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Issue 5 • December, 2021



Our cover photo is certainly not something that we would ever expect to see in Florida but for those of us who grew up in cold weather places it will seem familiar. See our Christmas Buyers Guide for all kinds of gift ideas from local merchants. Page 16.

On The Cover

Welcome to the December issue of Palm Coast which features our holiday gift Buyers Guide (page 16) along with our regular content. We also have several themed issues coming up in 2022 with a Health & Wellness issue in January, a Valentine's Day issue for February and a Home & Garden issue coming in March. We've also started a new monthly column which will feature a local charity or non-profit organization that is helping to make life better in Flagler County, with this month's focusing on Live Like Cameron (page 8), a charity for children with cancer. We also started a column last month (page 10) featuring photos from the city's past that are contributed by the Palm Coast Historical Society (which is always looking for volunteers). We've also greatly expanded our newsstand circulation with a number of new places to get the magazine every month. And, we hope everyone has a happy holiday period as well as having a healthy and prosperous new year.

#### **PC News**

The annual Boat Parade makes its 38th appearance on December 18; Norman joins the Turtle Trail and the charity, Live Like Cameron, helps sick kids.

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## Arts F

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Erik and
Helene
Bess have
a truly
unique inhome art

gallery here in Palm Coast.

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palmcoastmagazine@ gmail.com. Palm Coast is published the first week of every month.

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How did your fiscal year go? Lora Fickett shows you how to keep score at year's end.

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#### Entertainment



The Palm Coast Choral Arts Society is performing again



and A Christmas Story comes to the theater in St. Augustine.

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#### Restaurants

We check out the gastropub vibe at Moonrise Brewing in European Village. Page 18.



#### **PC History**

Relive past holiday celebrations in Palm Coast with this photo essay.

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# News Of The Palm Coast World



# The Palm Coast Holiday Boat Parade Under A Full Moon

At about five o'clock, it begins: a sedate drift of boats scattering lights across the water in Palm Coast's Cimarron Basin. It is the beginning of the Palm Coast Boat Parade. As twilight deepens the sky, more boaters begin to draw their

boats into the gathering area exchanging hearty greetings as they glide past one another in polite aquatic do-si-dos.

At six o'clock, lights flashing, the sheriff's boat sets forth and guides the Parade and its appointed lead boat out onto the Intracoastal Waterway.

The Parade, one of the community's most highly anticipated events, is now in its 38th year. Four generations of Palm Coasters have enjoyed this unique annual celebration, now considered the largest boat parade in Central Florida.

This year, on December 18, as the world comes back together, the official Parade will back in full force. Boaters and party organizers are already mobilizing. This year the Parade hopes to attract not only the many boaters who populate Palm Coast, but also representatives from the city's local clubs and service organizations participating with boats decorated to reflect their activities and missions.

For the third year, Flagler Broadcasting is making plans for live coverage of the event, offering holiday music with vivid color commentary and descriptions of the boats accompanied by call-outs and live interviews with participants on the water and the shore. "The Queen of Jazz," Linda Cole, will be on the air along with Flagler Broadcasting's David Ayers and others. Grand Marshalls in the lead boat are expected to be David Alfin, Mayor of Palm Coast, and Flagler County Sheriff Rick Staly.

Departing from the Cimmaron Basin, the Parade will pass the Tidelands, Marina Cove, the Hammock, Yacht Harbor Village, and the Palm Coast Legacy Vacation Resort. It will then proceed under the Hammock Dunes Bridge along St. Joe's Walkway and Canopy Walk, pass by Island Estates, Waterfront Park, and Grand Haven before dispersing at

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the Clubhouse Waterway. The Parade will be escorted by the Flagler County Sheriff's Office, Tow Boat US, and the Florida Fish and Wildlife Conservation Commission.

Parking continues to be available near European Village for viewing along St. Joe's Walkway, Canopy Walk, and at Waterfront Park. This year spectator parking will not be available at Waterfront Park due to an on-going city construction project to enhance water-based activities.

As always, participation in the parade is free, but registration is required, as well as attendance at a captains' safety meeting the morning of the Parade. For registration forms contact Parade Captain Robert Ulis at 386-283-5166 or at srulis00@gmail.com. Forms and up-to-date details about the parade are also available at the Yacht Club website at www. palmcoastyachtclub.com and on Facebook. The rain date is December 19.

## Norman Joins The Turtle Trail

The Palm Coast Arts Foundation introduced Turtle #15 to the public art Turtle Trail during an unveiling ceremony on November 7th. Norman has been installed at the entrance of the Flagler County Health Department at 301 Dr. Carter Blvd in Bunnell.

Sponsored by the family of Dr. Orin Kaufman in his memory, Norman represents the iconic illustrations of Norman Rockwell, known for his hundreds of frontpage illustrations of the Saturday Evening Post Magazine.

Ormond Beach artist, Ron Lace (who also painted TIFF (Turtle #2 at Long Creek Nature Preserve), recreated Rockwell's most famous medical illustrations as the subject of this notable artist. "Before The Shot." seemed to be the appropriate subject during this COVID era" stated Palm Coast Arts Founda-

tion Executive Director, Nancy Crouch, "and the Flagler County Health Department seemed the most logical site for this installation as they were the administramajor tors of "the shot" (aka COVID vaccine) these past months. Dr. Kaufman's volunteer work with the health department also added to the thoughtful placement of Norman." Watch for news of more turtles to be

hatched on the Turtle Trail in the coming months. A complimentary Guide to Outdoor Art created by the Flagler County Tourist Development office features the Turtle Trail and can

be found at their office at 120 Airport Road, 3rd floor, Palm Coast.

Discover all the public art turtles on the Turtle Trail at www.palmcoastartsfoundation.com/theturtle-trail.



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### Live Like Cameron Foundation Needs Help to Bring Christmas Joy to Kids Fighting Cancer

Imagine your child has can-

Imagine his or her treatment is at a stage that being home for Christmas is not possible.

Daniel and Melisa Fulling are parents that do not have to imagine this scenario. They lived it as their youngest son, Cameron. was diagnosed with a cancerous brain tumor about five weeks from his third birthday. Cameron fought his condition valiantly, having endured 35 radiation treatments to treat the first tumor. The cancer returned and Cameron would go through 80 radiation treatments, unending chemotherapy and nine brain surgeries before his death on April 6, 2017, just 12 days short of his 10th birthday.

Yet, Cameron lived a full life, his parents say and thus the title of the non-profit established in his memory: Live Like Cameron.

"Our inspiration comes from our son," Melisa explained. "This is to keep his memory alive and to help families whose children are dealing with cancer that need help."

And Melisa knows from firsthand experience just what those families need: Gift certificates for meals out because they are most often far from driving distance to their home, games, puzzles and toys to help their children stave off boredom while in the hospital and cozy, comfy blankets and sheets to replace the less-thanhomey feeling ones provided by the hospital.

"Cameron hated the sheets in the hospital," she told Palm Coast Magazine.

Thus a mainstay in the deliveries she brings to children fighting cancer are soft blankets and sheets — often reflecting whatever holiday is closest on the calendar. For December, that means anything and everything Christmas.

"Melisa goes to every retail store in Flagler and Volusia counties from Wal-Mart, Target and Ross to get themed blankets and sheets for these children just to make their holiday special," Daniel said.

As the calendar turns to December, the Palm Coast-based organization is ramping up its fundraising efforts to secure enough money to pay for nearly 40 "Bags of Hope" deliveries to children spending the holidays in cancer treatment wards at three Florida hospitals.

Each bag — complete with the soft bedding, decorations for the room, a bit of candy and gifts — costs approximately \$500.

As of the end of December, Live Like Cameron has a way to go to meet its 2021 goal.

Dan and Melisa hope that the second annual, "Shave for the Brave," fundraiser scheduled for Sunday, December 12 at Fletcher's Irish Pub located at 393 Granada Blvd in Ormond Beach will net the remainder of what is needed.

The event runs from noon to 7 PM with shaving starting at 3 PM. Area barbers have volunteered their time and skill to publicly shave teams of eight that raised \$2,000 or individuals donating \$100 the day of the event.

"Shaving is done outside so all in attendance can watch the fun," Daniel explained.

Other December fundraisers include the following:

• A December 4 arts and crafts vendor event from 9 AM to 1 PM at Pisces Nutrition located at 604 E. Moody Blvd, Suite 3 in Bunnell.



• A car show on December 5 at Madden's Ace Hardware located at 261 Ridgeway Ave. in Holly Hill.

It's a lot of activity in a couple short weeks, but for Dan and Melisa raising funds and helping families is their joy.

"Just to see these kids smile even for a moment makes it all worthwhile," she said.

Editor's Note: For those in-

terested in putting a face to the names of Flagler County children battling cancer, an awareness tree featuring photos of 24 area children is on display at the Palm Coast Library located at 2500 Palm Coast Parkway NW in Palm Coast.

You can learn more about Live Like Cameron online at www.livelikecameron.org.

- Amy Armstrong

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# Holiday Activities In Palm Coast From Years Past



The holidays have always been an occasion for celebrations and sharing in Palm Coast and these photos show some of the activities and people that have been involved in years past. At left is an old newspaper photo that shows presents collected by ITT for underprivileged children; top right shows Sheriff Rick Staly on horseback in 2018; at right is a Santa from 2017: lower left shows Bill Butler, organizer of the Fantasy Lights event; bottom left is the Garfield float from the annual Boat Parade; lower right is a shot of the Fantasy Lights event: bottom right shows Mike and Dede Beadle hosting the Starlight Festival. Photos are courtesy of the Palm Coast Historical Society which can be reached at 386-283-2959. For more information see www. palmcoasthistory.org.















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# Personal Finances

#### It's year end. How did you do financially?

If you've ever played or watched sports, how did you know if your team won or lost? You kept score. If you were a player on the team, how did you get better at the sport? You practiced good habits repeatedly and corrected your bad habits. Then, how did you know that you were getting better? You measured your progress. You probably had a coach as well.

When it comes to your finances for year 2021, how did you do? Did you win or lose? Did you practice good habits and correct bad ones? Did you measure your progress? If you are like most people, your answers may be "I don't know," "I hope so" or "I think so." Your personal and/or business finances are such an important part of your life, wouldn't you like your answers to be more solid? If you answered YES, keep reading, you are going to learn one financial tool to get started.

Keeping Score — There is a way for you to keep score and know from year to year if you are doing better financially or worse. The name of this tracking tool you may have heard of before but you may have dismissed it as something only accountants use or a tool people only use in business. It's your personal balance sheet. The balance sheet provides you an overall picture of your wealth at a specific period in time. It may change daily, but you don't have to look at it daily. Think of it like a progress report

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or report card, telling you how well you are doing in school. This will tell you how well you are doing financially and if you

have been making good choices, the bottom number on the called sheet, net worth, will be higher every time you look at this sheet. If you have been making poor financial choices, well guessed you it, the bottom number will be lower.

So how do we put together this balance sheet? Accountants will tell you it's assets minus liabilities that will equal your net worth. I'm going to simplify that for you as we all know we didn't learn personal finances or accounting in high school and if we were lucky enough to have learned it, we may have forgotten it or not used it. Assets are basically what you own, things

you've purchased. So, these would be your house, car, furniture, jewelry, TV, cash, investments, real estate, etc. Liabil-

> ities are what you owe on the things you own and other debts. Your mortgage, car loan, credcard debt, student Ioan debt. lease obligations are the most common personal liabilities. When you take the total of all the items you own and subtract out all the

things you owe, you come up with a number, that is your net worth. Sometimes that number is negative or positive but not as large as we would like, but it's now a benchmark for you to keep score, it's a starting point.

Here is a simple example. Mark and Mary have a home worth \$150,000, a car worth \$20,000 and they estimate all

the things in the house (TV, Furniture, jewelry) are worth \$10,000. They have \$500 in cash and unfortunately no investments. Their assets are the total of these items or \$185,500. However, they have a mortgage, car loan and credit cards and these are their liabilities. The amount owed on the mortgage is \$100,000, total left on the car loan is \$18,000 and they have credit card debt of \$12,000. Making their total liabilities \$130,000. When we take their asset total, \$185,500 and subtract their liability total \$130,000, we see their net worth is \$55,500.

Now that you know how to put together your personal balance sheet, your goal is to increase that number every year, by increasing your assets and/or decreasing your liabilities (paying them off or down) and ultimately increasing your net worth. You can do that by practicing good habits, correcting bad ones, and measuring your progress. Those topics are for another discussion. Keep learning and have a Happy New Year!.





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## Health & Wellness

#### Winter is for lovers... By Erica RIvera

It's no secret that September is the most popular birthday month. Have you ever wondered why that is? Turn the clock back nine months from September and you'll find yourself in the middle of the December holiday season.

Many people, students and the working class alike, take the most vacations during the holidays; more time for relaxation and of course — baby making!. Statistically couples have more sex during vacation anyway regardless if it's a holiday or not. Besides having more time to couple, our bodies may be biologically disposed to winter conceptions. In 2001, research-

However, there are some other theories that you might relate to. The holidays are a time for being social, celebrations, increased alcohol consumption and so forth. People who don't want to be alone during this time may end up seeking out partners during the season.

Christmas is family-oriented and involves gift-giving so this may give those who are family planning that extra push they need to get started; it's hard not to feel encouraged to grow the family when surrounded by this nostalgic and giving environment. Researchers are finding that this can have public



ers at the University of Texas School of Medicine summarized the science community's various theories:

"Biologic hypotheses include deterioration of sperm quality during summer, seasonal differences in anterior pituitary-ovarian function caused by changes in the daylight length, and variation in quality of the ovum or endometrial receptivity. Increased sexual activity associated with end-of-year holiday festivities has also been postulated as a possible behavioral explanation for the December peak in conceptions. The exact reasons remain unknown."

health implications and could help officials plan more effective campaigns around safe sex at certain times of the year.

Speaking of safe sex, if you are single this holiday season, here are some tips to be followed:

- Avoid drinking excessively.
   You need to stay in control of your mind and your decisions.
   Getting drunk can make you a target for sexual predators and if you are not alert, you may not be able to escape risky situations.
- Your sexual health is your responsibility so don't allow yourself to be in the heat of the moment without condoms.

• Communicate with your partner about your sex life. In some circumstances, someone might have an STI and not show symptoms and pass it on without knowing it. Talk about getting tested and be open with each other.

STIs and unfavorable situations can be prevented. Avoid multiple partners and be cautious while drinking especially during the festivities.

Couples during this time of year also need to be cautious. Let me explain why. Although men and women may have more interest in sex when they've had a few drinks — it doesn't mean their bodies will be. It's best not to get soused if you want to reach climax after a partnered sexual activity or masturbation. When you are aroused your body prepares for intercourse by increasing blood flow to your genitals but if you've drunk too much, that alcohol can stop these physiological responses, making love-making uncomfortable. For women, self-lubrication is affected, causing friction (ouch).

And for men, alcohol can affect their ability to get and maintain an erection which in turn makes them prone to performance anxiety. Increased angiotensin, a hormone linked to erectile dysfunction, and delayed ejaculation (or absence of climax at all) are the most common issues with excessive drinking.

I'm not saying not to let loose and have a drink or two, but stay modest this holiday season. Stick to one drink — two if you weigh more than 190 pounds. That should get you in the mood. But any more than that and your sex drive might take a nosedive. And we don't want that because sexual activ-

ity during the winter months is also good for your health.

On a positive note, getting intimate with your partner increases the endorphins and oxytocin levels in the brain and helps promote positive feelings which can lead to bonding and wellbeing.

Sex during the holiday season can help ease stress, and for many this is a very stressful time of year so what better way to manage your mental well-being? More sexual activity can relax your respiratory and nervous systems as well. Frequent sex can help boost the immune system which could help fight off seasonal flu and colds.

One of the final reasons why we tend to have an improved sex drive during the winter is because we sleep a bit more. Notice how we tend to get sleepier a bit earlier after the time change? There is a pretty strong connection between sex and sleep for both sexes. Couples where one or both partners are sleep deprived experience infertility and there is a proven connection between sleep disorders and erectile dysfunction as well. Plus, poor sleep can decrease hormone levels in men and women.

So, take advantage of the rest you're able to get during the holidays not only for your mental health but as a way to improve your libido. And if you're trying to increase the size of your family, you may just end up with a joyful September arrival.

Erica Rivera is a sexual health educator living in Flagler Beach. If you have questions or need more information she can be reached at 386-793-3624 or orms.ericarivera@yahoo.com

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# Moonrise Channels A Gastropub Vibe

With the explosion of craft beer makers over the last 25 years there has been a certain amount of spillover effect in regard to food also. The proliferation of microbreweries led to the development of more sophisticated food to pair with the many differently flavored brews that were being created.

What resulted was the emergence of "gastropubs," pub-style places that were focused on the beer but also provided more upscale food to go along with the beers that was a step above the usual pub fare that had been on menus forever. Think bangers and mash or fish and chips.

Moonrise Brewing, in European Village, has a bit of a purist approach to its beer menu, serving only microbrews, both

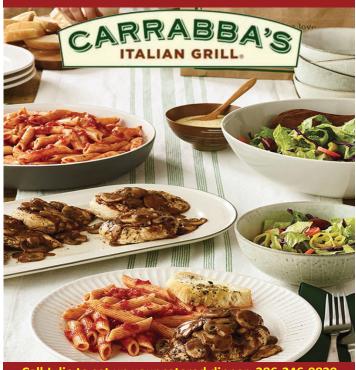


its own quaffs as well as guest brews from other microbreweries in the general vicinity, all of which are only on tap. You won't find a can or bottle anywhere.

So to go along with these lovingly crafted beers, Moonrise offers a small menu of carefully prepared dishes that display a sense of creativity along with great flavors. And all of this is done in a scratch kitchen — they make everything themselves from scratch.

Most of the menu items are starters, salads and sandwiches. There are also a couple of burgers, four entrees and a dessert. That's it but there's quite a lot here to enjoy nevertheless as we found out over

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the course of three visits.

We tried items on the regular menu and also some of the specials which are not on the regular menu such as the Cajun chicken pasta (below) and the maple-glazed salmon salad (right). Blackened shrimp with cheesy grits was another special and we also had a cheeseburger (left), the braised beef short ribs and the pulled pork mac and cheese from the list of entrees.

The spicy shrimp dip starter was also something we sampled and it, like everything else on the menu, was well made



The Village

Pub & Deli

FAMOUS FAVORITES

and just plain tasty, which we must admit is not a technical food reviewing term but it accurately describes the dish — it just tastes good.

And that brings us to the beer since the beer just tastes good too. And actually, fresh beer, which as we mentioned is all that is

served here, just tastes better than other forms of beer, especially canned and bottled beers which usually require some form of preserving agents as they make their way to consumers.

Not so here. The brewing vessels for the beers are mere feet away from you in the indoor dining space (there's one outdoors too). The smell in here on some days is yeasty and somewhat intoxicating on its own as the smell of the fresh beer permeates the premises and reminds you of exactly



what they're doing here creating fresh food and drink.

And, Moonrise offers specials almost every day with Taco Tuesdays, Burger And Beer Wednesday, a Happy Hour Every Friday, Steak Night on Saturday and a Sunday Brunch we haven't experienced yet but plan on doing soon.

Whether Moonrise Brewing is a gastro pub or not depends on your definition but one thing is certain: the food and drinks here are worth your time to seek out and enjoy.

Moonrise Brewing, European Village, 386-627-8614.

Palm Coast, 386-585-4112, Mexican Captain's BBQ 5862 N. Oceanside Blvd, Palm Coast, 386-597-2888, American, BBQ Carrabba's Italian Grill 160 Cypress Edge Dr, Palm Coast, 386-246-9839, Italian, Veggie China King Restaurant 1475 Palm Coast Pkwy, Palm Coast, 386-447-8788, Chinese, Fast food China One Restaurant 120 Palm Coast Pkwy SW, Palm Coast, 386-445-7188, Chinese, Asian Cinnamon Beach Grill 519 Cinnamon Beach Ln, Palm Coast, 386-445-6999. American, Bar Cork & Pint 101 Palm Harbor Pkwy, Palm Coast, 386-283-4139, Bar, Pub, Wine Bar racker Barre 4 Kingswood Dr. Palm Coast, 386-445-2127, American

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THE VILLAGE #4

Chipotle chicken, Pepper Jack, honey mustard, mayo topped with lettuce, tomato, red onion served on your choice of bread.

THE VILLAGE #5

Roast beef, Cajun turkey, American cheese, and mayo topped with lettuce, tomato, red onion and your choice of bread.

THE VILLAGE #6
Chicken breast, Mozzarella cheese topped with pesto mayo, balsamic glaze, lettuce and tomato served on a Kaiser roll.

\*All sandwiches served on bakery fresh breads with a pickle and a bag of Lay's chips.

\*Substitute pasta salad or coleslaw for chips for \$1 more or add for \$1.25





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20 December, 2021

2-5 PM, Margarita Louies and

# Entertainment

#### Palm Coast Choral Arts Society, "A Christmas Story"

#### Singing Again

It's been almost two years since the members of the Palm Coast-based Choral Arts Society have been able to perform together publicly. Thank-you so much COVID-19. Not. That all changes starting Friday, De-

cember 10, at 7 PM, and Sunday, December 12 at 3 PM, as the local group of vocal aficionados present, "The Sound of Christmas," at the St. Thomas Episcopal Church located at 5400 Belle Terre Parkway in Palm Coast.

"We're back. We're here and we are singing," Betty Christian, the group's treasurer and main point of contact, told Palm Coast Magazine.

The group began rehearsals for the Christmas program in

late September. That is much later than normal, Christian acknowledged. Usually, the group takes at least three full months to prepare for the holiday tradition.

The 2021 concert features a couple traditional Christmas religious songs — "Silent Night and The First Noel" — as well as a combination piece of "I Believe" and "Ava Maria." The program also gives a nod to the holiday's secular music with a rendition of "God Bless Us Evervone," and "Somewhere In My Memory." The song, "Rejoice with Exceeding Great Joy," written for the Disney celebration of Christmas is scheduled as well as a rousing rendition of the kid-pleasing, "Jiggle Bells."

As in the past, there is no

men in black tuxedos with red bowties.

Attendees are encourage to wear festive holiday attire, but it is not required, Christian said.

Cheryl McGregor, CAS founder in 1999 and artistic director since then, will direct the 2021 show. McGregor is a lyric soprano singer who studied voice

The Palm Coast Choral Arts Society

charge to attend. The CAS does ask for donations to help its yearly scholarship program. Currently, three local Palm Coast college students are receiving \$500 per year for four years to attend college.

Choir members are scheduled to wear traditional performance attire: The ladies in black dresses with Christmas-themed, colorful scarves around their necks and the

at the American Conservatory of Music the University of Chicago. She has performed as a soloist with the Philadelphia Philharmonic Pops and the Savoy Opera Company of Phila-

Katya Feldman replaces Richard Butler as the choral group's accompanist. Butler played with the group for 11 years before passing away from heart attack complications on April

delphia.

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Lunch: Chicken Panini, \$8.95 Dinner: Rice Balls, \$4.95; parm style \$5.95

Lunch: Eggplant Florentine hero, \$10.95

Lunch: Ravioli with meatball , \$7.95

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19, 2021.

"We got incredibly lucky in finding Katya," Christian said.

Feldman plays both organ and piano. She earned her bachelor's and master's degrees in music performance and education at the Belarus Music Conservatory in Minsk, Belarus. She was an accompanist at The School for Strings in New York. Previously, Feldman performed with the Minsk Chamber Orchestra at the Moscow (Russia) Conservatory Rachmaninoff Hall and the Minsk Philharmonic Hall. She teaches piano in the Palm Coast/Flagler Beach area and regularly plays for services at the Hammock Community Church in Palm Coast.

Also, longtime tenor Roger Lacallade will be sorely missed in this first performance without him, Christian said. Lacallade recently died from lung issues. He had a master's degree in piano performance from The Cincinnati Conservatory at the University of Cincinnati and taught music and piano.

Due to COVID concerns, there will not be a reception following the performance. Attendees are not required to wear masks even though it is suggested. The event will be socially distanced according to local guidelines.

"I suggest you come early if you want to get a good seat," Christian said.

You can learn more about the Choral Arts Society online at www.casfl.org.

#### Road Trip

For those of you who cannot get enough of the sentimental yet fun-filled antics of "A

Christmas Story," the Limelight Theatre, less than an hour's drive north to St. Augustine, can help you enjoy yet another serving of this holiday classic.

Beginning with its preview night on Thursday, Dec. 2, the play is scheduled to be performed nightly from Friday, Dec. 3 through Thursday, Dec. 23 on the Matuza Mainstay Theatre at 11 Old Mission Avenue in St, Augustine.

All the usual suspects are included in this local production. Ralphie Parker, played by Rumi Rubino, will repeatedly be told - even by a mall Santa Claus - in the show that, "You'll shoot your eye out," during his quest to convince his parents that the Red Ryder BB Gun is the perfect gift for Christmas. Scut Farkas, played by Michael Cirucci, is still a

bully who in the end gets what's coming to him for harassing Ralphie. The tongue of Flick, played by James Drake, is indeed set to get stuck on the ice cold flag pole. Ralphie's mother, played by Sara Forte, probably won't get a hot meal in this interpretation of the holiday classic.

According to its website, attendees are required to wear masks at all times while in the Limelight Theatre. Those experiencing fever, shortness of breath, coughing, fatigue, muscle or body aches, headaches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and diarrhea are asked to not attend performances,

More information regarding Limelight Theatre and ticket pricing is available at www. limelight-theatre.org.

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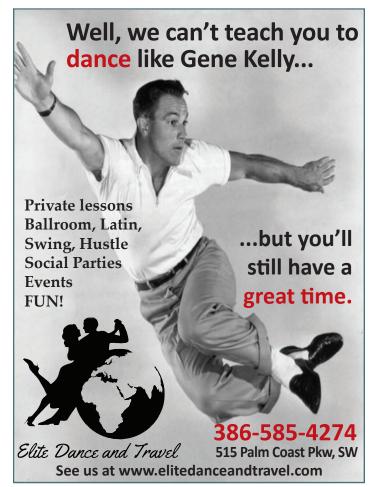
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December, 2021 23

# Flagler Artists

#### An in-home experience for the artistic sense awaits... By Amy Armstrong

If you have not been to Bess Studio located at 3 Surf Drive in Palm Coast, Sundays in December are your opportunity to tour this unique in-house gallery.

To say that the gallery of Erik and Helene Bess is in-house is an understatement. The couple's entire home — from murals on the ceilings and walls to unique cut-out pieces of wildlife — is their artwork. It serves as examples for potential clients to preview in a home setting. Touring the home is its own artsy experience.

"Not everyone could live here," Helene told Palm Coast Magazine.

Erik chimed in, "You know that artists live here. That is for sure."



And that works for the couple – both of whom have dedicated their life's work to art.

It is unusual for a both members in a husband/wife partnership to be artists, Erik said.

But for he and Helene it truly was love at first sight.

They met in 1989 when Helene was hired on as an artist for the tee shirt company where Erik was the art director.

Turns out they had too much in common not to fall in love: Same age and both had a 1987 Ford Escort in red.

"That must be divine order," Erik recalls. "Point is, we definitely belong together. He is in his studios in the garage and she in her studio in the house."

They moved to Palm Coast in 1998 and immediately turned



their home into a showcase gallery.

The strategy worked as during the housing boom for the next ten years, the couple painted and painted murals in the new homes. They lost track of just how many they did in homes up and down the East Coast and especially in Florida.

They both also paint fine, frameable art. Erik uses a dry brush technique combined with his own unique rendering of light and dark shading never ever using an airbrush, he accentuates — to create images he defines as a bridge between the abstract and the specific.

Helene's solo paintings employ whimsical characters in "fun" settings. Her past textile experience comes out in her paintings in the varied patterns of her work as well as the inclusion of texture. Helene takes her individual artwork even further crossing over into "word art" by penning short narratives attached to each painting for the viewer to read and ponder expansion of the story while looking at the painting.

Erik makes mountable cut-outs from plastic and wood materials and decorates them accordingly. He's done a variety of land and sea critters. Helene creates what she calls "Wisdom Art." It is a 3D assemblage featuring whatever bits and pieces of metal or costume jewelry or stones or seed beads she has access to and is inspired by the desire to transform objects such as birdhouses, cigar boxes, frames, shoes and anything else that sparks creativity into pieces of art.

"One thing just leads to another," she said.



Bess Studio is scheduled to be open Sundays from Thanksgiving to Christmas from noon to 4 PM.

You can see more great art at www.bessstudio.com.

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# Events, Meetings, Classes, etc.

#### **Events**

#### **Palm Coast Farmer's Market**

December 5, 12, 19, 26 @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

Saturday, December 4, 9:00 AM Produced by The Palm Coast Arts Foundation, this is a bazaar flea market feauring arts and crafts every first Saturday of he month. Located at 1500 Central Avenue, Town Center. Book Club

Dec. 3, 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. December: Reader's Choice. Go to www. parksandrec.fun/adults to sign up.

#### **Parents' Night Out**

Friday, Dec. 17, 5:30-10 PM. Parents, are you in need of a date night or just wish for peace and quiet around the house on a Friday night? Let us watch your kids while you have the night to yourselves. Participants will eat pizza, play games, watch movies, and have fun. Ages: 5-12 years, Palm Coast Community Center, \$15/first child and \$5/each additional child. Go to www. parksandrec.fun/adults to sign

#### Holiday Home Tour Benefit Event

December 5, 3-6 PM, various locations. Tour five homes displaying festive holiday decor. This year's homes are located in Flagler Beach, Sugar Mill, Bulow Creek & Plantation Bay. Take a tour of five beautiful homes with holiday decorations to benefit the Flagler Open Arms Recovery

Services, a local 501c3 offering peer support, public education and policy advocacy for substance use disorder. There are a wide variety of homes from intracoastal views, Bulow woods, golf course views and an amazing house transformation. You can get new ideas for the perfect holiday decoration in your own home. Tickets are only \$25.00.

Questions? Call 386-846-5493.



The American Sirens dazzling and expertly finessed female vocals transport you to the golden age of Hollywood glam at the Flagler Auditorium on Dec. 17 at 7 PM.





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#### Events, Meetings, Classes, etc. from page 26

Saturday, January 29-30, 4-8 PM, Palm Coast Community Center, admission free. The Elks Ladies Auxiliary will be having their first art show on January 28-29, Stepping Into Art, with an opening reception on January 28 from noon to 3 PM. Original, framed, ready to hang artwork in any medium, including photography and sculptures will be accepted for display. Limit is two pieces

160 Cypress Point Pkwy

B203, Above Dominic's Deli

of art and \$10.00 per entry. Contact via email: kjc1156@ aol.com for entry form after January 5, 2022 and must be returned by January 15, 2022.

#### Classes

#### **Diabetes Self-Management Education**

**Tuesday, Dec. 28, 1-3pm,** Palm Coast Community Center, Free.

This program is designed for individuals who have already been diagnosed with Type 1 and 2 Diabetes. Classes are based on the International Diabetes Center (IDC) Curriculum and require a physician's referral. The overall goals of the program are to lower A1C and reduce the risk of developing diabetes-related complications. Please contact Alana Shawah at 386-313-7263 for assistance with the referral process.

#### Yoga for All

Tuesdays & Thursdays, Aug. 24-Dec. 16 (no class Nov. 11 or 25), 8:30-9:30am, Palm Coast Community Center, \$5/Class. Relax and restore through stretching, yoga poses, breathing, and relaxation led by certified instructor Michelle Cotto. All levels are welcome. Please bring your own mat, towel, and water bottle. Go to www.parksandrec.fun/adults to sign up.

**Indoor Rowing Exercise Class** Thursdays, Sept. 2-Dec. 16 (no class Nov. 11 or 25), 4:30-5:30pm, Palm Coast Community Center, \$7/class. The Flagler Rowing Club will keep participants energized during this hour-long, interval training class. Instruction will include proper technique while using the erg with a focus on both mechanics and breathing. All fitness levels are welcome. Participants should bring a towel, water, and a mat for floor exercises. Go to www.

parksandrec.fun/adults to sign

#### **CPR/First Aid/AED**

Saturday, Dec. 11, 9-4 PM 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. The course teaches basic first aid skills: Administering CPR to an infant, young child, or an adult Using an Automated External Defibrillator (AED) and more. Ages 13+, Community Center, \$50/person; pre-registration required at least 48-hours in advance Go to www.parksandrec.fun/ adults to sign up.

#### **Bellies & Babies**

Dec. 14, 2nd Tuesday of the month, 4:30-5:30 PM, Palm Coast Tennis Center, free. A gathering for new mothers and moms-to-be, Bellies and Babies is designed to support women during pregnancy, new motherhood, and breastfeeding. Go from feeling unsure to I got this, all while building friendships in a supportive environment. Education, advice, and encouragement provided by lactation consultants/ counselors from The Florida Department of Health. Go to parksandrec.fun/adults to sign

#### **Trust-Based Relational Care**giver Overview Workshop

Wedensday, January 19, 2022, 6-8 PM, Government Services Building on the 3rd floor,





386-276-0322



Lohman Palm Coast **386-224-6519** 

For additional information, go to www.LohmanFuneralHomes.com







**The American Sirens December 17, 2021 - 7 PM** 

A true boutique vintage concert experience. The American Sirens dazzling and expertly finessed female vocals transport you to the golden age of Hollywood glam. <<<<<<

John Mueller, the critically acclaimed former star of the U.S. touring version of the London/Broadway hit musical "Buddy..the Buddy Holly Story," performs as Buddy Holly with Linwood Sasser as the Big Bopper and Ray Anthony as Ritchie Valens. >>>>>>



Winter Dance Party January 7, 2022 - 7 PM



#### **Darlene Love December 11, 2021 - 7 PM**

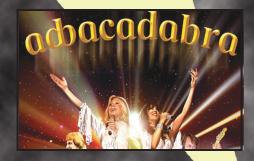
Grammy Award Winner and Rock & Roll Hall of Famer, Darlene Love, has long been recognized as "one of the greatest singers of all-time" by Rolling Stone Magazine. Through the years, Darlene has continued to captivate audiences worldwide with her warm, gracious stage presence and great live shows. Her voice launched dozens of hits including "He's a Rebel," "(Today I Met) The Boy I'm Gonna Marry," "Marshmallow World" and her signature song, "Christmas (Baby Please Come Home)."



The Bronx Wanderers January 27, 2022 - 7 PM



**Rocky And The Rollers** January 30, 2022 - 2 PM



Adbracadabra February 4, 2022 - 7 PM











#### Events, Meetings, Classes, etc. from page 28

training room #3. Vincent's Clubhouse is presenting a Parent Educational Series. Trust-Based Relational Intervention (TBRI) aims to provide parents and caregivers the tools to help children from hard places overcome the effects of difficult experiences such as pregnancy/birth, abuse, neglect, and chaotic past relational trauma. This trauma effects every aspect of the child's being. Learn how to engage and not enrage and connect before you direct. Children Welcome. Free supervision for your children while you relax & learn.

#### Activities

#### **Adult Beginner's Pickleball**

Aug. 16-Dec. 31, Tuesdays and Fridays 8-10:30 AM, Holland Park Tennis Courts. Did you know pickleball was invented

by 3 dads in the backyards of their Bainbridge Island, WA homes? Do you want to learn how to play in a fun and friendly atmosphere? Try out our Beginner's Pickleball. A minimum of four pre-registered participants is required to provide an instructor. Please register early. Paddles, balls, and nets are available for use and it's free. Register at parksandrec.fun/athletics

#### **Open Gym Basketball**

Tuesdays and Thursdays, Nov 9-Dec. 16, 7-9:30 PM, Indian Trails Middle School, \$50/session or \$3/drop-in. Register at parksandrec.fun/adults

#### Live Happenings

#### **Concerts**

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

Dec. 9 PIGEONS PLAYING



Grammy Award Winner and Rock & Roll Hall of Famer, Darlene Love, has long been recognized as "one of the greatest singers of all-time" by Rolling Stone Magazine. Through the years, Darlene has continued to captivate audiences worldwide with her warm, gracious stage presence and great live shows. Her voice launched dozens of hits including "He's a Rebel," "(Today I Met) The Boy I'm Gonna Marry," "Marshmallow World" and her signature song, "Christmas (Baby Please Come Home)." See her at the Flagler Auditorium on Dec. 11 at 7 PM.

PING PONG with special guest Electric Kif

Dec. 10 JOE BONAMASSA Dec 11-12 OLD DOMINION "BAND BEHIND THE CURTAIN TOUR"

#### **European Village Live Music** Lineup

Friday, 3rd — Clay Sturgeon, 6-10 PM

Saturday, 4th — Shaker Jones, 7-10 PM

Friday, 10th — Ataraxis Experience, 6-10 PM

Saturday, 11th — Walt Kulwicki, 6-10 PM

Friday, 17th — Chillula, 7-10 PM

Saturday, 18th — Green Tree Brother, 6-9 PM

Friday, 24th — Mike & Vin, 7-10 PM

Friday, 31st — New Year's Eve

Bash, Chillula, 8-12 PM, fireworks at midnight.

#### **Business Functions**

#### **Referral Diamond Network** Meeting

November 3, 10, 17, 24 @ 8 **AM** 

Carrabba's Italian Grill, 160 Cypress Park Dr. Weekly networking meeting of local business owners. Call 386-283-0955 for info.

#### Palm Coast Business Professionals Meeting

November 4, 11, 18, 25 @ 7:30 AM

Carrabba's Italian Grill, 160 Cypress Park Dr., Weekly networking meeting of local business owners. Call 904-236-0431 for info.

#### Palm Coast Bridge Club News

Check out our website for complete information on our game schedules and classes. Here are some of our basic features.

- High Masterpoint Games EVERY DAY!
- Monday through Friday at 1:00 PM
- 499er Games twice per week
- First Time Players play for Free
- Weekly classes throughout the year
- Partners guaranteed Mon, Wed & Fri
- 1 Corporate Dr 386-237-7530 www.palmcoastbridge.org
- NO EXTRA FEE for Special Club Games Tuesday: Bridge Class, Level 1 at 10:00 AM, Introduction to Bridge, \$5.00 per person
  - Wednesday: Bridge Class, Level 2 at 10:00 AM, Competitive Bidding, \$5.00 per person
  - Friday: Bridge Class, Level 3 at 10:00 AM, Int. to Advanced Bidding and Play, \$5.00 per person







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