

PALM COAST

# LIFESTYLES

MAGAZINE



THE FOOD CRITIC REVIEWS  
**BOURBON ST.  
BAR & GRILL**

A NOBLE BEQUEST  
**THE LEGACY**  
AT PRINCESS PLACE

**HAUTE**  
FASHION & STYLE

**TAKE A  
BREATH**  
FROM HOLIDAY  
**STRESS**

PALM COAST'S PREMIER MONTHLY MAGAZINE

NOVEMBER 2006 • ISSUE XXVII



*Allure*  
 EUROPEAN DAY SPA  
 for you and always

Visit Allure and...

*Stop Shaving*  
 for good!

**Get rid of unwanted hair!**

Our laser hair removal solutions are safe, and effective for all skin types. Every treatment is performed by a licensed professional in the comfort of Flagler's most luxurious spa.

**Photo Rejuvenating Facials**

Allure is the only spa in Flagler County offering this exciting service! Call or visit us for details.



*Holiday Delicious  
 Cranberry Feast...*

*Luxurious*

Cranberry Spa Pedicure \$50<sup>00</sup>

*Cranberry*

Body Peel & Anti-oxidant  
 Bog Body Wrap \$120<sup>00</sup>

*Ultimate*

Anti-aging Cranberry  
 Facial \$72<sup>00</sup>

*Soothing*

Swedish Massage with  
 Cranberry Butter Cream \$66<sup>00</sup>

*Hair Cut*

Glamour Style &  
 Gloss Treatment \$43<sup>00</sup>

Complimentary

*Poinsettia Cocktail*

with every Holiday Special.

(386) 439.9969

210 Old Kings Road South, Flagler Beach, 32136

[www.allureeuropeandayspa.com](http://www.allureeuropeandayspa.com)

Offers expire January 5th, 2007.

FLAGLER COUNTY'S FAVORITE **TREAT.**



**FlaglerOnline.com**

*Sometimes bitter. Sometimes sweet. Always tempting.*

Indulge yourself online at [www.FlaglerOnline.com](http://www.FlaglerOnline.com)

See your Home in a  
Whole New Light!

**Night  
Light**  
SOLUTIONS

Certified in the design  
and installation of  
custom architectural  
and landscape lighting.

Richard H. Davies

35 Years of Creative Artistic Illumination



386-931-4949 • [www.nightlightsolutions.com](http://www.nightlightsolutions.com)

The Flagler  
Chamber  
would like  
to say...

**Thanks**  
to Our Community!

**FLAGLER CHAMBER**  
2007 *Phone Book*



• The book will  
be online with  
free links to each  
advertiser to their  
website.

Watch for the New Online Feature!  
Printable Ads, Easy Lookups

Visit [www.flaglerchamber.org](http://www.flaglerchamber.org) for more info

# Theater Packs

Surround yourself with entertainment

HOME THEATER SALES  
AND INSTALLATION

GRAND OPENING  
Nov. 24th - 25th  
9am - 7pm

Come register for a chance  
to win a surround sound  
system

1459 N. US 1, Ste. A2  
Ormond Beach,  
FL 32174

**BOSE**

**(386) 445-0817**

[WWW.THEATERPACKS.COM](http://WWW.THEATERPACKS.COM)

from the editor

**PUBLISHER:**

Florida Regional Publishing, LLC

**MANAGING DIRECTOR**

Richard Hamilton

**DESIGN/PRODUCTION:**

Jon Hardison

**EDITOR,** Inna Hardison

**CREATIVE DIRECTOR,** Jon Hardison

**CONTRIBUTING**

**WRITERS**

Cathal Duffy • Inna Hardison  
Jon Hardison • Barbara Salter  
Mindy McHenry

**CONTRIBUTING**

**PHOTOGRAPHERS**

**& GRAPHIC ARTISTS**

Jon Hardison • Vadim Zolotarevskiy

**ADVERTISING**

**ACCOUNT EXECUTIVES**

Sheila Lafleur • Melinda McHenry  
Dorothy Thompson • Trish Schachinger

**CONTACT INFORMATION**

FLORIDA REGIONAL PUBLISHING, LLC  
P.O. BOX 350390, Palm Coast, FL 32135  
Phone: 386.586.0404 • Fax: 386.445.7589  
Web: [www.PalmCoast-LIFESTYLES.com](http://www.PalmCoast-LIFESTYLES.com)  
E-mail: [Info@PalmCoast-LIFESTYLES.com](mailto:Info@PalmCoast-LIFESTYLES.com)

**PROUD MEMBERS OF:**



This issue was mailed to over  
**75,000** Palm Coast residents.

The opinions voiced herein are those of the authors and do not necessarily represent those of Florida Regional Publishing, LLC, or any of its affiliates and subsidiaries.

All rights reserved. No portion of this publication may be duplicated for any reason, by any means, without express written permission from the publisher. Florida Regional Publishing, LLC is not responsible for typographical errors, production errors, or accuracy of information provided by the advertisers herein.  
© 2006, Florida Regional Publishing, LLC



Window shopping is a prelude to the holiday season. We don't always buy items displayed, but it's nice to know that we could. We decided to attempt window shopping in Palm Coast and, should we get lucky and find anything unexpected, do a fashion feature. Well, we got lucky. We found everything from casual yet stylish young adult wear to surprisingly affordable Versace, as well as some extraordinary jewelry and accessories. Everything featured in our Premier Style & Fashion Spread is available right here, so when you get the invite to that all important party, and nothing in the closet begs to be worn, take this issue with you around town, and look like a million bucks!

Our October issue generated quite a buzz, and not all in ways intended. The winning entry in our scary story contest was by far the best written story submitted, though some readers found it gruesome. We agree, but we had given all the entrants full creative freedom, and stood by that promise, albeit with a warning advising parental guidance. We don't mind being occasionally controversial, but we don't want to be thought offensive, and we sincerely apologize to any who thought we were.

**IN THIS ISSUE:**

With the holidays approaching some of you may be feeling out of sorts and stressed. We hope that you find our article on relaxation helpful. We also continue to feature community volunteers, showing the many positive aspects of life in Palm Coast. We suspended Rhetoric this month to give everyone a much needed break from politics. As always, we welcome your comments. Thank you for reading, and supporting our advertisers.  
Inna Hardison~

# Contents

- 08. **A NOBLE BEQUEST** The Legacy at Princess Place
- 11. **FOOD CRITIC** A review of Bourbon St. Bar & Grill
- 12. **SCIENCE FOR LIFE** Brandeis University National Woman's Commity
- 14. **WEDDING** Ashley Tilton & Sam Vannoy
- 16. **HAUTE FASHION & STYLE** Yeah! You can actually shop in Palm Coast
- 26. **TAKE A BREATH FROM HOLIDAY STRESS**
- 28. **WAR OF THE MOLES** A little gardening advice
- 30. **THE PRESIDENT'S OWN** at Flagler Auditorium
- 32. **EVENTS**



# organize your life.

custom closets, pantries, laundry rooms, garages, & so much more...



garages



closets & organizers



NEW: pull-out shelves



**386-586-7155**

VISIT OUR SHOWROOM  
3400 US1 North, Palm Coast  
4 miles south of Palm Coast Pkwy  
[www.spacecreators.net](http://www.spacecreators.net)



**THE PULL-OUT SHELF COMPANY®**

Authorized Distributor

Visit [www.pulloutshelf.com](http://www.pulloutshelf.com)  
for more on the ease and  
convenience of pull-out shelves.

# salt water WORLD

Come see our selection of  
**Fish, Supplies & Aquariums**  
Custom orders welcome.



Grand Opening  
**SPECIAL**  
**10% off**

Expires 11/30/06  
Not valid with any other offer.  
Hours: M-Sa: 10am-8pm  
Su: 12pm-6pm

Set up & Delivery Available

Tel: 386-206-4424  
3400 US1 North, #5  
Bunnell, 32110



*"No Other Realtor in Palm Coast Can Offer Sellers What Katrina Austin Can!"*

## SERIOUS RESULTS FOR SERIOUS SELLERS!

If you're serious about selling your Palm Coast home or lot, then turn to Palm Coast Real Estate professional, Katrina Austin. No other Realtor® in Palm Coast has access to the resources available to Katrina. For serious results, have Katrina Austin start working for you today! Call Katrina at (386) 503-3956.

**FOR SALE!**

**Featured Home \$410,000**

**SALT WATER CANAL HOME**

View this home online at  
[www.HomesInFlagler.com](http://www.HomesInFlagler.com)

**Palm Coast**  
REAL ESTATE



Whether You Plan to Buy or Sell  
Real Estate in Palm Coast, Let  
**Katrina Austin**  
Start Working For You Today!

**(386) 503-3956**

See Katrina at the Blue Roof  
One Old Kings Road, Palm Coast

The Only Website You Need to Find Real Estate in Flagler County

[www.HomesInFlagler.com](http://www.HomesInFlagler.com)

Search Every MLS Listing in Flagler County • Browse My Exclusive Listings  
Large Selection of Choice Lots For Sale • Receive Hot Listings Email Updates

life,  
health,  
annuities,  
peace of mind.

Individual & Family Health  
Group Health  
Disability  
Critical Care  
Because Mortgage Protection  
**no one** Annuities  
should be without  
**quality insurance.**

*Experience the difference.*



Regeci Group  
Maria Regeci, Broker/Agent  
Phone: (386) 569-6202  
[www.healthcorpoffl.com](http://www.healthcorpoffl.com)



# A NOBLE BEQUEST

THE LEGACY AT PRINCESS PLACE

BY: INNA HARDISON

“I would like to see more trees there,” Miss Sylvia points to a postcard-sized canvas in the hands of a teenage boy. The boy looks up and questions the exact location of the desired trees, finds the appropriate shade of green, and proceeds to paint a collection of moss oaks by the water’s edge. Meanwhile, Miss Sylvia, as the kids affectionately refer to her, nods her approval at the other miniature canvasses, looks out across the water to where the grays meet the blue of the sky and smiles. For the dozen or so students in this group, this is school, at least on Wednesdays. The classroom is the porch of the Old Lodge at Princess Place Preserve. Some kids are rocking in the chairs with blankets thrown over their shoulders as they paint the landscape of this place, while others spread their blankets on the soft cool grass. Miss Sylvia is volunteering her time and talent to teach art to these teenagers. She has been

coming out to Princess Place and volunteering for six years, and doesn’t plan on stopping: “These kids are just wonderful to work with... they need all the adult encouragement they can get,” she tells me. One of the students lifts up his now finished work, replete with lots of trees as requested, and beams at the camera. Others, holding their canvasses high up in the air, maneuver their way into the frame, all smiling and proud. A language arts teacher, Miss Julie Hald, too, is holding up her work. She combines her language arts curriculum with art instruction, and the kids seem to take to it better that way.



Poetry they have to read simply makes more sense when read out loud in a natural setting.

At 9:30 that morning, the temperature outside was a cool 60 degrees, and as we got closer to the water, the breeze made it feel even colder. A group of teens, clad in shorts and life vests were expertly putting in tandem kayaks. It was a

bit wavy, and we ended up using the only canoe for added stability. The kids raced ahead with Mat Saunders, their teacher, at the helm as we struggled to keep up. We went under an old bridge, and the water became so shallow that we had to be



careful not to break our paddles. On Mar's command, students stopped paddling and dropped plastic nets into the water. They were collecting samples that would later be examined under a microscope. A shrill: "I got a shrimpy!" from one of the kayaks made the others change their positions a few times in an attempt to get something as large and interesting as a shrimp, and a few more teens succeeded at capturing the elusive critter. It was time to head back



and examine the samples. As we turned around, a great blue heron alighted on a large rock not 20 yards away from us, on his mission to capture a meal. For a few moments the glorious bird was admired in silence, then we turned back, now warmed up by the sun and the exercise and somewhat reluctant to trade in a kayak for a classroom. But the excitement of what would be found in the samples prevailed and soon enough kids were in the classroom prepping their samples for the unforgiving eye of the microscope.

The classroom is in what used to be caretaker's quarters, repaired, added to and modified with the assistance of teenagers and volunteers from the community some years ago. Now, while the wooden exterior bears marks of age, there are a few rather large and comfy rooms fully equipped to accommodate an array of high school kids. Mr. Saunders carefully picks up a slide with a black dot on it and aims the lens at this miniscule speck. The young owner of the speck waits in anticipation and suddenly the TV screen above comes alive with tiny odd-shaped objects coming in and out of focus. The ones there are lots of are

largely ignored, as those are just common microscopic organisms generally found in estuaries and like bodies of water. After a few more turns of the dial, the screen suddenly goes black and hairy. The black speck magnified reveals a monster of sorts, complete with head, claws and some parts we couldn't identify. Mat wipes the sweat from his forehead and turns to the class pleased and concerned all at the same time. He explains that they have been finding

these things in the water as of late, but they are unsure as to what they are. All they know is they weren't there before, which means that something changed. The task at hand is to figure out what, and whether or not we have something to be concerned about when it comes to the overall health of Pellicer Creek.

By now, there is a line formed at the microscope, kids gingerly holding their finds, and trying their best not to squish what they caught. In one of the tiny dishes an almost transparent fish the size of a large ant is in a mad scramble to get away from its captors. And the 'shrimpy', too, turns out to be of a Lilliputian variety. The room is rather quiet, almost too quiet considering it is full of teenagers. The kids seem to be concentrating on the tasks at hand without any prodding whatsoever. In a few moments the bus will pick them up, along with the group painting landscapes at the Lodge, and take them back to Matanzas high school for their fourth and final period, math. Everyone is packed and ready to go, and as they leave the old caretaker's home, every one of them bids farewell to the teachers. Wednesdays are special days because that's when the volunteers come: usually Miss Sylvia and Jose Nunez. Jose is a marine biologist and works at the Whitney Lab. He has assisted the teachers with the development of the ecology curriculum, and usually accompanies Mr. Saunders and the students on their kayaking expeditions.

He has been volunteering his time for the program since the very beginning, and has been instrumental in its overall success.

#### IN THE BEGINNING:

A long time ago, at least by Palm Coast's standards, when the Sheraton Hotel was still standing, Flagler Palm Coast high school teacher Frances Royals got an idea to develop a program where students who she knew could be doing better than they were if they had adult role models. Someone they could get that extra bit of encouragement from, and hopefully, try to emulate. She was looking for mentors, in the broadest sense of the word, so she spoke to a few Rotarians. Shortly after the initial conversation, she found herself in a meeting with 12 members of the Rotary Club, at the time, all men. She was talking about her ideas and plans, and she credits one of the members, Jim Gardner with "turning the tide" in favor of the program. Just a few of years later, two of the women Rotarians, Denise Pulambo and Doris Wilson, helped establish a mentor program for the girls. This was seventeen years ago, and Jay Gardner, Jim's son, who is now a mentor himself still remembers some of those first students. The mentors befriended these students and planned various outings with them. It was all about the interaction, and being able to connect with another human being, and to this day Jay says that "he gets a lot more out of it than the kids do."

Now that there was an organization that provided mentors, Frances wanted to take the program to a different level. She wanted to put these teens into an environment that was drastically different from traditional school setting. It had to be some place where the students got to see the results of what they were learning; it had to be hands-on. She learned about Florida Learn and Serve Program, and wrote the grant. After receiving the funding, Frances and a few Rotarians went to the County Commissioners to ask their permission to use Princess Place Preserve for this program. There were a few notable firsts which included the renovation of the garage of the caretaker's house into a classroom, just one of the many ways in which the Flagler County Parks staff helped

get the program going. The County staff supported the program in many ways and a unique partnership developed between County staff and the teachers that exists to this day. Libby Kuleski, the first teacher at that location who worked with Frances, had to rework her lesson plans to include a broader range of subjects covered and to accommodate a very diverse group of students. Bill Hally, a volunteer, helped create the very first project that is still looked on with pride by the students in the Legacy Program, a butterfly garden. According to Frances, when they were working on the butterfly garden, there were always a few girls who were just so taken with the butterflies, that instead of calling them by name, Bill referred to them as his "butterfly girls". One of them, now with a family of her own, just reported to Frances that she planted a butterfly garden at her home with the help of her little ones. She is passing on the legacy to her kids, and hopefully, they will do the same with theirs.

#### THE FUTURE

Next time you go to Princess Place Preserve, take a walking tour. Chances

are, it will be given by one of the Legacy Program's students. Kids learn everything they can about the preserves history, ecology and archeology, a new program at the Preserve. There are two sites currently opened for excavation and students are already finding artifacts. They also have to prepare presentations about the preserve, from signs and brochures to slide shows. They mark the plants on the trails, maintain the exhibits, the butterfly garden, and their own classrooms all the while striving for a minimum of a 3.0 GPA and making up any credit hours they may have missed. The Preserve itself now is a source of much pride for these kids, and during events, they volunteer their time and act as tour guides. Part of the service learning philosophy is to learn life skills, but according to Frances Royals, it goes far beyond that: "The program to me has impacted their lives on a much deeper level... It is about a lot more than just making it through high school."

Once a month the mentors from the Rotary Club have breakfast with their charges. Kids get to brag about their accomplishments and mentors and

students discuss plans for future outings. For boys, the outings range from trips to museums, at times out of state, to much anticipated paintball tournaments. For girls, everything from bowling, to a holiday evening out in St. Augustine, complete with a carriage ride through the city and a dinner. Jannett Loftis and Pam Derr co-chair the women's mentor program, and Jay Gardner chairs the men's. Both groups of mentors insist that they get "a lot more out of the interaction with these awesome kids that the students do," though modesty does not do justice to the involvement of this organization. As for success stories, they are too numerous to list; suffice it to say that some students who went through the Legacy program years ago are now teaching or mentoring kids in this community, passing on the legacy to the new generation. ❖

The program is a voluntary program and space is limited. For more information, contact your school guidance counselor.

## Sylvan improved my confidence. And I improved my SAT® score.



- Small group setting
- Proven strategies
- Up-to-date practice tests
- Skilled instructors
- Satisfaction guarantee

**Is your child ready for the SAT®?**  
**Call Sylvan today.**

520 Palm Coast Parkway, SW  
Suite 101  
Palm Coast, FL 32137

386-246-4150 (T)  
386-246-4149 (F)

**Sylvan**  
Learning™  
*Learning feels good.®*

www.educate.com

# Tropical Kayaks

SALES • RENTALS • TOURS

Over 50 Kayaks  
in stock, now on sale!

starting from

\$300<sup>00</sup>

There has never been a better time  
to get a **great deal** on a Kayak!

Guided Kayak Tours at  
Bings Landing: Every Saturday @ 10am  
Call for reservations.

New & Used  
Kayaks, Accessories & more.

386 445-0506

300 CLUBHOUSE DR, PALM COAST

www.kayakcafe.com



## BOURBON ST BAR & GRILL

### Bourbon St. Bar & Grill

5 Utility Drive

Palm Coast

Tel: (386) 447-3026

\$\$ • L,D • R

Hours:

Monday - Saturday: 11am - Close

Sunday: 4pm - Close

Rating:

Food.....

Service.....

Ambiance.....

Stars:

5

4.5

5

“Eat, drink, and be merry.”

Tucked in a plaza on Utility Drive, Bourbon Street Bar & Grill is one of Palm Coast’s culinary hot spots. True to its namesake, Bourbon St. is a great place to satiate that craving for crawfish, or gumbo, and with live music and an extensive wine list, there is nothing utilitarian about it.

The second you walk in the door, you forget you’re in a strip mall. Musically inspired works of art settle into the softly lit warmth of the faux walls, and the only notable ambient sounds are those of skillfully selected jazz, and others enjoying their evenings.

A hostess arrives and leads us to our seats, an out-of-the-way booth, just as requested. She smiles and leaves us with our menus and a wine list. After we settle in, our waitress makes herself known and takes our orders.

My company and I started our meals with Jumbo Baked Stuffed Clams, Peel & Eat Shrimp, and Fried Calamari. The appetizers were delivered promptly and almost too hot to eat. We sat back and slowly enjoyed what would be a wonderful evening out.

The staff at Bourbon Street all seemed to know exactly when it was okay to check up on us, or take the next part of our order, which consisted of the Shrimp Etouffe, and the 12 oz French Quarter Filet, medium rare. With the Shrimp Etouffe, it is possible to

substitute your shrimp for crawfish, so my company decided to have her order half & half. And my Filet was perfect! I will say that I prefer my rice pilaf a bit stiffer than it was on this evening, but it was still satisfactory.

Bourbon Street has a full bar, so we made sure to “have a few” during dinner. Martinis tend to be my preference, so I ordered one dirty. My company had a sea breeze. Both were well crafted. Later, when it was time for a second round, the bartender, noting my preferences, offer me something special. A Caramel Apple Martini, which is apparently a Bourbon Street creation. As strange as it sounds, 15 seconds into your first sip of this copper-colored apple-tini, authentic caramel flavors emerge. An interesting cocktail, and perfect just before desert.

Most would argue that their bread pudding is the best desert on the menu, and it may be, but on this evening, we ordered an intriguing chocolate cake filled with molten chocolate, served under fresh whipped cream, which wasn’t on the menu. “Glutton alert!” After the large portions Bourbon served up all evening, I really didn’t have room for this bit of chocolate heaven... I ate it anyway!

In short, Bourbon Street Bar & Grill has everything. Attentive courteous staff, great food, a well staffed and stocked bar, extensive wine list, live entertainment, your choice of inclusive or reclusive seating, and more. We are proud to award them 5 stars. ❖



BRANDEIS UNIVERSITY NATIONAL WOMAN'S COMMITTEE

# SCIENCE FOR LIFE

BY: BARBARA SALTER NELSON

When I was younger, someone gave me a tee shirt that said: "Of all the things I've lost in life, I miss my mind the most." Being naturally scatterbrained, I found humor in it back then. Today, thinking about my grandmother's long-term struggle with Alzheimer's and knowing that I share her genes, I find no humor in the slogan. Instead, like so many others, I'm hoping that a cure for Alzheimer's and other degenerative diseases is found soon.

An estimated 4,000 Flagler County residents and another 16,000 in Volusia County suffer from Alzheimer's disease or other related dementia. The members of the Flagler/Volusia Chapter of the Brandeis University Women's Committee (BUNWC) are among those taking action. They are part of a national "Science for Life" campaign to raise \$1 Million to fund a state-of-the-art laboratory at Brandeis University that will be devoted to research in neurodegenerative diseases. Work in the BUNWC laboratory will

be part of a broad study of aging. It will explore the functioning of the brain and nervous system, as well as the individual and societal impact of aging. The study will target diseases such as Alzheimer's, Parkinson's, Lou Gehrig's, and macular degeneration, as well as other aging-related disorders. As part of the Science for Life program, BUNWC plans to raise another \$1 million for an Endowed Medical Science Journal Fund to provide research materials for the scientists doing the work.

## WHAT IS BUNWC?

Brandeis is the only nonsectarian Jewish-sponsored college or university in the country. As a research university, Brandeis is dedicated to the advancement of the humanities, arts, and social, natural and physical sciences. Over the years, Brandeis has developed a solid reputation for academic excellence and devotion to social justice.

The Brandeis University National Women's Committee was formed 57 years ago when Brandeis University first

opened its library's doors in a converted horse stable with only 2000 volumes in their book collection. Eight women took it upon themselves to build a library for Brandeis that would compete with those of the Ivy League colleges. Today, with more than 42,000 members in 83 chapters across the country, BUNWC has raised over \$100 million for Brandeis, primarily in support of its libraries. They are the largest "friends of a library" group in the country.

You don't have to be affiliated with Brandeis to be a member of the Brandeis University National Women's Committee—you don't even have to be a woman! In addition to its role as a volunteer fundraising organization, the scope of BUNWC has evolved to include a major emphasis on providing members with opportunities to fulfill their passion for life-long learning through a variety of programs including discussion groups on books, the arts, and social/political issues.

## BUNWC in Flagler/Volusia

The Flagler/Volusia County chapter was established in 1994 and now has 129 members—women and men. The members span from Palm Coast to New Smyrna Beach. The group offers intellectual stimulation and lifelong learning opportunities for its members through their book discussion and other study groups held throughout the geographic area. In addition to their support of Brandeis University though efforts like the national Science for Life program, the Flagler/Volusia BUNWC chapter also participates in local community outreach efforts that includes serving as Story Pals for pre-elementary school children in Flagler and Volusia counties. The Flagler/Volusia chapter has received the Chapter of the Year award from the national organization as a tribute to the active participation of the members and the quality and variety of continuous learning opportunities presented.

The Flagler/Volusia chapter welcomes new members. "You don't need a degree. You don't have to be Jewish," explains Jay Cortright who, along with Carol Rabinowitz and Barbara Wolfe co-chair the local Science for Life committee. "Some of us claim we have 'Jewish souls.' I think we mean we like the passion, the commitment, the intellect, the inquiry and search for meaning. We all value

education and continued learning at all stages of life. We recognize that sometimes we'll disagree, but we value the divergence that comes from intelligent searching."

Hammock Dunes resident Carol Rabinovitz is one of the few Flagler/Volusia chapter members who has direct ties to Brandeis. After graduating from Brandeis with a degree in political science, Carol went to work in the BUNWC national office. "For 50 years it was my work," she explains. "And when I was at home raising my kids, it was my way to connect with other bright women who wanted to 'study with the best' using syllabi prepared by Brandeis faculty."

"When I moved to Florida, I had just retired from 28 years of being a Library Media Specialist in a school district on Long Island," says Barbara Wolfe. "Joining BUNWC was a natural for me—I could help support a very fine university library, meet like-minded individuals and cater to my intellectual interests all at the same time. I have never regretted this decision."

Barbara enjoyed her association with BUNWC so much that she used it as a ploy to convince her long time neighbor and best friend Zelda Gabor to move to the area. "In 1998 I was serving as president. Zelda was down for a visit and beginning to make retirement noises. It seemed like a good idea to invite some Brandeis women to the house for lunch to meet her. Everyone had a great time and the rest is history. The very next day she put a deposit on a piece of property and moved here six months later." Today Zelda and Sena Zane serve as the Flagler/Volusia County chapter co-presidents.

"I never would have survived in Florida without BUNWC," Zelda comments. "It's wonderful to be with other women who share the same goals. The camaraderie is one of the highlights; we're always exploring interesting topics. It keeps my mind active."

Jay, in turn, credits Zelda for introducing her to BUNWC. "We met right after I moved here. I was looking for a good book discussion group and she was so passionate about the BUNWC groups. There are two—one in Palm Coast and one in Daytona so members can participate in either or both."

A search for a good book discussion group is also what attracted Marianne

Green, one of BUNWC's newest members. "I very carefully scoured the newspaper and paid attention to local opportunities for service, socialization, personal growth and enrichment. Having been a teacher, I was seeking a book club, also," she explains. "I met several remarkable women through some social encounters and, lo and behold, they were all in BUNWC!"

"Make no mistake about it," Marianne continues. "The women in this organization are well-read, well-traveled, well-educated and you had better know your current events! They are strong women—funny, articulate, loving and confident in their humanity."

### SCIENCE FOR LIFE

As passionate as the members are about their intellectual pursuits, so too are they about their participation in the Science for Life fundraising effort. "These diseases are terrible and Brandeis researchers have already made huge breakthroughs. How could we not support this work? Each of us knows friends and loved ones suffering from degenerative disease," explains Carol.

But even as a veteran fundraiser, she's amazed at the group's enthusiastic support. "The excitement that has been generated by our members has been fantastic," she says. "It's so exciting to see it catch on in a community that's so far away from the connection to the University. It's just wonderful, because it's a cause that's definitely worth supporting."

Marianne explains the rationale for her involvement. "The Science for Life fundraising we are doing this year is a unique opportunity to make an individual contribution in finding a cure for the diseases that will very soon plague the Boomer Generation. We can tangibly move the ball further down the field toward the goal posts of finding a cure. Then one cure will lead to many others, faster than we can imagine."

Through Science for Life, they are hoping to heighten the public's awareness of neurodegenerative diseases and the need for a cure. Thinking of my own grandmother and so many of my friends and family who are experiencing the effects of these degenerative diseases as caregivers and as victims, combined with the fact that I, too, am a Baby Boomer, I selfishly understand the

importance of their efforts to find a cure.

Barbara makes me feel less guilty about my selfish motives. "People should support our Science for Life project for both altruistic and selfish reasons," she explains. "I believe the Brandeis approach to research in this area of neurodegenerative diseases may very well turn out to be the key to a cure for these diseases. I'd like to feel that my support for this project played some small part in finding that cure and perhaps will stave off the horrors of these diseases for people I love."

Zelda drives the point home. "Of course we're passionate about this. All of us are afraid of neurodegenerative diseases—for ourselves as well as those we care about. We're doing what we can to make a difference."

Key for the Cure Luncheon and Panel Discussion

The major fundraising event in support of the Science for Life program will be a "Key to the Cure" luncheon and panel discussion about neurodegenerative diseases that will be held on January 16 at Hammock Dunes. Dr. David Heise of the Halifax Community Health System will be the moderator with Dr. James Scott and Dr. Carolyn Geis, two local neurologists, serving as panelists. Following the panel discussion, there will be time for questions and answers. Additionally, there will also be a silent auction. Tickets for the luncheon are \$50 per person. Proceeds from the luncheon and the silent auction will go to the Science for Life project.

Attending the luncheon and panel discussion will be an excellent opportunity to learn more about what's happening in the field of neurodegenerative diseases as well as a chance for you to meet and speak with some of the remarkable BUNWC members while contributing to a very worthwhile cause. ❖

For more information or to purchase tickets to the Key to the Cure luncheon and panel discussion, you can contact Jay Cortright, 386-673-1069 and/or Barbara Wolfe, 386-615-1009. If you'd like to donate an item for the silent auction, contact Marianne Green at [mgreen1@mindspring.com](mailto:mgreen1@mindspring.com).

# WEDDINGS

[ ASHLEY TILTON & SAM VANNOY ]



PHOTOGRAPHY COURTESY OF: CHRISTINA HODGE  
WEDDING DRESS BY: DAVID'S BRIDAL, JACKSONVILLE


The musical talents of Sam and Ashley brought them together when they met at the Community Baptist Church in Korona. Five years later Sam still plays drums and Ashley the guitar, but their love for music turned into love for each other and they now play as husband and wife.

The wedding in August was a wonderful blend of family and friends with Ashley's older sister, Niki, as Maid of Honor; Sam's older brother, Matt, as Best Man and with Sam's father David, Pastor of the Church, presiding over the ceremony. The reception was held at Halifax Plantation where Sam worked for five years, and the couple honeymooned in Sam's hometown of Boone, N.C.

Ashley's family has been in Flagler County for many generations as landowners and farmers, growing potatoes for most of the time, but over the past ten years evolving into a sod farm to keep pace with the rapidly developing area and the many new families building homes. Amongst those newcomers was the Vannoy family who, thirteen years ago, moved from the mountains of North Carolina and who have spent most of that time serving at the Community Baptist Church.

Ashley and Sam are both graduates of Palm Coast High School. Ashley is following a degree course in drafting and design technology at Daytona Beach Community College and Sam has an AA in Business Management, an AAS in Golf Course Operations, and owns the landscape construction company, Touch of Paradise Landscaping, Inc. ❖





**The GOLDSMITH**  
YOUR DIAMOND STORE

We are a full service jeweler specializing in custom made jewelry.

Three Jewelers on Staff Providing:  
• On-site Expert Repair • Appraisals by Appointment

Celebrating Our **15th** Year in Palm Coast!

MEMBER  
**JEWELERS OF AMERICA, INC.**

MASTER **IJO** JEWELER

**446-4661**

*Palm Coast's Premier Jeweler!*

**The Shops at Palm Harbor**  
25-9 Palm Harbor Village Way • Palm Coast, FL 32137 • Fax: 446-4680

# Palm Coast Bible Church and Christian School

- Blended Worship at 9:00 & 10:45 AM
- Relevant Teaching for Today
- Grace-Filled, Friendly Atmosphere
- Welcoming People of all Backgrounds
- Christian School Enrolling Grades K4-8
- A Beka Curriculum, Small Classes
- Experienced, Caring Faculty and Staff



... a safe place for new beginnings

94 Whiteview Pkwy  
Palm Coast, Florida 32164

Church Tel: 386 446-1397  
School Tel: 386 445-6339  
We are the Christian & Missionary Alliance



...always a good time...

## BOURBON ST BAR & GRILL

\* NOW OPEN FOR LUNCH \*

**FINE  
DINING**  
Mon-Sat  
11am-Closing  
Sun  
4pm-Closing

**LIVE  
MUSIC**  
Thu-Sat  
8pm-Closing

**HAPPY  
HOUR**  
Mon-Fri  
4pm-7pm

RESERVATIONS RECOMMENDED

5 UTILITY DRIVE  
PALM COAST • FL • 447-3026

# Tangles

STUDIO SALON



PAUL MITCHELL

**\$69** color haircut  
and blowdry  
Regularly \$78

386.445.1044  
10 cypress pkwy, ste103, palm coast

[www.palmcoastlinks.com/tangles](http://www.palmcoastlinks.com/tangles)



386.439.3777

Award Winning - Designer/Goldsmith  
Jewelry repair, remount, & manufacturing



101 Flagler Plaza Drive - Palm Coast, FL 32137 (Winn-Dixie Shopping Center at I-95 & SR 100)



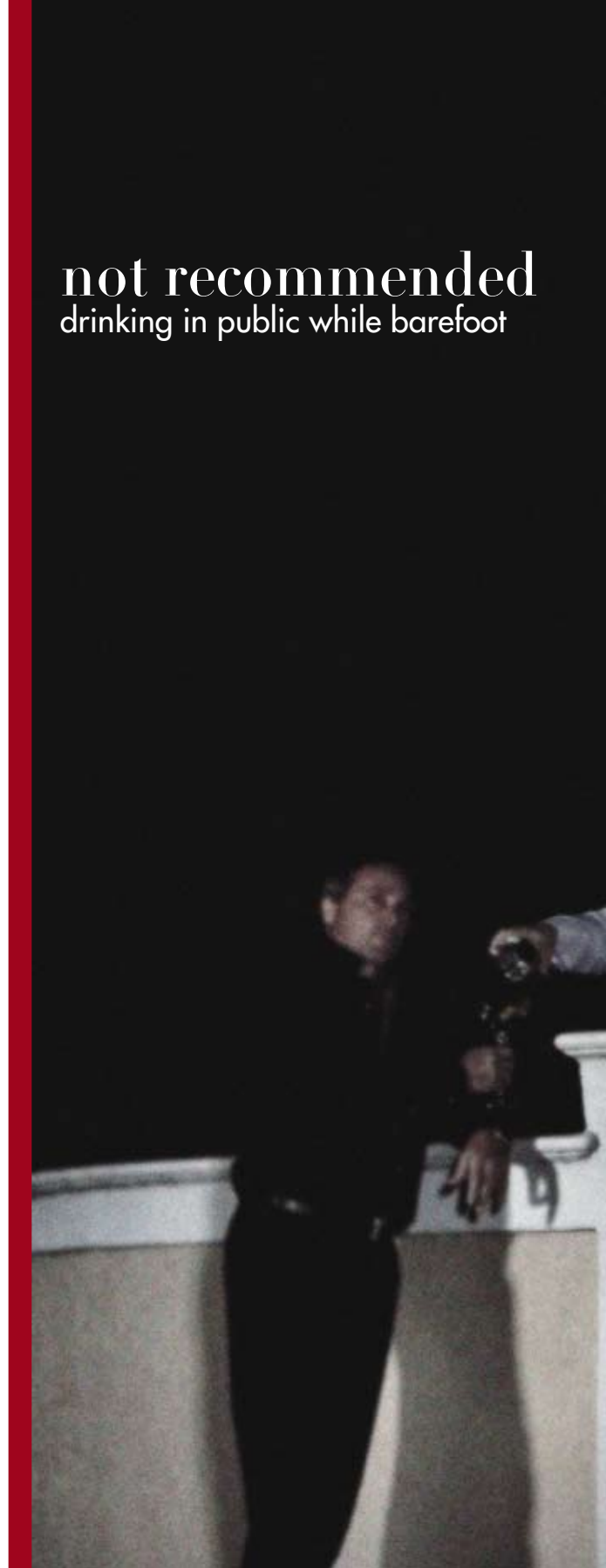
Greg Lynn Jewelers, Inc.  
Fine Jewelry Design

not recommended  
drinking in public while barefoot

model.... DANI  
hairstylist.... CATHY POPI, Allure European Day Spa  
bartender.... PAUL HARTMAN  
photography.... JON HARDISON

## RECOMMENDED

- JEWEL TOP.....** \$25 at JoJo's Boutique, Shops at Palm Harbor
- BEADED JEANS.....** \$33 at JoJo's Boutique, Shops at Palm Harbor
- SATIN STILETTOS.....** \$30 at JoJo's Boutique, Shops at Palm Harbor
- PENDANT.....** \$25 at Chez Jacqueline, Shops at Palm Harbor
- SILVER OMEGA NECKLACE.....** \$70 at Chez Jacqueline, Shops at Palm Harbor
- ECLIPSE EARRINGS.....** \$45 at Chez Jacqueline, Shops at Palm Harbor
- MARTINI GLASS.....** \$20 at Chez Jacqueline, Shops at Palm Harbor
- CELLPHONE HOLDER.....** \$14 at Chez Jacqueline, Shops at Palm Harbor
- PALM COAST SIGN.....** \$65,050 at the corner of Old Kings & PC PKWY



SHOP PC







not recommended  
rock climbing in Versace and heels





models.... EMILY GRADY & VALEEN ARENA  
hairstylist.... CATHY POPI, Allure European Day Spa  
photography.... JON HARDISON

## RECOMMENDED

### **VERSACE CLASSIC PANTS**

\$126 at Le Caprice, Palm Harbor Shopping Plaza

### **NILA NILA SHOES**

\$73 at Le Caprice, Palm Harbor Shopping Plaza

### **MOTHER OF PEARL PURSE**

\$55 at Chez Jacqueline, Shops at Palm Harbor

### **MULTI-SAPPHIRE BRACELET** \$4760 at Greg Lynn Jewelers

Diamonds (7) .37 ct tw, Sapphires (4) 4.1 ct tw ~ Designed by Greg Lynn

### **GF FERRE DRESS**

\$266 at Le Caprice, Palm Harbor Shopping Plaza



**not recommended**  
hiring a biker as your chauffeur



model.... EMILY GRADY  
hairstylist.... CATHY POPI, Allure European Day Spa  
chauffeur.... ROBERT MURPHY  
photography.... JON HARDISON



## RECOMMENDED

**ALBERTA FERRETTI SKIRT & TOP** ..... \$168 at Le Caprice, Palm Harbor Plaza

**SWAROVSKI CRYSTAL SHADES** ..... \$185 at Chez Jacqueline, Shops at Palm Harbor

**DIAMOND & PINK TOURMALINE RING**..... \$1585 at Greg Lynn Jewelers

Diamond: .33ct tw., Pink Tourmaline: 1.83ct tw ~ Designed by Greg Lynn

**DIAMOND & PINK TOURMALINE NECKLACE**..... \$1200 at Greg Lynn Jewelers

Diamond: .20 ct tw, Pink Tourmaline: 3.40 ct tw

**DIAMOND & PINK TOURMALINE EARRINGS**..... \$875 at Greg Lynn Jewelers

Diamond: .06 ct tw, Pink Tourmaline: 1.43 ct tw ~ Designed by Greg Lynn



not recommended  
runway modeling on a real runway





models.... VALEEN ARENA  
 hairstylist.... CATHY POPI, Allure European Day Spa  
 photography.... JON HARDISON

## RECOMMENDED

### MOSCHINO DRESS

\$315 at Le Caprice, Palm Harbor Shopping Plaza

### GOLD EVENING PURSE

\$45 at Chez Jacqueline, Shops at Palm Harbor

### PRINCESS CUT DIAMOND EARRINGS

\$545 at Greg Lynn Jewelers, Diamonds: 50 ct tw.

### DIAMOND SCULPTED BANGLE

\$2000 at Greg Lynn Jewelers, Diamonds: .59 ct tw.



## "Le Caprice"

Fine European Boutique



Life is fun,  
**dress the part.**



*Authentic European clothing and accessories right here in Palm Coast. From practical business attire to that elusive little black dress, Le Caprice has sophisticated looks for any occasion. Our stock is updated monthly to bring you the latest fashions. Everything in the store is made in Europe.*

*New Arrivals!*

120 Palm Harbor Plaza • Palm Coast • Tel: 386.447.1964

## Hammock Wine & Cheese Shoppe

Now Open!  
 Furniture, Art & Tasting Salon



- Over 500 Fine Wines,
- 100 European cheeses
- International Beers
- Gourmet Foods
- Fine Cigars
- Custom Gift Baskets
- Home Furnishings
- Wine by the glass

*Your Destination on  
 the Scenic A1A*

5368 N. Oceanshore Blvd  
 The Hammock, 32137 (Opposite Publix)  
 Telephone: 386.445.3357 Hours: 11am-6pm



# Sanctuary Island



35 Sabal Bend - 17,500 sqft  
The lowest priced lot on Sanctuary Island! A fantastic place to build a beautiful home! Priced to sell... \$172,900



31 Sabal Bend - 17,500 sqft  
This beautiful spot has mature oaks and direct access to Sanctuary's inland walkway. Hurry! This will sell fast. \$199,900



1 Sabal Bend - 18,938 sqft  
Cleared and ready to build, this large lot has direct access to Sanctuary's inland walkway, and is ready to build \$265,000



26 N Old Oak Drive  
20,039 sqft & 100' of water frontage! No building deadlines, mature oaks... This one has it all! Call today for details. \$550,000



70 Old Oak Drive  
30,600 sqft & 100' on the Intercoastal Waterway! One of the best lots on the island, and a steal at this price! Call today for details. \$774,900

## Commercial Space Available for Lease - Old Kings Rd. South



1,232 sq ft Space, Between Allure European Day Spa, and Gianna's. Prime retail location! Consists of large retail area, office, warehouse and handicap bth. Lease \$2,157 a month included CAM and Florida sales tax. Flexible terms...



Call for Details!

## City Place at Town Center



SORRENTO



SIENNA

### Announcing City Place

The first of a limited series of buildings to grace the heart of Palm Coast's Town Center. Offering private residences as well as office, retail, and restaurant space. For more information & floor plans, visit us on the web, or call us today!

**PalmCoast**  
MARKETING OF NY, INC.  
386-517-6767

Now Accepting  
Reservations

ALEX SAMURIN  
BROKER

210 OLD KINGS RD. S. • SUITE 600 • FLAGLER BEACH • 32136

www.palmcoastm.com • palmcoastm@aol.com



**PALM COAST  
MARKETING**  
RESIDENTIAL & COMMERCIAL  
REAL ESTATE, MANAGEMENT,  
CONSTRUCTION &  
DEVELOPMENT SERVICES

600



# Palm Industrial Park *Zoned Light Industrial*



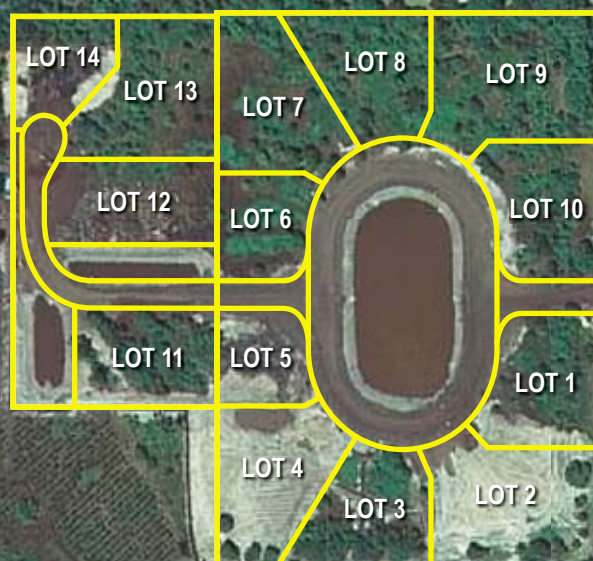
Lot 2 1.65 acres--- under construction 21,000 sq ft office/warehouse /factory  
 14 units. 5 sold, 9 available. 1,486 sq ft interior and 1,537 corners. All concrete block and metal construction. 20 feet ceiling height. All units equipped with commercial fan, bathroom, drinking fountain and 12 x 12 roll up door, 2 hour fire separation wall, phase 3 electrical available. Estimated construction ends dec 2006. Sale starts @ \$110 per sq ft. Lease from \$ 10 sq ft a year. Bulk sale discount available. Zoning permit up to 200 sq ft office space in each unit.

Lot 9 1.65 acres – will build to suit 21,000 sq ft office/ warehouse Up to 14 Units .Approximately @1,500 sq ft each. Lot cleared. Sale price starts @ \$120 per sq ft. 20 feet ceiling height, 12x12 roll up doors, fans, bathrooms, drinking fountains. 37 regular parking spots and up to 8 extra long for trucks. phase 3 electrical available

Lot 3 1.28 acres--Will build to suit 15,750 sq ft 70 X 225.fenced, Up to 10 units. 20 feet ceiling height 12 x 12 roll up doors, bathrooms, drinking fountain, fans 18 regular parking lots and up to 4 extra long for trucks. Phase 3 electrical available Sale or lease.

Lot 12. 1.04 acres—will build to suit 12,840 sq ft office/warehouse /factory  
 214 x 60 .20 feet ceiling height. Up to 10 units, 40 Parking spots and up to 2 extra long for trucks. 10 x 12 roll up doors, bathrooms, drinking fountain, fans, phase 3 electrical available Sale or lease.

Lot 14 0.78 acres --- Will build to suit 9,780 sq ft office/warehouse/factory  
 163 x 60. 20 feet ceiling hights. Up to 7 units .18 parking spots and 2 extra long for trucks. 12 x 12 roll up doors, bathrooms, fans, drinking fountains, phase 3 electrical available. Sale or lease.



## Lots for Sale

Lot 13	1.2 Acres all utilities/storm wtr. system in place	\$269,900
Lot 7	1.5 Acres.....	\$299,900
Lot 8	1.3 Acres.....	\$274,900
Lot 10	1.12 Acres.....	\$255,900

Owner financing available for qualify buyers.

[www.palmcoastm.com](http://www.palmcoastm.com)

# TAKE A BREATHER FROM HOLIDAY STRESS

BY: BARBARA SALTER NELSON

The holidays are here. So much to do—so little time. Lines are getting longer and tempers are growing shorter. It's no wonder that for so many people, what is supposed to be a feeling of joyous holiday cheer is often replaced by

occurs that prepare us to deal with whatever it is that's causing the stress. This is what's known as the "fight or flight" response. Once triggered, it gets your body ready to attack the situation or get the heck out of the way. The heart rate and respiration increases. The

and you can feel your body returning to its previous state. The stress reaction helped prepare you to deal with the situation.

But, unrelieved stress can be damaging. For example, let's say that once you realized that you weren't going to crash into that car, you got really angry. How dare that idiot drive like that? Didn't even see you! Probably yabbering on the cell phone and paying absolutely no attention to the road. Selfish, inconsiderate nincompoop! Even though it's over, your mind won't let it go. You replay the scene over and over and over in your head. Now, the threat of danger is gone but you've got a killer headache. Or maybe your stomach hurts. You can feel the tension in your neck and other muscles. There it is—the stress reaction. Only this time, it's not helpful at all—but as long as you keep replaying the scenario over and over in your head, the stress response keeps on going. It's like the Energizer bunny—you've got to turn it off.

Remember, the stress reaction is our response to a perceived threat. The operative word here is perceived. The threat may no longer be looming, but if we don't let it go, the physical reaction continues—in perpetual readiness for fight or flight.

About 70 years ago, Hungarian-born Hans Selye, who is known as the father of stress management, discovered that the body goes through three stages of coping with stress. First there is the alarm reaction, in which the body prepares itself for fight or flight. This is that first high-powered surge. It's not possible to sustain this condition of readiness over time, however. It takes a lot of energy to activate the body's protective resources. Therefore, if the stress is not relieved, the body enters a second stage—one of coping as best as it can in the face of continued stress. Finally, if the duration of the stress is sufficiently long, the body eventually enters a stage of exhaustion, a sort of breaking down due to the wear and tear on the system. There are tons of documented research studies proving that unrelieved stress can cause a variety of conditions ranging from tension headaches, high blood pressure and upset stomachs to ulcers, heart attacks, strokes, and even death.



stress, tension and anxiety. This year, why not give yourself a special gift that will not only get you through the holidays but through the new year with less stress and more energy than you've experienced in a long, long time. Maybe you can't single-handedly bring about peace on earth, but you can bring peace to yourself. Take a deep breath and read on.

Our reaction to stress is an important part of survival. It's the way our bodies prepare to respond to any perceived threat. During times without stress, our bodies function normally. But once a source of stress is introduced, a series of physiological events

muscles tighten up. The senses are heightened. A host of hormones are discharged. These are just some of the ways our bodies give us that extra boost to handle stressful events.

Picture this scene. You're driving along Palm Coast Parkway on your way to do a little holiday shopping. Suddenly, out of nowhere, a car swerves from the lane next to you and cuts you off—way too close for comfort. Your heart begins to race; your muscles tense; you grip the steering wheel tighter; focus intently on the situation in front of you; and prepare to slam on the brakes. As soon as the situation is under control, the tension eases

This is where relaxation comes in. When our bodies achieve a state of relaxation, the stress reaction is stopped. Just as certain things automatically happen to our bodies when we're stressed out or tense, certain other things occur when we relax. As with the stress reaction, it starts with our brain sending a message to the muscles to relax. Relaxation stops the stress reaction and we're able to recharge our mind and body—giving us more energy and a calmer emotional state. When we relax, tension and anxiety are replaced by a feeling of well-being.

Achieving a conscious state of relaxation is different than sitting and reading a book, watching television, or even sleeping. During these activities, the brain is still in the "on" position. True relaxation involves turning the brain off and stopping the mental chatter and accompanying tension. There are many ways to achieve a state of relaxation—practicing meditation, structured progressive relaxation exercises, sitting on the beach and staring at the water—to name a few.

I know! I know. I can hear you now: BUT I DON'T HAVE TIME! WHAT PART OF HOLIDAY STRESS DON'T YOU UNDERSTAND??? ARRGGGHHH!!

Good point. Obviously, practicing some sort of focused relaxation program on a regular basis will pay huge dividends in the long run. However, freeing your mind and stopping the internal chaos—even for just a few minutes—has been proven to stop the stress reaction and make a big difference in how you feel. It's as simple as remembering to breathe!

Go ahead and try it. Stay where you are and take a big, deep breath. OK. That's it. In fact, while you're at it, take another one. This time, inhale slowly through your mouth. Hold it for a few seconds, and then exhale. Blow the tension off. Once more and while you're exhaling this time, think of the word "calm." That's it. Take another deep breath. Hold it. Then slowly let it out. Try it again. Feel better? You probably do. By taking slow deep breaths and clearing the clutter from your mind, you're stopping the stress reaction and enabling your body to return to its normal state. One more time. That's good!


This is a quick fix and can be used anytime, anywhere. Try it when you're waiting on a seemingly never-ending check out line or stuck in bumper-to-bumper traffic. Use it whenever *continued on page 30*

pet services ☺ home sitting ☺ barkery

Heather Radloff (386) 931-5918

a little blue pill...  
**FOR YOUR BUSINESS**  
**ADlets**  
*...from \$80*  
**To Advertise, call 586.0404**



kevin cardillo photography 

386 • 793 • 9928

ON LOCATION • IN HOME  
 custom sessions designed just for you


www.kevincardillophotography.com



kevin cardillo photography

Casual  
 Family  
 Maternity  
 Senior & Teen  
 Swimwear  
 Glamour  
 Automotive

For a limited time:  
 Receive one  
**FREE 8x10**  
 with any shoot.



*Atlas*  
 BEHAVIORAL HEALTH, PA  
 MEDICATIONS & PSYCHOTHERAPY  
 Children & Adults

Don't let the weight  
 of the world fall on your shoulders...  
**LET US HELP YOU!**

KATHLEEN VACHELLI, MS, ARNP  
 Board Certified

PAULA STOWELL, MS, ARNP  
 Board Certified

In consultation with Eneida Gomez, M.D.

TEL: 386.446.5494 • FAX: 386.447.1357

4865 PALM COAST PKWY. NW  
 SUITE #4, PALM COAST, FLORIDA 32137



# WAR OF THE MOLES

Editors Note: In response to the “Grow Native” article in last month’s issue, we received a plea for help conquering moles from one of our readers. This appears to be a fairly common problem for Palm Coast gardeners, so we asked the University of Florida Flagler County Extension Service for assistance.

“Dear Palm Coast LIFESTYLES,

Please help!! My small back yard is invaded with moles. Ground looks like a

war zone. Next-door neighbors are having extensive garden work done including a fence. All the moles and little red snakes with yellow bands that did not like the disturbance moved to my yard.

I went to Home Depot and asked what they could recommend. One sales lady said, “Move your house.”

Please help! There must be something we can do?

Beatrice Ararat”

Dear Beatrice,  
It’s not easy to get rid of moles. I have the same problem in my own yard! They feed on ground insects like grubs and earthworms. There is no effective way to rid the yard of their food source, so the best option is to remove the nuisance or learn to live with them.

The only effective method of getting rid of them is to set traps within the active tunnel(s). There are harpoon traps that can be purchased at any local hardware store or garden center. The other method of trapping is placing a 2-liter soda bottle with the top cut off at the bottom of an active tunnel. Cover the area so no light gets in, and as they move through the tunnel, they’ll fall in the bottle. The trapped moles in the bottles can be relocated elsewhere; the ones in the harpoon trap will be dead.

Regarding the snakes, they are probably king snakes, which are harmless and beneficial. They eat mice, small rats



## VIRTUAL TOURS

**REALTORS & SELLERS:** SELL YOUR PROPERTIES **FASTER** AND **CLOSER TO ASKING PRICE!**



**CALL TODAY**  
TO BOOK YOUR FEATURE RICH VIRTUAL TOUR.

**SEASIDE VIRTUAL TOURS**

**904-688-0372**

SALES@SEASIDEVIRTUALTOURS.COM

WWW.SEASIDEVIRTUALTOURS.COM

**See the difference quality eye care can make.**




**Tomoka Eye Associates**

**Proudly Serving Volusia & Flagler Counties Since 1972**

**Complete Eye Exams ~ No-Stitch Cataract Surgery  
Laser Surgery ~ Eyelid Surgery ~ Glaucoma Specialists  
Medicare Assignment Accepted**

**Three Convenient Locations in Volusia & Flagler**

<p><b>Board Certified Physicians</b></p> <p>Joseph France, M.D. Mark Kennedy, M.D. Michael Makowski, M.D. Alan Spertus, M.D. Richard TenHulzen, M.D.</p>	<p><b>Palm Coast - (386) 586-3711</b> 61 Memorial Medical Parkway, Suite 2801 <i>Located in Florida Hospital - Flagler</i></p> <p><b>Ormond Beach - (386) 672-4244</b> 345 Clyde Morris Blvd., Suite 330 4th Bldg. South of Hand Ave. on Clyde Morris</p> <p><b>Port Orange - (386) 767-0053</b> 790 Dunlawton Avenue, Suite A <i>Located in the Port Orange Medical Center</i></p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

 **Complete Optical Shop In Each Location!**

and insects, as well as lizards and frogs. So leave them alone. If they are getting into your house, make sure any small openings are closed off, sealed or screened so they can't get in. Otherwise, they'll just slither away from you when they sense you nearby. So when you go outside, make some noise with a stick and that will scare them off.

Hope this is helpful. ❖

Ruth A. Micieli  
Horticulture Program Assistant, II  
Master Gardener Coordinator  
Flagler County Extension Service

To learn more about moles or for other gardening information, you can reach the Flagler County Extension Service at 437-7464 or visit their website at <http://www.flaglercounty.org/departments/extension/extension.htm>

LICENSED INSURED  
**Phoenix Enterprises**  
of Flagler Inc.  
**Landscape Maintenance Division**  
Lic # 2007004677

for prompt, reliable service...  
Call **Scott Baron**  
at (386) 597-6447, or (386) 931-5595



*We'll match or beat any price on:*  
Lawn Care • Edging • Weed Removal  
Shrub Trimming • Weekly Cuts  
Bi-Weekly Cuts • One-Time Cuts



**Integrity**  
**PRESSURE CLEANING PLUS LLC**

Full Service Commercial & Residential  
Hot & Cold Water Pressure Cleaning

**386-986-0797**  
Houses • Driveways  
Parking Lots • Car & Truck Fleets  
License # 2007004416 Insured

**www.scottwash.com**




PALM COAST  
**LIFESTYLES**  
MAGAZINE

**respected.**

Over  
**75,000** devoted  
local readers  
can't be wrong.

**To Advertise call: 386.586.0404**



**THE DoorStore INC**  
Decorative Door & Glass

**WHY BUY A NEW DOOR?**

YOUR DOOR	OUR GLASS	ONE HOUR
 Steel doors Fiberglass doors	 Triple-paned Safety-glass	 Amazing Value!

**WHAT A DIFFERENCE!**  
The Door Store can easily convert your existing door with decorative glass. Choose from leaded, beveled, mini-blinds, and even hurricane doors.

from **\$198-\$1299**

**\$25 OFF** with this ad  
LIMITED OFFER.

*Hundreds of styles to choose from*

VISIT YOUR SHOWROOM TODAY. MON-FRI: 10-6 & SAT: 10-2

<b>PALM COAST</b> 1499 Palm Coast Parkway Palm Coast, Florida 32137 386.446.4050	<b>ORMOND BEACH</b> 1451 US Hwy 1 Ormond Beach, Florida 32174 386.671.1196 (Closed Saturday)	<b>PORT ORANGE</b> 4649 Clyde Morris Blvd Port Orange, Florida 32129 386.761.2220
-------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------

Family Owned & Operated

# Dempsey's

QUALITY IMPROVEMENTS, INC.

## CUSTOM PAINTING

\* FREE ESTIMATES \*  
LICENSED & INSURED



**MOST 1 STORY**  
PALM COAST HOMES from  
**\$995** Exterior  
8 ft. walls (max 12 ft. foyer)  
Under 1800 sq. ft.  
Includes: Powerwashing & 1  
coat premium paint on walls,  
trim, & doors (painted soffit &  
fascia from \$250)  
\*Restrictions apply. Call for details.

*Flagler's Painter Since 1993*

COMMERCIAL & RESIDENTIAL  
INTERIOR / EXTERIOR • FAUX PAINTING

**CALL DAN DEMPSEY**  
OFFICE: 386-586-6794  
MOBILE: 386-451-5471

*"We make your gifts easy!"  
We design your desires.*

Thanksgiving Day November 23<sup>rd</sup>  
St. Nicholas Day December 6<sup>th</sup>





**CANDY BOUQUET**  
A DELICIOUS ALTERNATIVE TO FLOWERS

**Candy Bouquets**  
Gourmet Chocolates • Specialty Gifts

300 Palm Coast Pkwy SW • Palm Coast  
In St. Joe Plaza  
Telephone: 386-446-1337  
Visit the Candy Bouquet Franchise nearest you.

### Take a Breather from Holiday Stress

Continued from page 27

you're beginning to feel overwhelmed by the thought of the holidays. Do it whenever you begin to feel tense or anxious. You don't even have to close your eyes. Take four or five slow, deep breaths and with each breath, let the tension flow out of your body. You'll be amazed at how much better you feel.

It's that simple. By consciously inducing the relaxation response, you're stopping the stress reaction and allowing your body to repair itself. And each time you do it,

you're training your mind and body to relax. It will become easier each time.

One of my favorite birthday cards has a picture of an old bearded guy sitting on top of a mountain on the cover. The text says: "Open here for the secret to living a long life." Inside it reads: "Keep breathing as long as you can." Funny, but true! And now that you know the secret, take another slow, deep breath—and have a happier, more relaxed holiday season. ❖

## THE PRESIDENT'S OWN MARINE BAND



**On** Oct. 19<sup>th</sup>, residents of Flagler County were privileged to attend an extraordinary performance: The Presidents Own Marine Band. There were many veterans in the audience for whom the performance was about much more than just music, and to our surprise, there were quite a few youngsters in attendance as well. The mix of old patriotic marches and Rhapsody in Blue and songs

from The Westside Story truly captivated the audience, and we hope this amazing band stops off in Flagler next year. In the meantime, November is a big month for the Marine Corps. They are celebrating their 231st birthday on the 10th, and November 13th will mark the opening of the National Marine Corps Museum in Virginia. Here is to hoping that today's kids will not forget these brave men and women.



## PALM COAST LIFESTYLES'

# LOCAL CALENDAR OF EVENTS

### ART & CRAFT

#### Sunday Afternoon With The Artists

Nov 11 - Dec 2 • Palm Coast

Flagler County Art League's fine-arts show featuring art by more than 40 artists, as well as local students, 10 a.m.-4 p.m. weekends. Matanzas High School. For more information call (386) 206-9545

#### Resonating Lights

Thru Dec 10 • Daytona Beach

In her exuberant, explosive pictures, Lois Greenfield captures in an image, not just the lithe and acrobatic forms of dancers performing their art, but the purity and exhilaration of movement itself. Dancers in her breathtaking pictures seem like a species apart Southeast Museum of Photography, DBCC Building 100, B7 (386) 506-3165.

#### On the Beach

Thru Jan 27 • Daytona Beach

The real life characters photographed by Doug McCulloh and Jacques Garnier reveal the rich diversity and color of the beach as a social and cultural pageant. Overscaled color portraits features images made over the last 2 years on Florida's beaches combined with a companion

series made on beaches in California. Opening reception Nov 15. Southeast Museum of Photography, DBCC Building 100, B7 (386) 506-3165.

#### Fall Festival of the Arts

Nov 18-19 • Deland  
juried fine-arts show, student art competitions, main-stage performances on Indiana Avenue, as well as street entertainers throughout the downtown area. For more information call (386) 738-5705

#### Dan Gunderson: Time in Space

Thru Nov 19 • Deland  
a retrospective exhibit of installations and other work by a giant in the region's art world. Deland Museum of Art, 600 N. Woodland Blvd., DeLand (386) 734-4371.

### FILM & LECTURE

#### Howard Thurman Lecture

Nov 15 • Deland  
Taylor Branch, journalist and Pulitzer Prize-winning author, 7 pm. Free. Carlton Union Building, Stetson University, DeLand (386) 822-8930.

### MISC EVENTS

#### Jewish Medal of Honor

Thru Nov • Palm Coast  
The Friends of the Library of Flagler County will be displaying an exhibit of

Jewish Medal of Honor recipients. The display highlights the valor of the 16 Jewish men who have this award of supreme sacrifice. Palm Coast Public Library.

#### Audubon Bird Walk

Nov 18 • Flagler County  
Flagler Audubon Society informal Morning Bird Walk at Matanzas Inlet. Meet at the parking lot west of A1A at 8:00 a.m. allow 2 hours. For more information call 386-446-1906

#### The American Queen Pageant

Nov 26 • Palm Coast  
Center Stage in The Piazza at the European Village Resort, starting at 2:00 p.m. Local title holders from all over the state of Florida will compete on stage for the Florida State Titles. Six Florida State Title Holders will be crowned and will represent Florida at the Fifth Annual National American Queen Pageant in August of 07. For more information on how to participate: [www.americanqueenpageant.net](http://www.americanqueenpageant.net)

#### Holiday Boat Parade

Dec 9 • Palm Coast  
This year's parade theme is "A Story Book Christmas" and there will be cash prizes for originality, use of theme and overall effect. The parade route: Cimmarron Basin to Intracoastal Waterway, North to Reviewing Stand at Bings Landing, Ending North of Washington Oaks Gardens State Park. To enter your decorated boat, call (386) 447-9947.

#### The Cracked Nut

Dec 16 • Palm Coast  
Auditorium fund raiser features a fun evening of total madness as Flagler residents, dance units, professional, non-professional, and hopeless acts all combine in a wonderful Fundraising event sure to please the entire family. Flagler Auditorium, Route 100, Palm Coast (386) 437-7547.

### MUSIC

#### Opera Films

Nov 13 • Palm Coast  
Palm Coast Opera Club presents "Happy Birthday Mozart," operatic excerpts presented by Susan Beier. 2-4pm, free. Palm Coast Public Library. For more information call (386) 445-2424

#### Paul Badura-Skoda

Nov 14 • Daytona Beach  
Austrian Pianist, deemed one of the most important of our time, performs Mozart. News-Journal Center, 221 N. Beach St., Daytona Beach (386) 252-6200. For more information call (386) 257-7790

#### Jacksonville Harmony Show

Nov 14 • Palm Coast  
Chorus performs vocal music in classical four-part harmony "barbershop" style. 7pm. \$15 donation. Palm Coast United Methodist Church, 6200 Belle Terre Ave. For more information call (386) 445-2098

#### Pink Floyd Experience

Nov 15 • Daytona Beach  
Touring Broadway Show Peabody Auditorium, 600 Auditorium Blvd., Daytona Beach For more information

# Flagler AUDITORIUM

CELEBRATING 15 YEARS  
OF PREMIER ENTERTAINMENT!

1. The President's Own - Thurs., 10/19/06  
United States Marine Band
2. Nut Cracker Ballet - Fri., 12/08/06 - Dance Alive Ballet
3. Christmas from Dublin - Tues., 12/12/06  
3 Irish Tenors, 3 Diva's & Orchestra
4. The Cracked Nut - Sat., 12/16/06 - Fundraiser
5. Saturday Night Reunion Tour - Fri., 1/05/07  
Joe Piscopo, Victoria Jackson & Fr. Guido Sarducci
6. Ethel Merman's Broadway - Fri., 1/12/07  
Starring Rifa Mckenzie
7. Las Vegas Tribute to Motown - Sat., 1/20/07  
Sounds of Diana Ross, The Supremes, The 4 Tops  
& The Temptations
8. Spencer's Theatre of Magic & Illusion - Fri., 1/26/07
9. DRUM - Monday, 1/29/07 - Electrifying Music,  
Rhythms and Dance
10. United States Air Force Reserve Concert Band  
Tues., 2/06/07
11. In The Mood - Fri., 2/09/07 - A 1940's musical revue
12. Urban Cowboy - Wed., 2/21/07 - Touring Broadway
13. Bowfire - Wed., 2/28/07 - Classical to Pop - 10 Violinists
14. Legends of Rock & Roll - Tues., 3/06/07  
Tribute to Buddy Holly, Roy Orbison, & Elvis Presley
15. Suzette Dorsey's Tina Turner Show - Sat., 3/17/07
16. Dublin's Irish Cabaret - Tues., 3/20/07
17. Fred Astaire Dance Studio - Fri., 3/23/07 - Vegas Headliners
18. Les Folies Russes - Sun., 3/25/07 - Direct from Moscow
19. Say Goodnight Gracie - Monday, 4/02/07
20. Kuniko Yamamoto -Thurs., 4/05/07 - Magical Mask Mime  
& Music of Japan
21. Auditorium Gala - Fri., 4/20/07 - Halifax Plantation
22. Beatlemania Now! - Sat., 4/21/07
23. Ball in the House - Tues., 5/01/07 - 5 Guys, 5 Voices,  
op/Rhythm & Blues
24. Jack Benny's Laughter in Bloom - Mon., 5/07/07

*Times and dates are subject to change without notice.  
More shows are likely to be added - No refunds or exchanges.*

**386.437.7547**

Toll Free **1.866.FLAGLER**

**www.flaglerauditorium.org**

3265 East Hwy 100, Palm Coast, FL

Sponsored in part by the State of Florida, Department of  
State, Division of Cultural Affairs, the Florida Arts Council  
and the National Endowment for the Arts



**WASHINGTON OAKS GARDENS STATE PARK** will waive the park entrance fee on December 8th and 9th between the hours of 5:00 pm and 9:00 pm for the 17th annual "Holiday in the Gardens" celebration. The public is invited to attend and tour the gardens along the candlelit pathways. The gardens will be decorated with festive plantings, holiday figurines, floating candles in the ponds and twinkling lights throughout the large oak trees. In lieu of regular park entrance fees donations of toys and non-perishable food items will be collected at the gate. The toys will be distributed by the Flagler County Marine Corp "Toys for Tots" program. The Church Women United Foundation will create food baskets with the food items and distribute to the less fortunate in Flagler County. Park visitors are encouraged to carpool and attendance is on a first come first served basis. Once the parking is full the park gates will be closed. Participants are encouraged to bring a flashlight and lawn chair. Event admission is one unwrapped toy per vehicle or one non-perishable food item per person. Activities will include Shirley Dunwoody providing holiday stories at the Visitors Center on both nights, and plenty of live entertainment on stage in the event field. Bring the family and plan on eating dinner at the park at one of the food vendor booths. The Friends of Washington Oaks will sell hot apple cider, hot beverages, and holiday sweets. Saturday night will feature a festive waterway treat with the Holiday Boat Parade visible from the park seawall beginning at 7:00 pm for the lighted decorated boats.



## BUTTERFLY HOUSE CONTEST

The City of Palm Coast Park Department is offering \$300.00 in prizes (provided by private donations) for the best three butterfly houses made by Palm Coast Residents. The winning houses will be installed on the 1/2 mile Butterfly Lane which is part of the Linear Park/St. Joe Trail. Flowering plants known to attract butterflies will also be installed around the winning houses. Contest details, sample building plans and sample designs are available at the Palm Coast Community Center. Contest ends Dec. 1st. Call 986-2323 for more information, or email: [jjackson@ci.palm-coast.fl.us](mailto:jjackson@ci.palm-coast.fl.us)



call (386) 671-3460

### Adam Golka, Piano

Nov 15 • Daytona Beach  
3 years ago this 19 year old artist won the gold medal at the Shanghai International Piano Competition. This free concert shows his passion and talent. 7:00 pm. Westminster-by-the-Sea Church, 3223 S. Peninsula Drive, Daytona Beach Shores. For more information call (386) 257-7790

### Jacksonville Symphony

Nov 16 - 18 • Jacksonville  
Mendelssohn's ELIJAH with Jacksonville symphony Chorus. 7:30 pm. Times Union Center, 300 West Water St. Jacksonville (904) 354-5479.

### Orquestre de Sao Paolo

Nov 17 • Daytona Beach  
John Neschling, Conductor, with Antonio Meneses, Cello. 8 pm. Tickets from \$32. Peabody Auditorium, 600 Auditorium Blvd., Daytona Beach For more information call (386) 253-2901

### "Christmas Tide"

Nov 24 & 26 • Palm Coast  
CHORAL ARTS SOCIETY, seasonal concert with chorus and orchestra. Nov. 24 - 8PM, Nov. 26 - 3PM St. Thomas Episcopal Church, 5400 BelleTerre Parkway, Palm Coast. For more information call (386) 445-2098

### Nutcracker Ballet

Dec 8 • Palm Coast  
Dance Alive National Ballet lives up to its name with swirling snowflakes, toy soldiers, the beautiful Sugar Plum Fairy, Clara and her

Nutcracker Prince make this the most famous ballet of all time. Flagler Auditorium, Route 100, Palm Coast (386) 437-7547.

### Cantus "An American Christmas"

Dec 8 • Daytona Beach  
The male a capella group "Cantus" offers a repertoire covering many genres from Gregorian chant to contemporary works. 7:30pm News-Journal Center, 221 N. Beach St., Daytona Beach (386) 252-6200. For more information call (386) 257-7790

### Opera Films

Dec 8 • Palm Coast  
Palm Coast Opera Club presents "The Magic Flute," presented by Stan Buchholtz, 2-4pm, free. Palm Coast Public Library. For more information call (386) 445-2424

### Christmas Concert

Dec 10 • Palm Coast  
The music organizations of Palm Coast United Methodist Church present a concert filled with music of the season. Featured are the Youth Choir, Chancel Choir, Jubilante Singers, Praise Team, and Hand Bell Choir. 4pm. Freewill offering. 6200 Belle Terre Ave. For more information call (386) 445-2098

### Christmas from Dublin

Dec 12 • Palm Coast  
Joining The Three Irish Tenors will be an ensemble of musicians as well as special guests; The Irish Divas: Jacqueline Whelan, Danna Davis and Ellen McElroy. Celebrate the holidays with a genuine Irish Christmas!

Flagler Auditorium, Route 100, Palm Coast (386) 437-7547.

### Preservation Hall Jazz Band

Dec 15 • Daytona Beach  
Christmas Concert adds a bit of creole to Christmas. 7:30pm. \$42,\$30. News-Journal Center, 221 N. Beach St., Daytona Beach (386) 252-6200. For more information call (386) 257-7790

### Nutcracker

Dec 29 - 30 • Daytona Beach  
Moscow Ballet in the classical Nutcracker by Tchaikovsky. News-Journal Center, 221 N. Beach St., Daytona Beach (386) 252-6200.

### Gaelic Storm

Jan 19 • Daytona Beach  
The Irish Band from "Titanic" is famous for stunning music and energetic performances. Ormond Beach Performing Arts Center, 399 N. U.S. 1, Ormond Beach (386) 676-3375.

### Million Dollar Quartet

Nov 9 - Dec 4 • Daytona Beach  
Seaside Music Theater performance based on a legendary 1956 jam session with Elvis, Jerry Lee Lewis, Carl Perkins and Johnny Cash News-Journal Center, 221 N. Beach St., Daytona Beach (386) 252-6200.

### Broadway Holiday Concert

Dec 3 • Daytona Beach  
presented by Seaside Music Theater, 2:30pm. \$20. News-Journal Center, 221 N. Beach St., Daytona Beach (386) 252-6200.

### Saturday Night Reunion Tour

Jan 5 • Palm Coast  
Starring Joe Piscopo, Victoria Jackson & Father Guido Sarducci. They're like a huge breath of fresh air, and they are all together. Each doing their own act and coming together for some ad-lib comedy, make no mistake. These performers have grown from kids on "SNL" to seasoned entertainers in their own right and continue to "WOW" audiences all over the world. Flagler Auditorium, Route 100, Palm Coast (386) 437-7547.

### Operation Christmas Hope

St. Mark By The Sea  
Operation Christmas Hope aims to raise the awareness of our wounded and injured servicemen and women through a simulcast Christmas Eve Service that will be web cast over the Internet into expeditionary group Chapels in Iraq, Military Hospitals, Veteran's Homes, and to those who have returned home. The church is working to create partnerships with local youth and young musicians and local schools. If you are a youth, a musician, either vocal or instrumental, that would like to participate in this effort, please contact the church office at (386) 445-3420.

### Want to list a community event in PCL Magazine?

Send a short description of your event to: [events@palmcoast-lifestyles.com](mailto:events@palmcoast-lifestyles.com) along with your contact info.

To advertise your corporate or for-profit event, contact Palm Coast Lifestyles Magazine for rate information at 386.586.0404.

## NEW LASER

FOR FAST, ACCURATE, AESTHETIC APPLICATIONS

We are pleased to announce the introduction of the **SCITON PROFILE LASER SYSTEM** to our practice. This exciting new technology will enable us to offer several minimally invasive aesthetic treatments with fast recovery.

**TREATMENTS NOW AVAILABLE INCLUDE:**

**20% OFF**

ANY SERIES OF  
LASER TREATMENTS  
OFFER GOOD THROUGH  
NOV. & DEC., 2006

- HIGH-SPEED LASER HAIR REMOVAL
- PIGMENTED LESION TREATMENTS
- SKIN PEELS
- TELANGIECTASIA AND ROSACEA TREATMENTS
- REMOVAL OF WRINKLES
- NON-ABLATIVE THERAPY FOR FACIAL REJUVENATION
- VASCULAR LESION TREATMENTS
- LASER SCAR REVISION PERIORBITAL
- FACIAL AND LEG VEIN TREATMENTS
- PERIORAL WRINKLE TREATMENTS

*Complimentary Consult for Any Laser Treatment!*

**CALL 386-239-3600**

BOARD CERTIFIED ORAL / MAXILLOFACIAL & COSMETIC FACIAL SURGEONS: P.T. FLEUCHAU DDS, MSD, RET.

R.T. GAINES DDS, MS • J.O. AKERS DDS • C.J. SCHALIT DDS • S.D. LAWSON DDS, MD • V. BROUMAND DMD, MD

## BEAUTIFUL, HEALTHIER SKIN IS AS EASY AS ONE, TWO, THREE!!!

Once we reach the late 20's and early 30's our skin begins to lose its glow and the dull-lifeless look begins to drag us down. However, with our team of FOFSA skin-care specialists and our new laser technology, beautiful, healthier skin is only 3 STEPS AWAY!!!

1. **ANALYSIS:** Make an appointment with a certified skin-care specialist to have a skin analysis. Florida Oral & Facial Surgical Associates, (FOFSA) offers a complimentary skin analysis to all our patients. At this appointment your skin-care specialist will evaluate your skin's condition.

2. **TREATMENT:** Your skin-care professional will formulate a treatment plan to revitalize your skin resulting in a healthier, more youthful, vibrant look. Whether your concerns are wrinkles, sun damage, large pores or acne, we will prescribe a personalized treatment plan to obtain beautiful results.

*{Possible treatment plans: Facials that cleanse and restore the proper Ph to your skin, a series of microdermabrasion, a chemical peel or laser are only a few of the advanced techniques available at FOFSA. Your certified skin-care specialists will know what is right for you.}*

3. **MAINTENANCE:** Anti-aging Skincare Regimen. FOFSA's highly trained skin-care specialists will prescribe a customized anti-aging skin care regimen along with the 'education' as to the maintenance of keeping optimal results.

*Look Your Very Best This Holiday Season!*

**CALL 386.239.3600** TODAY FOR YOUR COMPLIMENTARY SKIN ANALYSIS. MENTION THIS AD & RECEIVE A FREE FACIAL CLEANSER AT YOUR APPOINTMENT TIME.

FLORIDA

**ORAL  
FACIAL**  
SURGICAL ASSOCIATES

**PALM COAST LOCATION**  
9 Pine Cone Drive • Suite 101

**DAYTONA BEACH LOCATION**  
549 Health Boulevard

NO PAYMENTS & NO INTEREST FOR 12 MONTHS!



From our family to yours...  
**Christmas Comes Early**

**Sylvania 42" Plasma**



Plasma WVGA  
 ED Monitor

**\$999<sup>99</sup>**

CASH & CARRY

or 12 Month  
 LEASE PURCHASE  
**\$149<sup>99</sup>** + Tax Per Month  
**12 Months to Own**

**LG 42" HD LCD TV**



XD Engine, HDMI w/ HDCP  
 1600:1 Contrast Ratio

**\$1799<sup>99</sup>**

LEASE PURCHASE  
 \$41.99 Weekly  
 154.99 Monthly

**Catnapper Recliners Two Great Bedrooms**

**YOUR CHOICE  
 \$999<sup>99</sup>**

**Score or Grand Slam**

Leather Touch Sensate Heat  
 Massage

**YOUR CHOICE  
 \$399<sup>99</sup>**

CASH & CARRY

120 Days  
 Same as Cash LEASE PURCHASE  
 \$11.99 Weekly  
 \$42.99 Monthly



**One Great Price!**



**New York Maple Finish**



**Chicago Cherry Finish**

120 Days  
 Same as Cash  
 LEASE PURCHASE

You Get: Headboard, Dresser, Mirror, 2 Night Stands  
**AND** Queen Pillowtop Mattress, Box Spring & Frame

\$22.99 Weekly  
 \$83.99 Monthly



**\*SONY DVD**

**Dream Systems**

DAV-FX-500  
 1000WATT 5 Disc  
 DVD/CD/SA-CD Changer  
 HDMI Output



120 Days Same as Cash  
 LEASE PURCHASE

**YOUR CHOICE  
 \$499<sup>99</sup>**

CASH & CARRY

\$21.99 Weekly  
 \$79.99 Monthly



**OR**



**SONY DVD**

**Handy Cam**

Record directly to DVD! 20X  
 optical zoom, 80X Digital  
 Zoom. 2.5" LCD Screen.

**E MACHINES Personal Computer**  
 w/ 17" Flat Panel Monitor

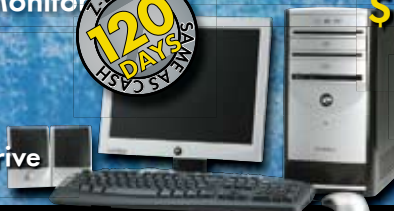
AMD 3300 Processor  
 512 MB RAM  
 100 GB Hard Drive  
 CDRW/DVD Combo Drive



**\$649<sup>99</sup>**

or  
**12 Months  
 to Own**  
 LEASE PURCHASE

\$26.99 Week  
 \$99.99 Month



**X-BOX Platinum 360**

Chrome Details,  
 2 wireless controllers,  
 20GB HD, **Choice of game**

**\$539<sup>99</sup>**

CASH & CARRY

or 8 Month  
 LEASE PURCHASE  
 \$21.99 Wk / \$88.99 Mth



WWW.ZBESTRENTAL.COM  
**NO CREDIT • NO PROBLEM**  
 PHONE IN YOUR ORDERS. **WE DELIVER!**

VISIT OUR SHOWROOM  
**4878 PALM COAST PKWY NW**  
 OR CALL: **386 447-6568**

Prices above do not include applicable taxes. Photos or Illustrated model(s) may vary. Please call for details.

**Designer Ornaments**



**40% OFF**

**Gifts for Her**

Jewelry  
Purses  
Hostess Gifts  
and more...



**Gifts for Him**

Cuff Links  
Pens  
Money Clips  
and more...



**Candles & Diffusers**

Pillars  
Tapers  
Votives



  
**Chez Jacqueline**  
*"rare gifts for fine homes"*

Shops at Palm Harbor  
25 - 3 Palm Harbor Village Way  
Telephone: 386.447.1650

**Bath & Beauty**

Lady Primrose  
Michel Design



**Holiday Special**  
**10% OFF**  
**PURCHASES OVER \$50**  
with this ad

Not valid with any other offer.



PRESORTED  
STANDARD  
U.S. POSTAGE  
PAID  
PALM COAST, FL  
PERMIT # 71

CURRENT RESIDENT

PALM COAST  
**LIFESTYLES**  
MAGAZINE

P.O. BOX 350390  
PALM COAST, FL 32135-0390  
TELEPHONE: 386.586.0404