 1160 calories)</p> <p>HOUSE SALAD Romaine with carrots and shredded red cabbage topped with peperoncini and kalamata olives served with our creamy parmesan dressing (200 - 1180 calories)</p> <p>CAESAR SALAD Romaine, croutons, and parmesan cheese served with Caesar dressing (290 - 1390 calories)</p> <p>CHILLED PASTA SALAD With penne pasta, red onion, grape tomatoes, olives, basil, sun-dried tomatoes, romano and parmesan cheese, tossed in Italian vinaigrette dressing (600 - 2870 calories)</p>	<p>MAMA MANDOLA'S SICILIAN CHICKEN SOUP Spicy chicken soup that has soothed the family for generations! (250 - 1230 calories)</p> <p>HOUSE MADE POTATO CHIPS Thinly sliced and fried to crispy perfection (140 - 720 calories)</p> <p>COOKIES</p> <p>CHOCOLATE CHIP (190 - 930 calories) OATMEAL RAISIN (350 - 1750 calories)</p>
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Chiumento Law Launches CARES Fund for Student Homelessness In Flagler



Chiumento Law, one of the most prominent law firms serving Flagler County, announced recently the launch of its new CARES Fund to address student homelessness. The creation of the fund coincides with Chiumento Law's 50th year in operation.

Standing for Community Assistance Relief Ending Student Homelessness, the CARES Fund is described by Chiumento Law as "filling the gap left by

federal funding from the McKinney-Vento Act." Passed in 1987, the bill was created to fund homeless shelters with an emphasis on the elderly, handicapped, and children. Despite the provisions established by this law, student homelessness remains an issue in the United States.

Flagler Schools in particular has over 240 homeless students according to a figure quoted in the law firm's release.

Senior Fitness Specialist Artie Gardella Releases New Book

Artie Gardella, a longtime senior fitness specialist in Palm Coast, has announced the release of his new book *Because You Have a Bucket List*. The book's launch event took place in December, with Gardella celebrating at a frequent class fitness location of his: St. Thomas Episcopal Church.

"Writing *Because You Have*

a Bucket List has been a journey of passion and reflection," Gardella said of the release. "It encapsulates my experience in empowering seniors to live their lives to the fullest. This book is more than just words; it's an invitation to embrace every moment with enthusiasm and courage, no matter your age."



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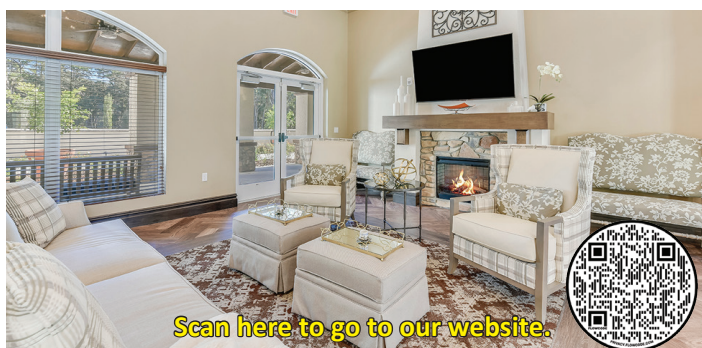


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Local Happenings



The City of Palm Coast was thrilled to announce the successful grand opening of the highly anticipated Southern Recreation Center and new Lehigh Trailhead. The grand opening ceremony took place on Friday, February 23, from 4 to 7:30 PM.



On January 25th, 2024, the Flagler Home Builders Association held their annual Gala at the Hammock Dunes Club where they installed the 2024 President, Executive Committee and Board of Directors.



The Palm Coast Fire Department recently honored firefighters for their exceptional dedication and outstanding contributions in the performance of their duties.

Lieutenant Richard Cline (retired), Lieutenant Joseph Paci, Driver Engineer Brandon Davis, Driver Engineer Dylan Mulligan, Driver Engineer Julie Rivera (retired), Firefighter Kyle



Gardner, and Firefighter Tyler Major were awarded unit commendations as were Lieutenant Dan Driscoll, Driver Engineer Anton Tagintsev, and Firefighter Joshua Gilliam.



Photo courtesy of www.flaglernewsweekly.com

Prime Corrections recognized Sheriff Rick Staly and the Flagler County Sheriff's Office for being the top saver of taxpayer money during the Winter meeting of the Florida Sheriff's Association (FSA) for saving taxpayers \$1.15 million in inmate medical costs in 2023.



Photo courtesy of www.flaglernewsweekly.com

Fourteen executives, managers, and professionals graduated from the Flagler County Local Government Leadership Academy at a special ceremony at the Flagler County Sheriff's Office Operations Center on Thursday, February 15th.



Photo courtesy of www.flaglercountybuzz.com

The Flagler County Education Foundation held its 20th Annual Mardi Gras Gala at the Grand Haven Golf Club on Tuesday February 13th, from 6 to 9 PM. Lots of guests had lots of fun and raised lots of money for the foundation.



Photographed from left to right are Mayor David Alfin, Councilwoman Cathy Heigher, City Manager Denise Bevan at the Day of Celebration event organized on February 16 by the Dwyer Knight Law firm and Howard Holley, Sr.

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Palm Coast People

Bill May powers the local DAV office in Flagler County, by James Moore

John W. May goes by Bill. He flew helicopters during the Vietnam War and to this day is still helping his brothers and sisters in arms.

After retiring from the Army, Bill spent another decade in the civilian aviation world before moving from Wisconsin to Palm Coast in 2001. He found work with the Coast Guard out of Cecil Field in Jacksonville. Bill and his wife had been living in an RV in St. Augustine while building their house in Palm Coast. "We love it here. We're never leaving. Happy as we can be with Flagler County."

For the next twenty years, Bill worked real estate, earning a real estate and broker's associate license. All the time, unaware of, or unwilling to explore, his earned benefits as a

veteran. It was a friend of his from the Flagler Sportfishing Club, who was part of the local Disabled American Veterans

(DAV) chapter, that suggested Bill come in.

The DAV is an entirely volunteer based organization. In

2021, after seeing all his entitlements as a Vietnam veteran, Bill gave back through volunteering at the chapter office. Each of their positions in the office are election based, and when the commander position was available, Bill applied and won in September 2021.

Under Bill's command, the DAV is going strong. Being a 501(c)(4), social welfare, they are kept afloat through donations and volunteer hours. The DAV logged more than 1500 volunteer hours in 2023. The more hours they log, the more weight and stronger positions the DAV's national representatives can lobby Congress on veterans' behalf.

The two larger programs this DAV provides are transpor-



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tation and paperwork. There are three vans the DAV co-owns with the VA. Volunteers drivers are vetted; they earn a government driver's license, are up to date on all immunizations, and must have a clean driving record. They transport the county's veterans to their VA appointments.

DAV drivers have taken Flagler veterans to VA appointments (or to VA directed civilian doctors) as far as Orlando, Gainesville, and Jacksonville. In 2023, drivers transported 278 patients from their home to their appointments, and back home again. This is an average of 20-30 rides per month, on average. Veterans are invited to call into the office, which is open Mondays through Thursdays. Call even on the days they are closed, leave a message, and someone will contact you soon.

The next toughest thing veterans experience: paperwork.

And the DAV ensures you are not alone in filing for VA disability. Under Bill's command, he has accumulated 11 state certified service officers, all of whom are qualified to fill out the applications. Veterans are invited to come in, speak one on one with this officer, who will take care of the rest. No personal information is kept, in accordance with HIPAA regulations. On average, these officers work through 20 VA disability cases per month.

Every step the volunteers at the DAV take is in the service of the county's veterans. "It's rewarding, it's demanding, it's hard sometimes, but the satisfaction from helping veterans is reward enough," Bill says. "If you're a veteran, of any service, in any era, everyone in here has a mission in life of helping you in any way that we can. We're all volunteers. We're doing it because we want to help."

MURDER MYSTERY DINNER SHOW
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Community Cats Of Palm Coast Helps The City

Local group is sole feline agency in the county, by James Moore

Spring is upon us, and that means nature will take its course. The local wildlife comes back out of the underbrush to greet us on our drive home. In some parts of Palm Coast, it's cats specifically. And as much as we would love to scoop up some of these fur babies, not everyone has the means or space to house them all. This is where Community Cats of Palm Coast comes in to do the necessary cat care.

Founded by Elizabeth Robinson, this is the only cat specific rescue organization that operates in Flagler County with the goal of reducing the homeless cat population in Flagler County.

They have since grown to become the largest foster-based cat rescue service in the county and they provide a chance for cats and kittens to live their

lives as beloved pets, and humanely lowers the number of local stray and feral cats through spray/neuter and trap, neuter, and return (TNR) efforts.

These TNR efforts help the community by stabilizing the feral population and, over time, reducing it. It ceases the territorial behavior of male strays as well as prevents female strays from going into heat. It enables the feral, or otherwise outdoor, cats to live comfortably without being forced to add stress to the ecosystem of our neighborhoods with fresh kittens that require more than

can be provided.

These are services they can provide regularly. Community Cats partner with Animal Control and the city in locating and trapping feral cats, as well as accepting surrendered pets and caring for the sick and injured ones reported throughout the city.

These surrendered pets find foster homes through the Community Cats's foster network and have a new home found for them. As for the sick ones, no time is wasted. They receive a full vet exam and are given all required immunizations and care to address any

sicknesses or infections they might have picked up while exposed to the elements.

Despite their association with the city and the county, they receive zero government funding and rely entirely on donations. All accepted donations are cash either in person or through their website as well physical items dropped off for resale in their thrift store. Readers can donate and show their support to this group by visiting their thrift store at 160 Cypress Point Parkway.

Log on to their website for more information and upcoming events, such as a photo contest for their 2024 calendar. Their volunteer opportunities include trapping, foster, outreach, fundraising, administration, socializing, and caretaking. Add your name to their donor wall today.



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Honoring A Fabulous Flagler Female During Women's History Month

Take a hike and celebrate the legacy of Betty Steflik, one Flagler's fabulous, feisty, focused females. Let's start along the shoreline and visit some of the places she helped preserve.

Many Palm Coasters and visitors have come to enjoy a unique coquina outcropping known as "The Rocks." It became part of Washington Oaks Gardens State Park after this visionary, a Flagler Beach City Commissioner for 12 years, obtained grants to purchase 50 acres of shoreline east of A1A opposite the park's entrance. Steflik was elected in 1979 and began campaigning to protect the beach area in 1980.

Betty dedicated herself to

protecting this fragile environment for the next 25 years. In a 2004 Daytona Beach Journal Memorial tribute fellow City Commissioner Jack Kelly described her as "more than a visionary, she was a doer." In reference to "The Rocks" he stated, "She recognized that it was a very unique beach...She found the goals and she stayed with them."

Daughter Bette stated, "She saw a need, way before its time, way before any environmental measures were popular, to look at the coastlines, and realized that the dunes needed protecting." Thanks to her efforts the county secured grants to install 27 dune walkovers on the beach.



Betty Steflik stands on a dune walkover in this 1981 photo. Courtesy of Daytona News-Journal.

A few blocks inland from the coast you'll find the pristine salt marsh, maritime hammock and black mangroves Steflik is also credited with preserving. She initiated the purchase of 350 acres of wetlands originally known as Flagship Harbor Park. The county park is now named the Betty Steflik Memorial Preserve. The picnic pavilion is also

named in her honor.

Take a comfortable stroll along trails and raised boardwalks to view wading and migratory birds thriving along with other wildlife in their natural habitat.

The preserve's entrance along South Daytona Avenue is adjacent to Wickline Park, a small recreational area next to the Wickline Senior Center. Steflik also helped acquire the funding necessary to restore the Center, once the site of the first and only free-standing elementary school in Flagler Beach. She reportedly was one of the few people who had not given up hope of restoring the building despite its dilapidated condition.

According to Kelly, "You just couldn't turn her down...if you did she would just call you back."

Sustaining Florida's heritage and natural beauty "for our children and for our community to enjoy" was her focus. Thanks to this fabulous, feisty female current and future generations will benefit from her determination to protect and preserve the special places that help make our community so unique.

By Palm Coast Historical Society President, Kathy M. Reichard-Ellavsky.



Part of the Betty Steflik Preserve.



Fiber Art - Natural Expressions

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Flora and Fauna

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



1: Ibis; 2 & 4: Little Blue Heron; 3: Brown Pelican.

In these photos the bird's eyes are very apparent. What you may not know is that birds have superior vision to most animals. They see as much as eight times better than humans. A bird's field of vision is 360 degrees, humans is 180 degrees. Humans can detect three colors, birds see the same plus ultra violet and they have superior night vision. Bird's eye colors range from dark brown and yellow through red, blue, green to metallic gold and silver. Birds evolved from dinosaurs so next time you see one, think about how long they have graced this earth.



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

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HOMEOWNERS DIRECTORY

Welcome to our second annual Homeowner's Issue. The purpose of this issue is to give our readers an opportunity to meet some of the most reliable businesses in Palm Coast when it comes to home repairs, renovations or any other type of services that you may need for your house as well as give you some basic information on home repairs in general.

We haven't covered every single type of service that you might require because we'd have to print a lot more pages but the 16 businesses on the following pages can handle most of the most common types of work you may need done, although we are deficient when it comes to electricians, plumbers and carpenters. We just haven't done enough research in these fields yet to feel comfortable recom-

mending any vendors.

Also, you can rest assured that the vendors that we're introducing you are, in fact, reliable and trustworthy. The reason for this is that we know all of the owners of these businesses personally and are aware of their track records in the area.

And the reason that we call them reliable is that we're sure they're going to answer their phones, get back to you when they need to and basically follow up on anything else they tell you. And while answering the phone and calling back may seem like things you'd take for granted that's not necessarily the case anymore. We've heard many stories from residents in the area decrying the lack of professionalism that people encounter here. When they're trying to locate vendors

or suppliers in many fields.

That's why we feel completely confident in recommending that you trust your project to any of these people. Does this mean that nothing will EVER go wrong? No. But if it does you can be confident that these business owners have the integrity and professionalism to correct any problems and leave you happy at the end. And that's what customer service is really all about: satisfied customers.

Are these the only reputable home repair or maintenance businesses in Palm Coast?

No, of course not. We just aren't sure of who else lives up to the standards that we know

these people do. So our advice is to do whatever due diligence you would normally do when it comes to choosing a vendor but just know that if you don't feel completely comfortable with other vendors that the people on the following pages will take care of you.

Thanks for reading and good luck with any home projects



you may be taking on in the near future to improve your home and property.

Inexpensive Ways to Improve Your Home

Saving up for home improvement projects can be challenging, but you don't need to bank enough for a full kitchen renovation to make a big impact on your home. With a \$1,000 budget, you can choose from

a menu of curb-appeal-boosting exterior projects, interior upgrades, or home improvements that will make your everyday life more hassle-free. here are 10 ideas to polish up your home's image a bit.



Interior painting is always a cost-efficient way to brighten up any space.

Boost Your Curb Appeal

When it comes to amping up your curb appeal, a small budget can go a long way—and your neighbors will notice the glow-up.

1. Add or Upgrade Exterior Window Treatments

Adding exterior shutters to the windows on the front of your home can make a big impact on the look and feel of your exterior without draining your budget. While the highest-grade shutters will likely cost more than \$1,000, many options, like those made of vinyl, pinewood, or polysatin, cost considerably less and look just as good.

2. Replace or Restyle Your Front Door

Replacing your front door costs anywhere from \$150 to \$3,000, depending on the materials you choose and whether you add optional upgrades, like windows and sidelights, which can significantly raise costs.

A simple but stylish wooden, steel, or fiberglass front door can cost as little as \$150. If you have a front door you love that just looks a little tired, adding a bright, fresh coat of paint for just \$50 to \$100 and drastically change the look of your home.

3. Add Landscaping

If your lawn, shrubs, or gar-

Continued on page 26

Blinds & Plantation Shutters

By Jason

Draperies & More

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KILLIAN'S GUTTERS & SCREENS

Killian's specializes in seamless gutters and screens and installs 6" and 7" gutters and gutter guards. They offer a 3-year warranty on all installation work and adhere to a 50-year warranty on the aluminum product they use. Killian's is also a leading expert in installing Motorized Screens, Sliding Screen doors and Motorized Awnings. Our expert crew installs only top of the line screen products – Universal Motorized Screens, Custom Window Solutions sliding screen doors and Rainier awnings – that are available from 4 feet to over 25 feet. With both product lines the Killian's staff can help in color matching, whether it's the gutters and downspout colors or the screen housings, to create an aesthetically pleasing combination. Consultations with both product lines are free and their staff is available to help with any aspect of an installation or the planning that goes into it. **Call 386-445-4910 or scan the QR code to go to their website.**



IN THE WEEDS MAINTENANCE

In The Weeds Yard Maintenance, LLC is a local, family owned/operated company that is fully licensed and insured. In The Weeds specializes in custom landscape curbing offering a wide selection of colors, textures and stamps, with the option of incorporating rain drains at existing downspout locations. Curbing is mold and mildew resistant with no staining required because the color is IN THE MIX. What makes In The Weeds truly unique? In The Weeds can meet your outdoor needs from start to finish with just one phone call. Services include yard cleanup, trimming, weedmat, stone, pavers, landscape design/installation, sod, as well as custom curbing. Coordinating multiple providers can be stressful and increase project completion time. Call John and Bobbie-Jo, your one-stop shop, for a free estimate today. **Call 401-862-3488 or scan the QR code to go to their website.**



WAYNE'S SOLAR

Wayne's Solar is a leading solar contractor with decades of experience installing solar electric/solar panels, solar pool heating, solar water heaters, pool products, and more. They have more than 30 years of experience in the industry, and have built their reputation on the highest quality solar energy solutions for residential and commercial clients. They have a wide service area including Volusia, Flagler, Duval, Putnam, and St. John's counties.



QUEST CONSTRUCTION

Quest Construction is a multi-faceted contracting company that has roofing as its main line of business but also has the expertise to do many contracting and construction jobs. From building a church in Colombia to laying down a residential roof in Palm Coast, Quest has the experience and expertise to handle any kind of job. Owner Juan Carlos Henao is originally from Colombia but has spent a number of years in this area building new homes, doing remodeling work and also providing roofing services. The company has many five-star reviews on Google and is highly recommended. Juan will take the time to make sure your job is done right and on time. **Call 407-912-8154 or scan the QR code to go to their website.**



DR. PAINT

If you're interested in increasing the value of your home then one of the fastest ways to do this is to paint the exterior. You may want to paint the interior too after you see what a great job **Dr. Paint** can do on the outside. Owned by Omar Rivera, an Air Force veteran, Dr. Paint has painted hundreds of homes in Palm Coast and Flagler County over the last eight years and is very highly regarded on Google (check their reviews). They have competitive pricing but their reliability may be their most prized asset as far as homeowners are concerned. They ALWAYS show up for appointments on time and always answer the phone when you call. These are elements of customer service that are sometimes overlooked but they're important to Dr. Paint. The company is fully insured and can do many minor repairs as they are needed in the painting process. **Call 386-246-7999 or scan the QR code to go to their website.**



BLINDS BY JASON

Husband and wife team Debby and Jay McAlister provide their customers with great service and timely installations even in this time of challenging supply issues. An exceptional customer experience is what they are striving to create for their customers and it appears to be working as their company is experiencing huge growth over the last several months. Their product line of interior window treatments is made up of literally hundreds of products comprising blinds, drapes, curtains and shutters of all kinds. Their process starts with a free consultation to determine your needs. You can then order the products you want and **Gotcha Covered** will get your installation done as soon as possible. While there are some issues with slow deliveries, most of their products are made in the U.S. and the deliveries are timely. **Call 386-225-1959 or scan the QR code to go to their website.**



COMPLETE WILDLIFE SOLUTION

The last thing you want is an animal living in your house with you so if this the case you'll want to call **Complete Wildlife Solution** immediately. They have 20 years of experience making animals disappear from your house HUMANELY and quickly. It doesn't matter what type of animal you're having trouble with, Mike Mayland and his crew have the experience and expertise to remove the animal(s) and repair any damage. Rats and mice are some of the most common pests but armadillos, bats, snakes, bobcats, skunks, gophers and a lot more species are roaming around too. If you see animal droppings or holes in your yard or hear noises from the attic then you may have a problem that a call to Mike will take care of.

Call 386-204-2164 or scan the QR code to go to their website.



ALARMPRO

This family-owned business has a humble beginning, starting in a garage back in 1990. Since then **AlarmPro** has established their reputation as one of the best alarm companies in the area as well as the only one that is locally-owned. They offer the best in commercial and residential sales, service, installation and 24/7 monitoring of security alarms, fire alarm and camera systems. All of their technicians have background checks and are BASA/FASA Certified and they do not hire sub-contractors to do the monitoring of your system. Everything is under the direct control of AlarmPro and they register all of their systems with the local sheriff's office. Call 386-445-7936 or scan the QR code to go to their website.



IMPERIAL TILE

According to Nino Maggiore, the owner of **Imperial Tile**, you can tell if tiling isn't done right the minute you walk into a room. And he's right. You can. So to avoid ever having problems with tile projects it's probably a good idea to call Nino first. He has experience with all types of projects and has a huge selection of tile options to choose from. A

free consultation starts the whole process and the emphasis is always on customer satisfaction. And it is also on creating beautiful spaces and that's where the creativity that Nino possesses comes into play. Not only does he have technical expertise in laying down the tile he also can come up with beautiful designs which is another skill altogether. Call 386-276-5631 or scan the QR code to go to their website.



ACE HANDYMAN SERVICES

You already know the helpful hardware folks of Ace Hardware from their three locations in Flagler County. But for times when expertise is needed in your home or business, Ace Handyman Services is the place to go. Ace dispatches knowledgeable craftsmen who are malleable to most any situation, and who provide quality guarantees to back up their work. They'll send convenient texts when they're on their way, work around your schedule, and adapt to whatever complications may arise. For many home renovation situations, calling Ace can be a cheaper, quicker alternative than a full remodel. Call 386-210-7343 to book an appointment, or scan the QR code to go to



ARCHITECTURAL GRANITE

D&L HOME INSPECTORS

Home inspectors are a necessary part of any home-buying experience as well as a number of other situations. Finding a home inspector that values integrity above all else is what you'll get when you call **D&L Home Inspectors**. Taking the time to do everything right is something that Darryl Algarin, owner of the company with his wife, takes very seriously. A 26-year law enforcement veteran, Darryl is certified by InterNACHI, an internationally recognized organization that maintains high standards in the home inspection industry. Darryl is fully qualified in the state of Florida to routine home inspections as well as wind mitigation and four-point inspections as well as commercial inspections. You can call 386-281-7453 or scan the QR code to go to their website.



Inexpensive Ways... from page 22



Well-done curbing can really set off your landscaping efforts.

den are looking a little worse for wear, investing in landscaping can majorly boost your curb appeal. While landscaping prices can vary widely based on exactly what you want done, you'll be able to make a big impact with \$1,000. For \$1,000, you can buy mulch or rocks for your garden beds and update your landscaping with new plants.

Wow With Interior Upgrades

If you're already loving the look for your home's exterior, there are plenty of interior projects you can focus on.

4. Interior Painting

Depending on the size of your home, you'll be able to give one room (or a few) a fresh coat of paint. With average interior painting costs between \$2 and \$6 per square foot, depending on your loca-

tion and choice of paint, you can count on between 160 and 500 square feet getting a new look.

5. Add a Stylish Backsplash

If your kitchen is in need of some attention, but you don't have the budget for a full renovation, adding a tile backsplash can help freshen up your look. Professional backsplash installation averages right at \$1,000 and can be designed to complement your kitchen's existing countertops, appliances, and overall look.

6. Replace Your Kitchen Hardware

Another simple upgrade that can make a big difference in your kitchen's overall look is replacing the hardware on your cabinets. While hardware projects can cost up to \$10,000 if you choose the most costly

materials or brands, you can usually give your cabinets a refresh for under \$1,000.

7. Smarten up Your Home

When people talk about turning their home into a smart home, they're usually talking about adding tech related to entertainment, home comfort, and security. Smart entertainment includes things like improving streaming or audio across the home. Smart home comfort refers to automating things like lights and heating and cooling systems. Smart security can include everything from basic front door security to total home protection. While smart home packages range in price from \$150 to \$1,400, the average cost is

Some brands or manufacturers—including major brands like Samsung—also offer trade-in services for eligible old appliances, which can be offered as a discount on another product or credit toward a new appliance.

While you will have to choose which appliance(s) you want to replace to stay within a budget of \$1,000, you can replace essential kitchen appliances for around \$500 per large appliance. If you DIY the installation and handle any moving costs yourself, you can easily save up to \$500 in additional fees.

10. Reface Cabinets and Drawers

Cabinets and drawers are a huge contributor to the look



Repainting or refinishing cabinets and drawers can revitalize your kitchen.

\$750—just below your \$1,000 budget!

8. Deep Clean Your Rug

Deep cleaning your carpet will give your home an instant burst of freshness and make it easier to keep your carpet looking clean throughout the year. Carpet or rug deep-cleaning costs between \$0.20 and \$0.40 per square foot, with an average total cost of under \$240. Depending on how many rugs you have or how much of your home has carpet, you can expect this project to remain under your \$1,000 budget.

9. Replace or Upgrade Kitchen Appliances

If you buy wholesale, directly from the manufacturer or take advantage of package offers and discounts, it is surprisingly affordable to purchase new appliances for your kitchen.

of your kitchen—or your bathroom. If you like the style you already have, a straightforward repainting and refinishing plan will have your cabinets looking brand new again. If you're leaning in a different direction, look into refacing your cabinets and drawers, or replacing hardware like the handles, for a surprisingly cheap design change.

Repainting and refinishing your cabinets will depend on the cost of the paint and finish as well as any supplies you need to purchase. Expect a price range between \$100 and \$500. Refacing your cabinets will cost \$50 to \$90 per cabinet door and \$30 to \$50 per drawer front. Replacing hardware will cost even less than that per piece, especially if you decide to thrift for a more unique or vintage appearance.



Try a new backsplash instead of a full kitchen renovation.

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"I had my gutters installed by Killian's in 2002. I've not had a single leak in those gutters and they've been through massive hurricanes."

"100% recommend Killian's for screens. Their team was prompt, professional and did an excellent job. Thank you so much."

Homeowners Corner

Installing screens can change your living space by Michele Collins

A little bit of rain, or a few mosquitos, shouldn't stop you from enjoying your outdoor space and the fresh air. In addition to protecting you and your family from the elements, motorized screens can also protect your furnishings and other possessions from the sun's harmful UV rays. By utilizing solar screens, an installed motorized screen can absorb 50% or more of the sun's heat depending on the screen you choose, keeping your deck or patio at a comfortable temperature.

Motorized screens can also help you to control Mother Nature as well. Imagine being able to enjoy your outdoor space even if it's raining. With a simple push of a button, you can lower your motorized screen and let it protect you from the rain. Blinded by the sunset every evening? It's not a problem

when you just lower the screen at sundown and block that overbearing sun.

And if you're looking for something a little different, you can also get four-door sliding door screen units. These systems are very popular in garages. Maybe you have a workout room in your garage, or a workshop you don't want to show off. Sliding door screen units are available with privacy screens.

During the day, these screens give you ultimate privacy. The light reflecting off the screen makes it impossible for someone walking by to see what is



Motorized screens are the ultimate in convenience.

going on in your garage, but you can see what's happening outside.

How nice would be to be able to open your garage door, close the screen, and open up your home for some fresh air.

Another screening option is the use of manual retractable screens. It's a beautiful spring day and you would love to open your front door, but you have no screen. Retractable systems mount inside the framing of your door and retract into a small tube when not in use. Just open the door, reach over and pull the screen across to enjoy that fresh air.

If you have a double door or a large slider, no problem, installing a French Door screen or a larger unit would allow you to open your slider and pull the screen across for that much needed breeze.

There are many benefits to having a screen system installed in your home including but not limited to the following:

- Increase the value of your home — having a beautiful outdoor area with retractable screens to make it more usable, can be attractive to buyers and potentially increase the

value of your home.

- Energy savings — having retractable screens can also help to save you money on your utility bills. Letting less sun into your home during the hotter months will reduce the amount of work that your air conditioner has to do to keep your home cool. This helps to make your home more energy-efficient, and it saves you money.

- Convenient and user-friendly — today's retractable screens are incredibly easy to use. They open and close effortlessly at the touch of a button.

- Long-lasting — most screen manufacturers offer long warranty periods on the highest quality retractable screens on the market, so you'll be able to enjoy them for years to come.

- Customizable and elegant — retractable screens come in a number of styles, colors and mounting options, so you'll be able to achieve the look that is just right for your space.



Four-door sliding door screen units are very popular in garages.

Michele Collins is the co-owner of Killian's Screens & Gutters. She can be reached at 386-445-4910 if you have any questions.

2024 Flagler Wellness

EXPO

Save The Date!!!!

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Join us for our most anticipated event of the year – The Flagler Wellness Expo 2024!

Join over 50 of our local health & wellness professionals as they come together for a shared mission: inspiring a healthier, happier, more balanced life.

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Health & Wellness

Staying Active: Easy At-Home Workouts for Anyone

As we age, and it doesn't matter how old you are right now, physical activity remains just as important for maintaining overall health, mobility, and independence. However, for many people, the thought of heading to a gym or joining an exercise class can seem daunting especially if you've never really done it before.

Fortunately, there are numerous ways to stay active without leaving the comfort of your home. From chair exercises to virtual workouts, here are some easy and effective at-home workout options that anyone can do at home.

1. Chair Exercises

For anyone who may have limited mobility or balance concerns, chair exercises are a fantastic option. Many movements can be adapted to seated positions, allowing you to work on flexibility, strength, and cardiovascular fitness without the risk of falls or injury. Some simple chair exercises include:

Seated leg lifts: Sit tall in a sturdy chair with your feet flat on the floor. Lift one leg at a time, straightening it out in front of you, and then lower it back down. Repeat for 10-15 reps on each leg.

Chair squats: Stand in front of a sturdy chair with your feet hip-width apart. Slowly lower yourself down into a sitting position, tapping your bottom on the chair, and then stand back up. Repeat for 10-15 reps.

Seated marches: Sit tall in a chair with your feet flat on the floor. Lift one knee up towards your chest and then lower it back down. Repeat on the other side. Continue alternating legs for 10-15 reps on each side.

2. Walks and Strolls

Walking is one of the simplest and most effective forms of exercise, and it can easily be done at home. If you have a safe and flat area in your home, such as a hallway or large living room, you can take short walks or strolls to get your steps in. Using a walker or cane for added stability is perfectly acceptable. Aim for at least 30 minutes of walking each day, and if you need to, break it up into shorter sessions throughout the day.

3. Yoga and Stretching

Yoga and stretching exercises can help improve flexibility, balance, and posture, making them ideal for seniors. Many yoga poses can be modified to suit your abilities, and you



can use a chair or wall for support as needed. If you're new to yoga, consider starting with a gentle or chair yoga class, which focuses on simple, seated poses. Stretching exercises can also be done in bed before getting up in the morning or before going to sleep at night.

4. Virtual Workouts

With the rise of technology, there are now countless virtual workout options available for seniors. Many fitness apps and YouTube channels offer beginner-friendly workouts that you can do at home with minimal equipment. Some popular options include:

The SilverSneakers program, which offers virtual workouts specifically designed for seniors.

HASfit's low-impact workouts for seniors on YouTube.

The National Institute on Aging's Go4Life program, which offers free online exercise videos for older adults.

5. Dance

Dancing is not only a fun way to stay active, but it also provides numerous health benefits for seniors, including improved cardiovascular health, balance, and mood. You can dance to your favorite music in the com-

fort of your living room, or look for virtual dance classes online. Consider inviting a friend or family member to join you for added motivation and enjoyment.

Staying active is crucial for anyone to maintain their health and independence as they age and the earlier you start in life, the greater the long term benefits. Fortunately, there are numerous easy and effective ways to work out at home, from chair exercises to virtual workouts and everything in between.

All of the recommendations here, while all good ideas, are certainly not the only ways to exercise easily. There is a lot of information available on the internet that can supplement what we've printed here.

The important thing is to get started and don't stop. You won't regret it. And remember to consult with your doctor before starting any new exercise routine, especially if you have any health concerns.

—John Williams

Next month's column will focus on more ways to exercise without lots of equipment or a gym.



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Selection Of The Month

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



Judy Pipkin of Francis Lane has been recognized as the February 2024 Selection of the Month by The Garden Club at Palm Coast.

Originally from northern California, Judy moved to Palm Coast in November 2021. Judy is a Real Estate broker and a property manager. She enjoys gardening and she pulls her own weeds and does not use any pesticides.

Due to our very cold weather lately, finding a curb appeal yard was a challenge. Luckily, I found this colorful yard. Her center island draws your immediate attention to her Meyers lemon tree full of lemons waiting to be harvested. The color continues with lantanas, pink azaleas, firecracker, Mammy crotons, bird of paradise, Hawaiian Ti, bush daisies, Mexican petunias, and junipers.

The front walkway welcomes you to several foxtail ferns, Mammy crotons, pink azaleas, lantanas, variegated pittosporum, and a large firecracker. Along the front of the house are beautiful purple Princess flowers (*Tibouchina urvilleana*) and a candlestick plant which is a host for butterflies.

Submitted by Nancy Landoli
Selection of the Month Committee



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Live Music

March acts at the Fitzgerald Performing Arts Center at Flagler Auditorium & The Amp

The Doo Wop Project March 23, 2024 at 7:00 PM

The Doo Wop Project begins at the beginning: tracing the evolution of Doo Wop from the classic sound of five guys singing harmonies on a street corner to the biggest hits on the radio today. In their epic shows, The Doo Wop Project takes audiences on a journey featuring foundational tunes from the Crests, Belmonts, and Flamingos through the vocal artistry of Smokey Robinson, The Temptations, and The Four Seasons to DooWopified versions of modern hits from Michael Jackson, Jason Mraz, Maroon 5, and Sam Smith.

Featuring stars from the Broadway hits Jersey Boys, Motown: The Musical, and A Bronx Tale, The Doo Wop Project brings unparalleled authenticity of sound and vocal excellence to recreate—and in some cases entirely reimagine—the greatest music in American pop and rock history.



DAYBREAK: "The Music & Passion of Barry Manilow" April 13, 2024 at 7:00PM

Led by veteran musician and accomplished pianist Joe Hite, DAYBREAK brings to life timeless classics like "Mandy," "Can't Smile Without You," and the foot-stomping rhythm of "Copacabana," just to name a few. You won't believe your eyes or ears as this 8-piece ensemble perfectly presents the Music and Passion of Barry Manilow while keeping the music alive for generations to enjoy.



With 10 multi-platinum albums and 16 Top 30 hits, Foreigner is universally hailed as one of the most popular rock acts in the world with a formidable musical arsenal that continues to propel sold-out tours and album sales, now exceeding 80 million. Responsible for some of rock and roll's most enduring anthems including "Juke Box Hero," "Cold As Ice," "Hot Blooded," "Waiting For A Girl Like You," "Feels Like The First Time," "Urgent," "Head Games," "Say You Will," "Dirty White Boy," "Long, Long Way From Home" and the worldwide #1 hit, "I Want To Know What Love Is," Foreigner still rocks the charts more than 40 years into the game with massive airplay and continued Billboard Top 200 album success. Audio and video streams of Foreigner's hits are over 15 million per week.

Foreigner's catalog sales were recently celebrated in Business Insider as hitting the Top 40 among the Best Selling Music Artists of All Time.



**SATURDAY, MARCH 16TH!
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Flagler Artists

Sheryl Coon's long journey in art brought her to Palm Coast, by James Moore

Inspiration can come from anywhere. When Sheryl Coon saw photographs of her grandfather during his service in World War One, she painted it. She had taken a monochromatic approach and chose not to focus on details of her grandfather and his squad mates as a way of giving a more haunted expression for the late soldiers. This piece is "Faces of War," (right) and it gained Sheryl entry into the National Watercolor Society.

Like many artists in Flagler County, Sheryl joined the art community later in life. Originally from Fort Lauderdale, she was a Navy spouse. She and her family had traveled around the country and settled in Illinois until both sons went to college.

Sheryl attended a workshop hosted by the local art league in Morris, IL. Sketching had always fascinated her and she had had no formal education in art prior to this. The teacher was the then-vice president of the Transparent Watercolor Society of America (TWSA) and had welcomed Sheryl warmly. This initial positive experience would continue with the Palm Coast Art Foundation.

"They have been very generous and very helpful," she says. "Watercolor pulled me in. I don't know why, but there was something about it."

Sheryl and her husband had vacationed in Grant Haven and made the full move to Palm Coast. She kept herself active in the community; attending any workshop she could find and being active in the art society. For example, the Transparent Watercolor Society of America accepted her onto their board in 2008 as secretary and being promoted to Exhibition Chair two years later. In this position,

it was her responsibility to sort through entries for exhibition, narrowing anywhere between 600 to 1000 entries to 80.

Notably, she was president of TWSA during the Covid epidemic. Through her careful leadership, and adhering to safety requirements and procedures, she could keep her galleries and workshops going with no one in attendance reporting being sick.

These workshops hold a special place for Sheryl because it's through here she learned so much about art. She has expanded from the vintage pieces like Faces of War and gotten into abstract and nonrepresentational. Up next will be mixed media and acrylics.

This constant motion and development has granted Sheryl the opportunity to be exhibited in several organizations. Alongside the Transparent Watercolor Society of America, there is also the Florida Watercolor Society, International Watercolor Society, and National Watercolor Society.

Readers can find an example of Sheryl's work at Marineland. They have accepted the donation of a six-foot fiberglass turtle, sponsored by the Flagler



County Art Foundation, named Max.

With Sheryl painting Max, the hope was to help in bringing art education to the community. It was also a new and exciting medium for her, painting on fiberglass. The turtle is named after a fellow artist, friend, and mentor to Sheryl, named Peter Max.

With such an extensive resume in the art community, Sheryl is hoping to take the many artists with their own unique voices across Flagler and bring them all into a stronger community.



Palm Coast

Ideally, the community can develop a relationship with the businesses in the area. Dentist's offices, banks, restaurants and other locations can all showcase different paintings on their walls for customers to peruse during their visits. All of the pieces are with the price tags on so they can be purchased then and there. No one expects to take home a painting with their teeth cleaning or opening a checking account, but it will always be a fun story to share with house guests.

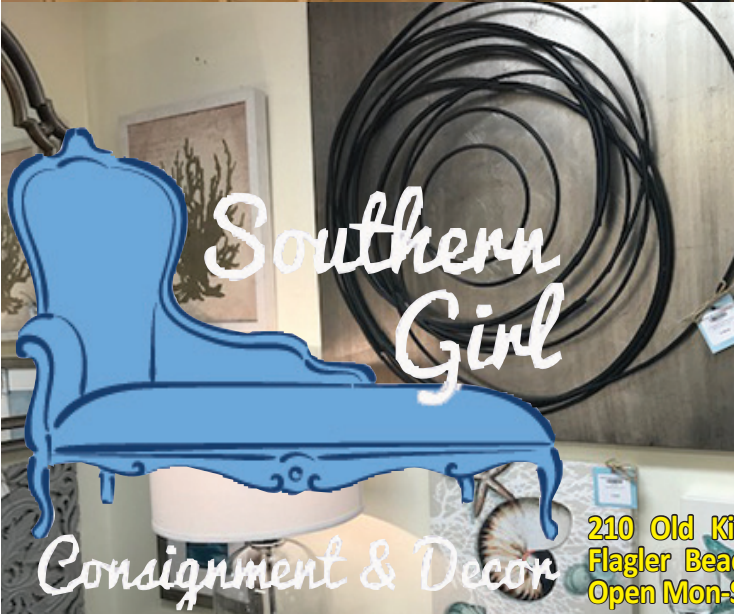
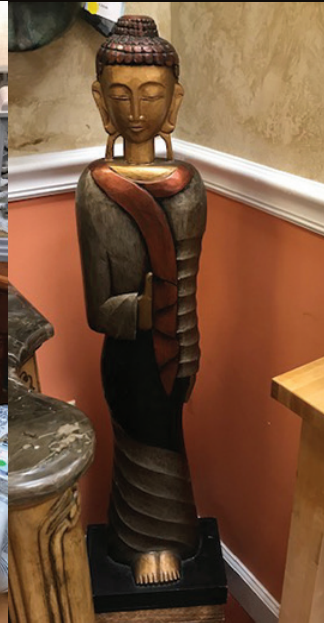
It is Sheryl's hope to work on building another art community in Flagler County by hosting classes and workshops and reaching out to local artists.

As for how her own experiences have helped to shape her artistic career she said, "If there is a medium or interest you have, don't give up. Keep trying."

It also helps to have inspiration as Sheryl did so many years ago as she created the piece of artwork that helped to launch her career. Inspiration and persistence have served many artists well and Sheryl is living proof.

March 2024

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Parks And Recreation In The City

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

Belle Terre Park • 339 Parkview Dr.

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

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



Bird of Paradise Nature Reserve • 179 Bird of Paradise Drive

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

Fishing



Central Park in Town Center • 975 Central Avenue

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

Geocaching • Parking • Restrooms • Walking



Children's Memorial Garden • 150 Waterfront Park Road

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

Parking



Community Center & Park • 2860 Palm Coast Parkway

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

Basketball • Parking • Playground • Restrooms



Heroes Memorial Park • 2860 Palm Coast Parkway NW

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

Geocaching • Parking



Indian Trails Sports Complex • 5455 Belle Terre Parkway

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

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



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

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

Baseball • Basketball • Bocce Ball • Dog Park • 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
March, 3, 10, 17, 24, 31 @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
March 2, 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
March 1, 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 sugges-

tions 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.

Texas Roadhouse Events
March 12: Garden Club fundraiser 2-8pm @ Texas Roadhouse Palm Coast! Mention the fundraiser to donate 10% of your check back to their organization.

March 26: Rymfire Elementary School fundraiser 2-8pm @ Texas Roadhouse Palm Coast! Mention the fundraiser to donate 10% of your check back to their organization.

March 26: Community Night from 5-7pm @ Texas Roadhouse Palm Coast! Come meeting our local non-profits & local businesses. Play cornhole, enter to win giveaways,

bounce house, & much more!

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 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

Marine Corps Detachment 876 Flagler County

Meetings are the 3rd Tuesday of each month.

The VFW Post 8796

47 Old Kings Road North

Palm Coast, FL 32137

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Meeting starts at 1800 hours.

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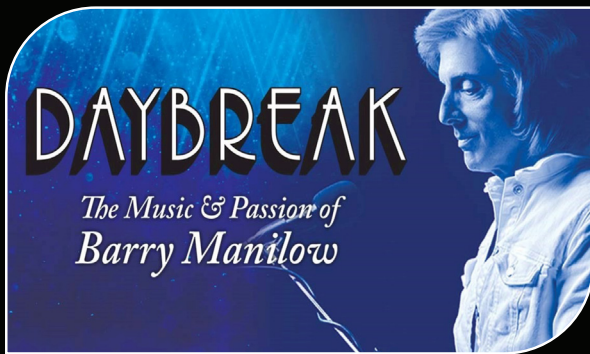
Scan This to Learn More and Purchase Your Tickets Online



The Doo Wop Project

Mar. 23, 2024 - 7:00 PM

The Doo Wop Project begins at the beginning: tracing the evolution of Doo Wop from the classic sound of five guys singing harmonies on a street corner to the biggest hits on the radio today. Featuring stars from the Broadway hits Jersey Boys, Motown: The Musical, and A Bronx Tale, The Doo Wop Project brings unparalleled authenticity of sound and vocal excellence to recreate —and in some cases entirely reimagine—the greatest music in American pop and rock history.



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PUPPY PALS

COMEDIC STUNT DOG SHOW

May 24, 2024 - 7:00 PM - \$10 Adults, Free For Kids

Puppy Pals is a family fun action-packed show where adopted and rescued dogs perform spectacular stunts and breathtaking feats. Watch as we lead the puppies and audience through challenging and comical tricks as the pooches show everyone who is really boss! Full of surprises and laugh-out-loud canine comedy this performance appeals to children of all ages.

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Events, Meetings, Classes, etc. from page 40

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

TAX-AIDE

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

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

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.



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 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.



Sat March 2nd, 11 AM, 2ft Row Boat Round Wood Sign/Tray, \$125.00
Sun March 3, 11 AM, 2ft. Octopus Surfboard, \$95.00
Mon March 4, 11 AM, Dolphin Soap Dish, \$45.00

Activities

AQUA ZUMBA®
Mondays & Wednesdays, March 4-May 29 (No class May 27) 5:30-6:30 PM, Tuesdays & Thursdays Feb. 6-May 30, (No class Feb. 19 & May 27), 9-10 AM, Palm Coast Aquatics Center. Aqua Zumba® blends the Zumba® philosophy with water resistance for one pool party you shouldn't miss. There is less impact on your joints, so you can really let loose. 13+ years, \$10/class

WATER AEROBICS
February-May, Palm Coast Aquatics Center, Mondays & Wednesdays, Feb. 5-May 29 (No class Feb. 19 & May 27) 9-10 AM. Membership please visit: usms.org. Please call for days, times, and registration, \$30/month or \$4/drop-in. Water Aerobics combines aerobics with strength training, moving your body through the water creates a resistance that will activate muscle groups without impacting your joints. 13+ years, Fee: \$10/class, Register: 386-986-4741

LUCK OF THE PICKLE PICKLE-BALL TOURNAMENT
Friday-Sunday March 8-10, 8 AM-4 PM, Southern Recreation Center. Wear green and stay out of the kitchen for our March Tournament. Play in men's and women's doubles and mixed doubles. For players level 4.0 and under only. First

100 sign-ups receive a t-shirt. 13+ years, \$40/person

OPEN GYM VOLLEYBALL ADVANCED
Mondays, Session 1: Jan. 8-March 13, Session 2: March 25-May 22, 7-9:30 PM, Indian Trails Middle School. This fun, co-ed volleyball program is for advanced players only. 18+ years, \$30/session or \$3/drop-in

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

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

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

MORNING BLAST
Mondays & Fridays, Jan. 5-May 31, (No clinic Feb. 12 & 16), Clinic 1: 9-10 AM Clinic 2: 10-11 AM, Palm Coast Tennis

Flagler County Orchid Society
Monthly Meeting • March 28 at 7 PM
Trinity Presbyterian Church • 156 Florida Park Dr.
Orchid species and care are discussed and guests are always welcome.

Contact: Jeanne Long
386-931-3156



Scan here for info.

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

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



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Events, Meetings, Classes, etc. from page 43

Center. Tennis meets fitness with high-paced, high-energy drills and point play. Our tennis pros will lead both beginning and advanced players alike through a challenging workout that will leave you feeling refreshed, confident, and ready to play. All skill levels are welcome. \$12/class

DOUBLES ROUND ROBIN

Sundays & Tuesdays, Jan.

2-June 2, (No play Feb. 13 & 18, March 31), Sundays, 9:30-11 AM, Tuesdays, 6-8 PM, Southern Recreation Center.

In round-robin tennis, everyone has a chance to play against each other and experience a variety of games. All ages and abilities are welcome. It's a great way to meet new members of our tennis community. You are not required to sign up with a partner. 18+ years, \$7/class

DOUBLES SKILLS TENNIS

Wednesdays Jan. 3-May 29, (No class Feb. 14), 9:30-11 AM, Southern Recreation Center. Build your doubles skills with instructor-led situational drills and games. You don't need to register with a partner and all skill levels are welcome. \$17/class

WOMEN'S DOUBLES HIGH PERFORMANCE

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

clinic designed for intermediate level or higher doubles players. Please register in person. 18+ years, \$15/class

LEARN THE BASICS OF YOUR COMPUTER

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

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

FLORIDA HEALTH CARE PLANS WELLNESS WORKSHOPS

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

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

WOMEN'S SELF-DEFENSE

Mondays, Session 1: Feb. 26-March 11, Session 2: April

29-May 13, 6-8 PM, 13+ years, Palm Coast Community Center.

Commander Michael Lutz from the Flagler County Sheriff's Office will show you how to protect yourself from attackers and stay safe. Pre-registration is required at least 48 hours in advance; participants must attend all three classes. Free

Artie Gardella, a resident of Palm Coast for multiple decades, has announced the new expansion of his senior fitness program, Synergy Senior Fitness. The change was made as a result of increased demand, according to a press release detailing the change. Those wishing to attend the new class can come to St. Thomas Episcopal Church on Belle Terre Parkway at 10:30 AM on Mondays and Thursdays. The program aims to promote muscle tone, strength, endurance, balance and flexibility. It's covered by most insurance providers. Uninsured participants can join in by paying a donation.

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

Palm Coast Community Center, 305

Palm Coast Parkway NE

Mon & Thurs, 12:00 PM – Balance and Motion

First Baptist Church, 2301

Commerce Pkwy, Bunnell

Tues, 9:15 AM – Synergy Classic

Tues & Thurs, 9:15 AM –

Active Fit

Tues & Thurs, 10:15 AM – Pilates

St. Thomas Episcopal Church,

5400 Belle Terre Pkwy

Mon & Thurs, 10:30 AM –

Synergy Classic

SATURDAY, MARCH 9TH, 2024

Pine Lakes Golf Club & The Murder Mystery Co
present a night of

MURDER, MAYHEM, MYSTERY & FUN



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AN OLD HOLLYWOOD WHODUNNIT

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and take part in this COMEDIC CAPER filled with LAUGHTER and MYSTERY!

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House Mixed Green Salad

with Ranch or Balsamic Vinaigrette & Dinner Rolls

Tortellini Carbonara & Penne a la Vodka

Apricot Glazed Pork Loin with Fruit Chutney

Turkey Roulade

made with Spinach, Pickled Shallots & Basil Mousse with a Green Peppercorn Sauce

Chef's Choice Vegetables

Assorted Desserts & Delights

\$72 PER PERSON PLUS TAX & 20% GRATUITY

Includes Dinner Show & Buffet.

Full Cash Bar Available but not included.

DOORS OPEN AT 6 PM

Reservations Required - Please Call 386.445.2905

YOGA FOR ALL

Tuesdays & Thursdays, Jan. 2-May 28, 9-10 AM, Palm Coast Community Center. Relax and restore through stretching, yoga poses, breathing, and relaxation led by certified instructor Michele Cotto. \$8/class or \$6.25/class with the punch pass

ZUMBA®

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

LUNCH N' LECTURE

March 8, May 10, 11 AM-12:30 PM, Palm Coast Community Center
Presented in partnership with AdventHealth. Join professionals during lunch for discussions on topics that may affect the lives of our adult community. Pre-registration is required on Wednesday the week prior to the program date and

while space is available. Free
March 8 - AdventHealth, Heart Health
May 10 - City of Palm Coast, Pump/Lift Station Maintenance
ZUMBA GOLD®
Fridays, Jan. 5-May 31, 9-10 AM, Palm Coast Community Center. This modified Zumba® class recreates the original moves you love at a lower-intensity, with easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination. \$8/class or \$6.25/class with the punch pass
GENTLE YOGA
Tuesdays, Jan. 2-May 28, 10:30-11:30 AM, Palm Coast Community Center. Safe and gentle chair yoga is done either standing or in a chair. This class includes low-impact stretching and strengthening, as well as breathing routines. Led by certified instructor Michele Cotto. No floor work. Fee: \$8/class or \$6.25/class with the punch pass.

Just So You Know...

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

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



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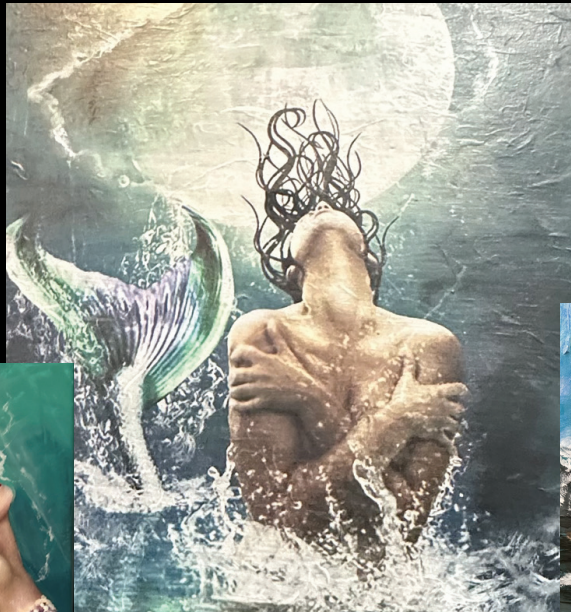
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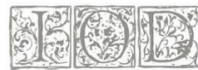
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