



City of PALM COAST

Administration Department
Office of the City Manager

160 Lake Avenue
Palm Coast, FL 32164
386-986-3710

Memorandum

To: The Honorable Mayor and City Council
From: Jim Landon, City Manager
Date: August 25, 2016
Re: Week-In-Review

*City Offices CLOSED Monday, September 5th
In Honor of Labor Day*

*City Council Budget Meeting
Wednesday, September 7, 5:05pm
City Hall – Community Wing*

*Movie in the Park
Friday, September 9, 7:50pm
Central Park in Town Center*



*Intracoastal Waterway Cleanup
Saturday, September 10, 8am
Palm Coast Community Center*



*Saturday, September 10 thru Sunday, September 18
Various Locations*

*Fallen Heroes Memorial Service
Sunday, September 11, 8am
Heroes Memorial Park*



please recycle

palmcoastgov.com

Award Winning Wastewater Treatment Plant

This week, the Wastewater Treatment received an award from the Florida *Water and Pollution Control Operators Association* for “Leadership, Promotion, Service and Performance rendered through an outstanding Safety Program for 2015”.



Next Week:

- *Tuesday, August 30th, City Council Workshop, 9am, City Hall – Community Wing, 160 Lake Avenue*

Attachments

- Administration & Economic Development Department Update
- BAC Update
- Information Technology Department Update
- Public Works Department Update
- Community Development Department Update
- Fire Department Update
- Parks & Recreation Department Update
- Event Calendar
- Utility Department Update
- News Releases Sent: Senior Games registration deadline is Sept. 1, September calendar of events, Internship Program expansion announced, Labor Day office closing and trash schedule, 9/11 Fallen Heroes ceremony



city of PALM COAST

Administration Department

160 Lake Avenue
Palm Coast, FL 32164
386-986-3710

Week In Review Friday, August 26, 2016

City Clerk

- Processed 13 public records requests.
- Processed 6 litigation documents.
- Prepared and processed 19 documents for recording.
- Prepared and posted 1 agenda to the Web.
- Processed 4 bonds.

Communications & Marketing

- Responded to various media requests
- Coordinated advertising
- News releases sent: Senior Games registration deadline is Sept. 1, September calendar of events, Internship Program expansion announced, Labor Day office closing and trash schedule, 9/11 Fallen Heroes ceremony
- Launched the customer survey kiosk in the City Hall lobby
- Designed cover for Quarterly Progress Reports
- Designed security camera signage
- Designed signage for survey kiosk
- Met with Birds of a Feather Fest team for 2017 planning
- Design in progress on 2016 Fall Program Guide
- Posted to Facebook, Twitter, Instagram
- Brand Plus:
 - The City of Palm Coast is now on Instagram. Follow us on Instagram at @discoverpalmcoast. There you'll find cool photos and videos like the one below...



please recycle

palmcoastgov.com



- Uploaded link to YouTube for the City Hall Grand Opening video: https://youtu.be/2g_qfi_CRRg
- Performed product auditions and testing of video applications for mobile platform video creation.
- Attended Communication and Marketing division meeting.
- Consolidated video-related production equipment for easier access storage.
- Initiated real time weather crawl for the Palm Coast Television playback screen.
- Initiated plans and preparations for Fall line-up of video activities and projects.
- Created PCTV bulletin board page promo for 911 ceremony.



Purchasing and Contracts Management

Purchasing & Bidding:

- ITB-CDBG-16-03 **Re-Bid** of 2 Homes Non-Mandatory **Pre-Bid**
- ITB-CD-CME-16-10 Southern Wellfield, Equip 5 Wells & Raw Water Main, Phase 2 **Bid Opening**
- ITB-PW-SD-16-07 Various Types of Pipe for Public Works Department **BID**
- ITB-CD-CME-16-17 BS 2 Surface Water Control Structure Rehabilitation **Qualification**
- ITB-CD-CME-16-18 Bridge 734064 Rehabilitation **Qualification**
- ITB-CD-CME-16-19 Pine lakes Parkway Gravity Wall Reinforcement **Qualification**

Contracts:

- Collective Bargaining Agreement Palm Coast Professional Firefighters IAFF Local 4807, FY 2015-16 to 2017-18, 08/19/16-09/30/18
- Collective Bargaining Agreement Northeast Florida Public Employees Local 630, FY 2015-16 to 2017-18, 08/19/16-09/30/18



The Palm Coast Business Assistance Center
Services Provided by the SBDC at UCF

Located at City Hall
160 Lake Avenue
Palm Coast, Florida 32164
(386) 986-2499
www.PalmCoastBAC.com

WEEK IN REVIEW AUGUST 22-26, 2016

HIGHLIGHTS

- Attended Florida ICSC Dealmaking Conference and met with brokers, developers, and retailer regarding the Palm Coast market.

BUSINESS CONSULTING

- This Week - 7 Consulting Sessions, 18 Consulting Hours
- Total for Month - 26 Consulting Sessions, 82 Consulting Hours

PALM COAST BAC IMPACT

- Economic Impact This Fiscal Year - \$2,324,000
- Economic Impact To Date - \$28 Million
- Return on Investment - \$86 per Tax Dollar Invested

NEW PALM COAST COMMERCIAL BUSINESSES

- Crossfit Hammock Beach – 250 Palm Coast Pkwy – Health Studio
- Dollar General Store – 20 Old Kings Rd N – Retail Sales
- Villariz Martial Arts – 515 Palm Coast Pkwy – Martial Arts School

NEW PALM COAST HOME BASED BUSINESSES

- Hope Home Services LLC – Unclassified Personal Service
- High & Dry Kayaks – Retail Sales
- John's Crystal Clear Pools – Pool Cleaning/No Repair
- Marty Saranas – Handyman Service
- World Music Inc – Retail Sales
- Larry Perry – Web Design
- Caterpillar Clubhouse – Daycare
- Landscape & Masonry of Flagler – Landscape Service
- G & G Quality Services Inc – Handyman Service
- Chester Beczak – Unclassified Personal Service
- Ray Broomfield – Handyman Service

- Mike Dolce Plumbing LLC – Plumbing Contractor



INFORMATION TECHNOLOGY

TO : Jim Landon, City Manager
FROM : Steve Viscardi, IT Director
DATE : 8/26/2016
RE : Week In Review

Department/Division Support

ENTERPRISE

- Applications Division updated the way PDFs are displayed on the webpage to take advantage of Adobe Reader capabilities on the client machine.
- Applications Division continued to debug and enhance the Employee Evaluation process.
- Applications Division installed SQL Server 2016 on a new server to consolidate 3 SQL servers into one.
- Applications Division continue to resolve post go live issues related to the Munis migration to new 11.2 version; also reviewing and troubleshooting a number of issues related to the new Cashiering module version.
- Applications Division Kronos post migration issues in process, significant progress related to clocking in/out issues Fire Department has been contending with for a number of months. Validation testing of changes underway.

ENTERPRISE

- Operations Division completed numerous Track-its.
- Operations Division completed first stage of traffic camera control deployment.
- Operations Division provided support for the following meetings;
 - Management training
 - BEAC
- Operations Division completed the Tennis Center computer upgrade.
- Operations Division met with Safety team to go over CodeRED progress.
- Operations Division went over fiscal year budgeting.

City Clerk

- GIS Division completed coordinate geometry (cogo) of 8 legal descriptions. This is part of an effort to establish License Agreements with all dock owners. The docks were digitized and attributed for inclusion in the Land Rights Project.



City of PALM COAST

Public Works Department

1 Wellfield Grade
Palm Coast, FL 32137
386-986-2360

Office of the Director

Activities for the Week of August 26, 2016



Trimming Palm Trees



please recycle

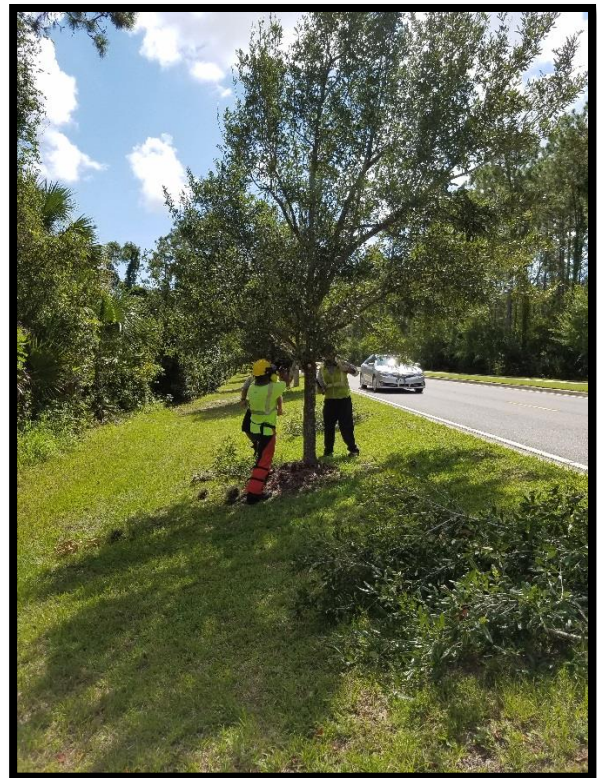
palmcoastgov.com

Parks & Medians Maintenance

- Inspected 42,956 linear feet of park hiking trails and 285 signs
- Inspected 46 irrigation zones, cleaned, replaced, adjusted spray heads, repaired line breaks on Bulldog Drive, and performed bed maintenance along City medians
- Inspected 19 irrigation zones, cleaned, replaced, and adjusted spray heads in City parks
- Performed backwash and sanitation of Frieda Zamba Pool filter system
- Performed sidewalk edging along Belle Terre Parkway
- Performed trimming palm trees and pruning other trees
- Performed safety inspections on playground equipment, parks, and trails at 22 locations
- All mulched playgrounds (6) were leveled
- Maintained center medians on Belle Terre Parkway, Palm Coast Parkway, SR-100, & Old Kings Rd
- All City parks (12) were mowed and maintained
- Grounds were maintained at 250 well sites and lift stations
- Maintained grounds at: 5-Fire Stations; 3-Water Treatment Plants; & 1-Wastewater Treatment Plant
- Mowed 16 sports fields, three times each, for a total of 56 acres
- Raked and prepared for play, ten courts at the Palm Coast Tennis Center



Pedestrian Bridge Repair
Waterfront Park



Trimming Trees

Streets Maintenance & Special Projects

- Mowing in all neighborhoods and all parkways
- Performed site distance trimming in the “E” and “L” neighborhoods and Old Kings Road
- Mechanically swept and cleared debris from 25 lane miles of curb and gutter on main arterial roadway
- Repaired 100 linear feet of edge of roadway
- Performed weeding in the street medians
- Inspected and reported 8 street light outages to Florida Power & Light for repair
- Screened and recycled 8000 cubic yards of dirt for City projects
- Repaired 1 pothole on Sesame Blvd.
- Repaired 400 linear feet of street radii
- Responded to 1 after hours call – Irrigation leak at Indian Trails Sports Complex
- Installed 14 flag pole sleeves at Heroes Park
- Palm Harbor Extension Beautification – Installed conduit for irrigation controller
- Indian Trails Sports Complex Field #3 Improvements – Grading and underdrain are complete. 100% complete



Sight Distance Trimming

Stormwater Maintenance

- Graded and stabilized 5,525 linear feet of residential swales
- Cleaned 88 culvert pipes for a total of 2,288 linear feet
- Replaced 60 linear feet of drainage pipe on LaMancha Drive
- Maintained 47,870 linear feet of drainage ditches
- Stormwater Modeling Sec. 37 Trib. 3 – Start date 7-6-16 in the “L” neighborhood. Replaced 120 linear feet of pipe, Laramie Drive. Project is 60% complete



Stormwater Modeling - Pipe Replacement

Fleet and Facilities Maintenance

- Performed 6 fire fleet vehicle/equipment repairs
- Performed 3 road calls for repairs
- Performed preventative maintenance on 17 vehicles/equipment
- Repaired 24 City vehicles, heavy equipment, and trailers
- Repaired 30 pieces of small and hand-held equipment
- Completed 14 facility maintenance requests



Air Conditioner Repair

Community Development Department

PROVIDE GUIDANCE FOR WELL-PLANNED GROWTH AND
DEVELOPMENT FOR THE PROTECTION OF THE CITY'S
NATURAL RESOURCES, PUBLIC HEALTH, SAFETY, AND WELFARE.



Week-in-Review- August 26, 2016- Stephen Flanagan, Director

PERMITTING ACTIVITY

The following is an update of permit and development application activity in Palm Coast from August 18, 2016 through August 24, 2016:

- Total number of permits issued: 200
- Construction Value from October 1, 2015 to August 17, 2016 \$200,631,434.00
-

Commercial Permit Applications			
2 Seward Trail E.	Well Site	City of Palm Coast	\$185,000.00
1500 Sesame Blvd	Well Site	City of Palm Coast	\$190,000.00
545 Sesame Blvd	Well Site	City of Palm Coast	\$265,000.00
1390 Seminole Wood Blvd	Well Site	City of Palm Coast	\$265,000.00
9 Slate Wood Court	Well Site	City of Palm Coast	\$180,000.00
Commercial Permits Issued			
4600 Belle Terre Parkway (Catholic Church)	Alterations - Classroom	Carrol Bradford Inc.	\$25,000.00
5220 State road 100 E Unit 1	Alterations - Prepare shell for Bath and Body Works (interior permit to come later)	Emmett Sapp Builders	\$100,000.00
5625 N US Hwy 1 (Christ the King Church)	Patio Slab and sidewalk	Outback Marine Construction	\$10,000.00

160 Lake Avenue, Suite 136, Palm Coast, FL 32164

Planning (386)986-3736 Building (386)986-3780 Code Enforcement (386) 986-3764

Construction Management & Engineering (386)986-3794

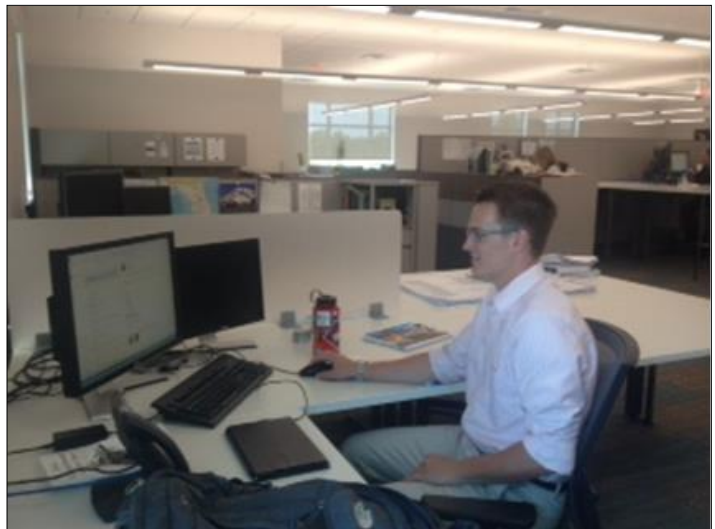
Residential Permits Issued			
7 Cerrudo Lane	Addition	Abel Construction	\$9,000.00
24 Zorro Court	Addition	East Coast Building Corp.	\$22,000.00
5 Crompton Place	Alteration	Jeanne Stinger	\$3,000.00
2 Bud Shire Lane	Alteration	Maxine Irwin	\$60,000.00
212 River Park Dr. N	Alteration	Custom Home Improvements	\$2,500.00
93 Front Street	Alteration	Red Carpet Construction	\$75,000.00
97 Beaverdam Lane	Alteration	Whitley Builders	\$15,000.00
26 Reidsville Drive	Single Family Residence	Adams Homes	\$222,000.00
23 Seagoing Trail	Single Family Residence	Adams Homes	\$280,000.00
104 Laguna Forest Trail	Single Family Residence	Adams Homes	\$194,000.00
8 Fairchild Lane	Single Family Residence	Amaral Custom Homes	\$309,000.00
54 Zebulah's Trail	Single Family Residence	Kenly McGee Inc.	\$277,000.00
5 Big Bear Lane	Single Family Residence	Everlast Homes	\$297,000.00
31 Arena Lake Drive	Single Family Residence	Paytas Homes	\$235,000.00
28 Arena Lake Drive	Single Family Residence	Paytas Homes	\$249,000.00
27 Arena Lake Drive	Single Family Residence	Paytas Homes	\$281,000.00
23 Arena Lake Circle	Single Family Residence	Paytas Homes	\$267,000.00
20 Arena Lake Drive	Single Family Residence	Paytas Homes	\$236,000.00
14 Clermont Court	Single Family Residence	Saltwater Homes	\$325,000.00
2 Cole Place	Single Family Residence	Seagate Homes	\$431,000.00
3 Seafarer Court	Single Family Residence	Seagate Homes	\$154,000.00
10 Bickwick Lane	Single Family Residence	Seagate Homes	\$280,000.00
9 Woodshaw Lane	Single Family Residence	Seagate Homes	\$271,000.00
43 Providence Lane	Duplex	Palm Coast Construction	\$293,000.00
Occupancy Permit			
13 Llestone Path	Abundant Life Ministries Group Home	Sandra Shank	
9 Ramble Way	Loving Angels Assisted Living Facility	Teresa Gomez	
Certificate of Occupancy			
20 Old Kings Road N	Dollar General	Fulcrum Construction	\$779,887.00
515 Palm Coast Parkway SW 15-16	Martial Arts	Upson Enterprises	\$25,000.00

PLANNING

Summary of Landscape Intern's Accomplishments Summer of 2016

Jeromy's time with the City was a very productive one and helped our Department achieve several performance goals for the year that could not have been met without his tenure here. He was a very likeable young man and knowledgeable, particularly in his AutoCAD drafting skills that facilitated monument sign construction drawings and as-built plans for a landscape project. He has now left us and gone back to New York where he will be pursuing his masters of landscape architecture degree at the State University of New York, an environmental college. Below are his list of accomplishments:

- Worked on the landscape/ irrigation punch lists and as-built AutoCAD drawings for Palm Harbor Parkway Extension
- Assisted the City landscape architect and Public Works with layout in the field of tree and shrub locations for the Palm Harbor Parkway Extension Project
- Assist with special Events with the Tour de Palm Coast
- Seminole Woods one neighborhood sign design and gateway sign design including landscape and irrigation for the signs
- Assistance with the revision of AutoCAD drawings for the Belle Terre Median project
- Finalized the landscape and irrigation plans for Palm Harbor Parkway medians by the Hammock Dunes Bridge
- Completed the landscape and irrigation plan for a landscape buffer on Cypress Edge Drive to prevent fishermen in the adjacent canal from parking in an open area (this was generated from a complaint by a resident who lives on the canal)
- Designed a landscape plan for a residential property owner on Boulder Rock Drive to facilitate replacement of their landscaping and irrigation that had to be removed due to replacement of a bridge on Boulder Rock Drive.
- Did a tree survey in AutoCAD for the Whiteview Parkway Median Beautification project
- Designed trail signage for Long Creek Nature Preserve
- Assisted in getting prices from tree and shrub nurseries for purchase order requisitions for the Belle Terre Median project
- Assisted with the final landscape and irrigation punch list inspection for the Matanzas Woods Parkway/I-95 Interchange



Should the opportunity to hire another intern be available for next summer, we would be happy to have him again.

Summary of Environmental Intern's Accomplishments Summer of 2016

Over the course of her 8-week internship, Ms. Jordan Myers was an exceptional addition to the Planning Division. She was exceptionally motivated and did not shy away from a challenge in the office or in the field. During her brief time at the City of Palm Coast, she achieved numerous objectives that served the Planning Division, the Green Team and the City overall. Ms. Myers will return to Florida State University to complete her senior year studies.

Below are his list of accomplishments and project involvement. Please note that associated skill sets are provided for each item in parenthesis:

- Historic and Cultural Resource Assessment (Agency Coordination, GIS, State Permit Research, and Land Development Code research)
 - Creating a map of the historic and cultural resources in Flagler County using the Master Site File data provided by the Division of Historical Resources. This map is not allowed to be made available to the

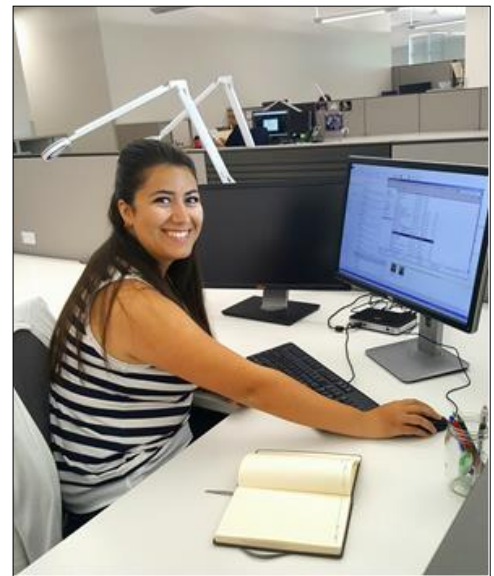
public, but the city can use it to make sure that no building takes place in areas with resources. It also allows the city to see the areas in which a survey has not yet been done.

- Green Team (Social Media)
 - Read through the Going Green Survey and extracted the most popular ideas from the responses. Compiled those ideas and made them available for review at the Green Team meeting.
 - Created Facebook/Twitter posts for August and September to promote the ideas of the Green Team. The posts reflected recycling, parks and recreation, trails, and wildlife in Palm Coast.
- City Hall (Research and Event Planning)
 - Created a PowerPoint highlighting the green aspects of City Hall. This PowerPoint was added to a new tab on the Green City page of the Palm Coast website as well as being shown on the TVs in the lobby of City Hall.
 - Worked on the initial idea to have a Green City Hall day to celebrate receiving a LEED certification.
 - Researched SWAG items to be distributed at the Green City Hall day and during tours of City Hall
 - Edited the tour and presentation outline that was provided by the agent assisting in the LEED certification.
 - Created the required Thermal Survey that will be given to all City Hall employees.
 - Gathered all information and documents that were put onto the new tab on the Palm Coast website called Green City Hall.
- Stormwater Infrastructure & Utility Outfalls (GIS and Research)
 - Created a map for the GTMNERR that showed all of Palm Coast's utility outfalls and also pointed out the best water quality sample points in Palm Coast.
- Florida Black Bear in Flagler County (GIS and Research)
 - Created a map using data from FWC to show all of the Florida Black Bear reports, deaths, and automobile collisions in Flagler County.
 - Then created different layers in the map that divided the reports by sections of the city, dates, and reasons for reports.
 - Created graphs showing the frequency of the bear reports and the locations with the most Black Bear occurrences.
 - Participated in Black Bear Awareness event hosted by Florida Fish and Wildlife Conservation Commission. The GIS results were discussed with attending black bear biologist.
- 2016 Intracoastal Waterway Cleanup (Social Media and Soliciting Sponsorships)
 - Created Facebook posts to promote the event as well as get the community involved in naming the mascot for the year.
 - Sent out sponsorship letters to past sponsors as well as new sponsors.
 - Created business like cards to be placed at the front counter of City Hall so that visitors can take one and learn about the event.
 - Created a PowerPoint that will be shown on the day of the event to the volunteers while they wait for the event to start.
- Park Analysis for Natural Resource Hazards (Research, Field Analysis and GIS)
 - Got a list of county and city parks that had freshwater in the park. Then went through the list and found which city parks had public access to the freshwater.
 - Went out and checked all of the parks to see which ones need signs
 - Created a document describing each of the water bodies in the parks and an excel sheet that notes whether the park needs a warning sign.
- Adopted-a-Medians (Research, Field Analysis and GIS)
 - Was provided with a list of medians that had been adopted by citizens.
 - Went out and surveyed the medians with a GPS unit and gathered the location points of the medians. Within those points it was also noted what condition the median was in, what plants were in the median, and if there was a sign that showed who had adopted the median.
 - Created a map of the medians and categorized them by the condition they were in at the time of the survey.
 - Cataloged the pictures taken of the medians and matched it with the excel sheet of the medians.

- Created a letter to send out to the current adoptees to see if they would like to continue caring for the median. It will also notify the adoptees that the new date of renewal and cancellation will be on December 31st of each year.
- Air Potato Beetle Release (Agency Coordination and Field time)
 - Organized the delivery of Air Potato Beetles to manage an invasive plant species.
 - Released the beetles into Long Creek Nature Preserve, filled out the release paperwork, and cataloged pictures.
- Meetings (Research and Intergovernmental Coordination)
 - Participated in 2 Oyster and Water Quality Task Force stakeholder meetings
 - Attended a Flagler County Environmentally Sensitive Lands Land Selection and Acquisition Committee meetings.
- Long Creek Nature Preserve (Research, Report Writing, and Data Management)
 - Went out to Long Creek Nature Preserve to gather data to complete the yearly invasive species monitoring report.
 - Finished the report by changing the pictures and the data. Also added the new EN-55 forms into the file, and adding the Air potato beetle release information.

In-Progress Projects:

- Waif Tortoise Permit
 - Began the process of applying for a Waif Gopher Tortoise permit for Waterfront Park.
 - The permit has been put on hold as we do not have a Gopher Tortoise Agent to assist us in the permitting process.
 - Went out to the park with a GPS unit and located all of the Gopher Tortoise burrows in the park. Then used that data to create a map that could be attached to the permit in order for FWC to see the locations and number of Gopher Tortoise burrows. Compiled all of the data needed to complete the permit and put it into an Excel document for easy access, and because the online permit would not allow it to be entered. Will revisit in December upon her return.



Floodplain Management Team Issues Annual Progress Report

The Floodplain Management Team completed and issued the annual 2016 Floodplain Management report. The purpose of this document is to provide an annual account of activities associated with the City of Palm Coast (“City”) Floodplain Management Program. This document facilitates information that can benefit public officials, businesses, and the Citizens of Palm Coast.

The Flagler County Local Mitigation Strategy (LMS) serves as the City’s Floodplain Management Plan under the Community Rating System (CRS) of the National Flood Insurance Program (NFIP).

Under CRS Activity 510, the City is required to complete a Floodplain Management Plan annual progress report. This document serves as that report.

CONSTRUCTION MANAGEMENT & ENGINEERING

The following is an update since last week for projects in the City from August 18, 2016 through August 24, 2016

City Capital Projects Under Construction		
Holland Park -Florida Park Drive	78%	Curbing continues. Dog park fence mesh begun. Basketball fencing work completed. Grading in playground continues. Playground equipment installation continues. Sidewalk and concrete pad grading and forming continues. New well drilled.
Seminole Woods Pkwy Reclaim Water Main Phase 2	3%	Silt fencing is being installed August 22, 2016.
Palm Harbor Extension	95%	August 22, 2016 punch list items were completed.
Southern Wellfield Expansion Phase 1	97%	Contractor working on closeout documents.
Developer Projects Under Construction		
Palm Coast Arts Foundation	5%	August 22, 2016 site was being staked and equipment was being delivered.
Protea Senior Living/Sable Palms	1%	Pre-construction meeting was held August 23, 2016. August 24, 2016 checked locations for construction water connection and contractor has started to clear for silt fencing.
Grand Landings Phase 2 & 3	76%	Paving was completed August 18, 2016. Water was chlorinated for testing for Phase 2C on August 23, 2016.
Florida Hospital Addition	60%	Contractor plumbed inside of previously cored manhole August 23, 2016.
Dollar General - Old Kings Road N	100%	Project was successfully completed August 19, 2016.
Shoppes of Palm Coast - SR 100 & Belle Terre	36%	Contractor continued the installation of gravity and sewer manholes August 18, 2016. Crews connected the water main to directional drill at the corner of SR 100 and Belle Terre August 23, 2016.
Aspen Dental	51%	Contractor picked up water meter assembly for installation August 22, 2016. Road base is being placed and construction of building continues August 23, 2016.
Race Trac	26%	Contractor has installed the water line and sewer line.
Airport Entrance - Belle Terre	25%	Road base into the Airport from Belle Terre continues August 24, 2016.
Chase Bank @ Island Walk	25%	Construction of building continues and all open trenches have been covered August 19, 2016.



HOLLAND PARK PLAYGROUND AREA



HOLLAND PARK PLAYGROUND AREA



HOLLAND PARK BASKETBALL COURT AREA



206 Cats

73 Dogs

2 Guinea Pigs

Animals ready for homes

The Flagler Humane Society would like to remind pet owners to do their research when choosing to have an exotic animal as a pet. An exotic pet is a rare or unusual animal pet kept within human households which is generally thought of as a wild species not typically kept as a pet. Veterinary costs for treatment of exotic animals may be significantly higher than for a more conventional pet, owing to the increased specialization required.

Donation Opportunities: The *Flagler Humane Society Thrift Store* always accepts donations. They cannot take in any computers/printers or large appliances at this time. Call 386-597-2839 and leave a message. All proceeds from the sales go to directly care for the homeless pets of Flagler County.

“*Doghouse Donation Boxes*” are found at all the fire stations in Flagler County. You can drop off donations anytime at your nearest fire station. FHS appreciates all donations, especially those from our Wish List (available at flaglerhumanesociety.org/wish-list). You can also purchase items via the Amazon.com link on the FHS website and ship them directly to the shelter.

Outreach Adoption Events: Don't forget that FHS have volunteers and adoptable pets at the Farmer's Market in Flagler Beach every Friday and at PetSmart in Palm Coast every Saturday and Sunday.

Interested in becoming a volunteer? Attend at volunteer orientation. They are held at noon in the Humane Society education room every second Saturday of the month. We would love to see you there!

Interested in helping at Outreach Adoption Events? Join the SPOT Team (Stray Pet Outreach Team) and help to find the homeless animals loving homes. If you are interested in volunteering at these events, email kshare@flaglerhumanesociety.org.

Adoption Specials: September brings reduced adoption fees! Check out the FHS Facebook for the upcoming special on the first of September.

Upcoming Fundraisers/Events: Don't forget about the FHS Annual “Fast & Furriest” walk / run. It will be held this year at Princess Place on Sept. 17th. See the FHS website for more information on registration.

Public Announcements: The Flagler Humane Society has a variety of *Subsidized Spay & Neuter Programs* for members of the community that need to have their pets or community pets sterilized. Please call FHS at 386-445-1814, email info@flaglerhumanesociety.org for questions.

FHS has a *Wellness Clinic* for minor veterinary issues. Call 386-445-1814 for Appointments. *Low Cost Vaccination Clinics* will still be held on the 1st and 3rd Saturdays of every month from 1pm-3pm. No appointments are necessary for the Low Cost Vaccination Clinics.

FHS also offers a “*Pet Food Pantry*” for those that are in need of assistance. Please call for more information.

To keep up with Flagler Humane Society happenings – visit us on the FHS Facebook/Twitter, our website at www.flaglerhumanesociety.org, or via email at info@flaglerhumanesociety.org.

Pet of the Week



BAYONET

Bayonet is a sweet 1 year old spayed female domestic short hair with NO tail. She bounces like a bunny and is as fast as one! She is great with other cats but plays a little rough. She would make a great companion to an older kitten or young adult cat. She is already spayed and up to date on vaccinations. She is currently housed at the PetSmart on SR 100. Make sure to go by and meet this sweet little girl today.

Adoption specialist:

Katrina Geigley
adopt@flaglerhumanesociety.org

Outreach Manager:

Katie Share
kshare@flaglerhumanesociety.org



Fire Department

To: Jim Landon, City Manager
From: M. C. Beadle, Chief
Date: August 25, 2016
Re: Week in Review

In the past week, the department responded to a total of 162 calls. There were 2 fire calls. We responded to a vehicle fire and a brush fire. A total of 105 EMS calls were logged and the balance was miscellaneous in nature. The drought index is at 451 out of a possible 800 and the fire danger is moderate.

There were 2 brush fires on Thursday late afternoon in the same area. We responded to one fire and we were backup to the other. Due to the hot and dry weather, the fire picked up speed with the wind and threatened a structure. Fortunately there was minor damage.

Station 22 Improvement Project has completed all of its inspections and the crews have moved back into the station! We thank everyone involved in this project! The crews are happy to be back in their home!

This week we had some great press in the Flagler/Palm Coast News Journal. We had an article published about the Zombie Survival Guide to Bicycle Safety video that details tips to help stay safe while riding a bicycle. We also had an article published, "Firefighters help tighten up on child car seats", detailing the Car Seat Event last week and the importance of proper installation.

Lt. Cline and Lt. Fiveash held an Advanced Cardiovascular Life Support class on Monday and Tuesday. We recertified 5 career personnel and 1 volunteer. Technical Rescue training was held this week as well.

**Station 22
Renovations Completed**





8/24 Station Tour



8/23 Station Tour

44 Wednesday, August 24, 2016 | The Flagler / Palm Coast News-Tribune

SAFETY CHECKS

Firefighters help tighten up on child car seats

By Danielle Anderson
Correspondent

The job of a firefighter goes beyond answering emergency calls and the Palm Coast Fire Department's community engagement extends to even the city's youngest residents.

Palm Coast grandmother Laura Schiller, who loves spending time with her grandson Jackson on the weekends, said his safety is often on her mind.

Pulling into a bay at Palm Coast Fire Station 25 on Belle Terra Parkway last week, Schiller was greeted by Lt. Bobby Wu, who sprang into action, checking out her grandson's car seat while firefighter Dave Faust took down the model number to check it against the national recall list.

Schiller, who brought the complicated instruction manual for the car seat, was put at ease by firefighters confined to instruct on proper installation of car seats.

"As a grandma, I want to have my grandchild be safe and I want to be in places that are fun and be safe while we're doing it," said Schiller. "I read reading the manual and it's impossible. Now I know it's in properly. I watched them do it so hopefully as we upgrade with time facing forward, I will be able to put the seat on it."

For Palm Coast Fire Department Lt. Kyle Berryhill, ensuring the safety of little ones is important, knowing that deaths and injuries can be prevented with proper car seat installation.

"Our child safety seat program is really important because when we go to our accidents as part of our job, we love to see the children are safely secured in car seats so we have the best outcomes for their health and safety," said Berryhill. "Four out of five seats are installed improperly, and a lot of those mistakes are easy to correct."

Berryhill spent half an hour talking with mother-to-be Sara Serygov about the details of installing a second car seat in the other car her family owns after she was currently driving.

Serygov, who is expecting in November, wanted to be prepared to give her child the safest possible environment for traveling.

"I'm going to get the car seats installed the right way. I didn't understand it at all without verbal instructions," she said.

Berryhill, a child safety seat program instructor, was happy to share his knowledge.

"We get to do these events, especially at the beginning of the school year," he said. "All of our officers are certified in this program and many of our firefighters are, so there is always someone who can help you."

In addition to the child safety seat checks, the Palm Coast Fire Department offers CPR classes and fire safety information to the public.

"This is what being in the fire service is all about, helping out families to be safe all of the time, so it's more than just when you need us for 9-1-1," Berryhill said. "We can make it safe all the time, that's even better for us."

The Palm Coast Fire Department offers free car seat safety checks by stopping into one of the city's fire stations. Berryhill recommends calling ahead to ensure a certified firefighter technician is available. More information is available at palmcoastfire.com.

FESTIVAL
Continued from A1

to the Surfers for Autism during the festival in Flagler Beach.

"We love Surfers for Autism and this is our third year to support the event," said Pat Black, also known as "Charity Flint." "We're proud to do this because they're awesome."

It's events like Surfers for Autism when the community really shines, says Flagler Beach Mayor Linda Provencer.

"It brings a sense of community," said Provencer. "Every restaurant wants to know what they can donate, everybody wants to volunteer, it's just such a feel good event that everybody wants to be a part of it."

Child Car Seat Event/The Flagler / Palm Coast News Tribune 8/24/2016

HORROR-FREE RIDING

They're here

Palm Coast firefighter Dan Driscoll applies makeup to a cast member of "Zombie Survival Guide to Bicycle Safety," a video released by city of Palm Coast staff. PROVIDED PHOTOS/CITY OF PALM COAST

Palm Coast firefighters get zombified for bike safety video

By Jennifer Edwards-Park
jennifer.edwards-park@news-trib.com

PALM COAST — Firefighters and deputies are generally thought of as people who help to prevent death and injury and rescue those in need.

But in Palm Coast, several donned zombie costumes for a mission to reach the brains of bicycle riders, especially "twens and teens who don't always pay attention while on wheels."

Don't worry. It's all in the interest of keeping bicycle riders safe.

City of Palm Coast employees and firefighters teamed up to create the "Zombie Survival Guide to Bicycle Safety," a video they're trying to get out now that school's in session. In the video, first-responders costumed as zombies, complete with gruesome makeup, lurch and lumber after unsafe bicyclists while Deputy Fire Chief Jerry Forte pedals along, detailing in deadpan the ways that kids can keep "zombies" at bay.

"It was a no-brainer, no pun intended," Forte said Thursday of the decision to have Lt. Dan Driscoll, a firefighter and special effects expert, zombify Forte's crew for the five-minute video. "He and his wife (Amy Driscoll) are phenomenal about getting people exactly where they need to be."

Driscoll, the force behind the Palm Coast Fire Department's annual Hall of Terror, said it took about two hours to do the makeup.

Forte said he asked city staff to help make the video because "it seems as though

Bicycle safety

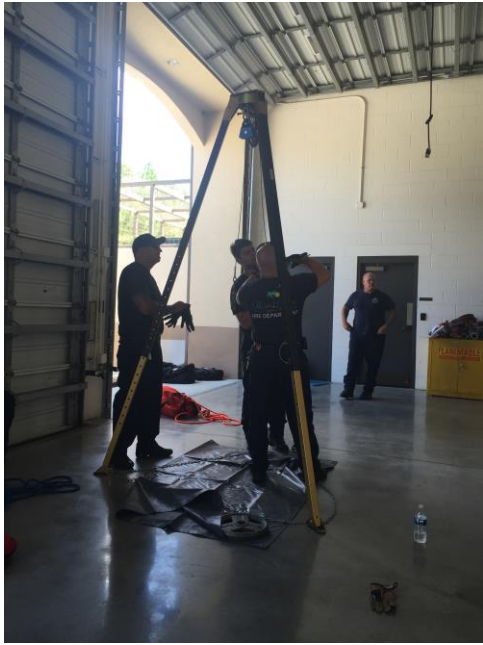
Here are six tips to help you stay safe while riding a bicycle:

1. Stop or you might get hit.
2. Go with the flow (use the right side of the road, same as cars).
3. Take the path (stay on the bike trails).
4. Light the night (pretty obvious: use bike lights at night).
5. Helmetz. Wear one over your brain.
6. Be courteous. Except to zombies.

SOURCE: City of Palm Coast

SEE ZOMBIES, C2

Zombified Bike Safety Video/The Flagler / Palm Coast News Tribune 8/23/2016



Technical Rescue Training



ACLS Certification Class



Parks and Recreation

To: Jim Landon, City Manager
From: Alex Boyer, Recreation Superintendent
Date: August 25, 2016
Re: Week in Review

In the past week, the department has been preparing for the fall programs and events.

Pool

From the August 18th-August 24th. We have a total amount of 726 participants. For the month of July we gained 1,659 more people than July Fy14-15. We will also be hosting the First Matanzas High School Swim Meet today. They will be going up against Ridgeview High School.

Upcoming events and programs

The City of Palm Coast Fire Department offers CPR and First Aid Training

1. The Healthcare Provider course -- a professional certification course -- includes a multiple-choice written exam and a practical exam.
2. Workbooks for use during the class are provided. It is highly recommend that participants purchase a course workbook. The American Heart Association recommends that each student review the course information for two weeks prior to the course. Workbooks can be found at : <http://www.aha.channing-bete.com/>
3. Course available to those ages 13 and up.
4. All courses begin at 9:00 a.m. Participants should arrive a few minutes ahead of time for check-in.
5. A minimum of six persons is required for each course date. If fewer than six persons have registered, each person will be contacted to reschedule or to receive a refund.
6. Please contact CPRcertification@palmcoastgov.com with any questions.

First Aid and 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).
- Using a mask or barrier device.
- How to stop visible bleeding.
- Assist with possible sprain or broken bone.
- Securing the scene for safety.

Date: Saturday, September 24
Saturday, October 1 (Palm Coast Community Wing- 160 Lake Blvd Palm Coast FL 32164)
Saturday, November 5
Saturday, December 3

Time: 9 am-4 pm

Fee: \$5/person; Pre-Registration required at least 48 hours in advance.

Location: Palm Coast Community Center (305 Palm Coast Pkwy NE. Palm Coast FL 32164)

Healthcare Provider

The Basic Life Support (BLS) for Healthcare Providers Course provides healthcare professionals the ability to recognize several life-threatening emergencies, administer CPR, use an AED, and relieve choking in a safe, effective and timely manner.

Examples of those who may need this certification are: EMS personnel, physician assistants, dentists, nurses, respiratory therapists and others. All must have a credential (card) documenting successful completion of a CPR course.

The 4.5-hour course is video-based with instructor-led discussion and simulation. Students participate, practice, and complete various skills and learning stations. We will provide a workbook for you to borrow during the course. However, we recommend you purchase a workbook two weeks prior to the course and review the information.

Date: Friday, September 9
Friday, October 21

Time: 9 am-1:30 pm

Fee: \$50; Pre-Registration required at least 72 hours in advance.

Location: Palm Coast Fire Station #25, (1250 Belle Terre Parkway, Palm Coast, FL 32164)

ADULT PROGRAMS

AARP Driver Safety Program

The nation's first and largest classroom course for motorists ages 50 and older. This one-day course identifies ways that older drivers can compensate for the physical changes that occur as they age and helps older drivers update their driving knowledge and skills. To register contact AARP Representative Karen Zimmerman 386-585-4116.

Dates: Friday, September 9
Friday, October 14
Friday, November 18
Friday, December 16
Time: 9:00 am – 4:00 pm
Location: Palm Coast Community Center
Fee: \$20/Session (\$15/Session/AARP Member)

Adult Open Gym Basketball*

The adult co-ed basketball program is a non-competitive recreation program.

Days/ Dates:
Tuesdays, September 13- December 20, 14 Meetings- \$22
Thursdays, September 15- December 22, 14 Meetings- \$22
Time: 7:00 pm – 9:30 pm
Location: Indian Trails Middle School
Ages: 18 & Up

* No Basketball Nov 22 & 24

Adult Open Gym Volleyball*

Come with friends or come alone and play Adult recreational co-ed volleyball open gym creates new “teams” weekly. Usually two nets, with teams rotating in and out of play. One net is for competitive style play and the second net is for recreational style play.

Days/Dates:
Mondays, September 12- December 19, 14 Meetings- \$22
Wednesdays, September 14- December 21, 14 Meetings- \$22
Time: 7:00 pm – 9:30 pm
Location: Indian Trails Middle School
Ages: 18 & Up

**Disclaimer:* Flagler Schools may cancel program due to school activity. We will make every effort to notify participants of cancellations.

* No Volleyball Nov 21 & 23

Critic's Choice Dinner Club

Each month this "Club" visits a new restaurant, chosen by the group, to spend quality time with friends enjoying a casual dinner while rating the food and service. New members are always welcomed. Dinner and/or transportation are the participant's responsibility. Pre-Registration Required

Days/Dates: Thursday, October 13 – Lisbon Nights Restaurant
Thursday, November 10 –
Thursday, December 8 –
Time: Meet at restaurant 5:30 pm

Game Day Social

As the name suggests, Game Day Social is comprised of a lively, spirited group of individuals who enjoy the camaraderie and competition of dominos, a variety of card games or board games. Participants are encouraged to bring their favorite game or play one provided by the Parks and Recreation Department. Light refreshments are served.

Days: Tuesdays & Thursdays
Time: 12:30 – 4 pm
Location: Palm Coast Community Center
Fee: Free

Pickleball

The fastest growing sport in North America. Pickleball is sport for all ages. Played with small racquets and whiffle balls, this game is perfect for all ages. Equipment is available for rent and will be provided on the days and times below.

Days/Dates: September 6- December 16
Tuesdays, 1:00pm-3:00pm
Wednesdays, 6:00 pm – 8:00 pm
Fridays, from 11:00 am – 1:00 pm
Location: Belle Terre Park
Ages: 18 & up
Fee: Free

Wellness with Chrissy

Join Chrissy Powell, certified fitness instructor, for her fun and effective Wellness Classes! She will coach and inspire you to become healthier and stronger and to lead a more active and happier life. For more information contact instructor, Chrissy Powell at phone 386-931-7153 or Email cpowell54@cfl.rr.com

Class Schedule

- Pilates 8:30am Monday, Wednesday & Friday (Bring own mats)
- Aerobics 9:30am Monday, Wednesday & Friday
- Pilates Versa-tube 10:30am Monday & Wednesday

Women's Self Defense

Learn effective methods to ward off attackers in this three day class. Sergeant Lutz from the Flagler County Sheriff's Office will teach you skills that will make you more aware of your surroundings and methods to protect yourself and provide safety tips to implement right away. Pre-registration required and participants must attend all three classes. **Pre-Registration required at least 48 hours prior to start date and time.**

Days/Dates: Mondays: Session 1: Sep 26-Oct 10
Session 2: Nov 7-Nov 21
Session 3: Dec 5-Dec 15 (Dec 15 will be Thursday)
Times: 6 - 8 pm
Location: Palm Coast Community Center
Ages: 12 & Up
Fee: Free

Wood Carvers

The art of woodcarving has a history that spans centuries. At its core, woodcarving transforms a piece of wood into a masterfully crafted work of art. Join this group of gifted carvers as they share their skill and know how in this informal teaching atmosphere. The woodcarving group is a mixed group of men and women at all levels and abilities. Visitors are welcome.

Days/Time: Tuesdays from 1pm - 4pm
Location: Palm Coast Community Center
Fee: Free

Discover Trips

The registration fee includes: round-trip, motor coach transportation to and from destination and admission fees for the attraction. Payment is due at time of registration. Limited number of spaces available so register early. Registration is on a first come, first serve basis.

Northern Florida Wine & Vineyard Tour (FULL)

The Dakotah Winery, a Central Florida spiritual, romantic experience grows its grapes on 17 acres. Then enjoy a lunch on your own at a local restaurant on our way to The Bluefield Estate Winery; where you can sample an array of blueberry wines. **Pre-Registration required by Monday August 29, 2016**

Day/Date: Friday, September 16, 2016
Time: Depart the Palm Coast Community Center: 8:30 am
Return to the Palm Coast Community Center at approx.: 6:00 pm
Location: Various in Northern Florida
Fee: \$38/person

Fall Foliage St. John's River Tour (ONLY ONE SPACE AVAILABLE)

Enjoy a two hour tour down river through Blue Creek in the Ocala National Forest. This creek is a unique habitat and in the warm months this is a prime feeding area for the manatee. Alligator encounters are plentiful year around. We will leave this creek behind to re-enter the St. Johns River by the pristine Lake George, Florida's second largest lake which is surrounded by the Ocala National forest on the west and the Lake George State Forest on the east. After Lake George we will return on the St. Johns River to Astor. We will enjoy lunch provided by the Blackwater Inn. **Pre-Registration required by Friday, October 7, 2016**

Day/Date: Friday, October 21, 2016
Time: Depart the Palm Coast Community Center: 8:30 am
Return to the Palm Coast Community Center at approx.: 6:00 pm
Location: Astor, Florida
Fee: \$57/person

Winter Garden Museum Tour

We will enjoy a visit to Winter Garden with its environmental sensibility, diverse restaurants, and charming boutiques; The Winter Garden Heritage Museum features a three-dimensional walk through Winter Garden's glorious past; The Central Florida Railroad Museum contains an expansive collection of local, state and national railroad memorabilia. We will enjoy lunch on our own at a local restaurant. **Pre-Registration required by Friday, November 10, 2016**

Day/Date: Friday, November 18, 2016
Time: Depart the Palm Coast Community Center: 8:30 am
Return to the Palm Coast Community Center at approx.: 6:00 pm
Location: Winter Garden, Florida
Fee: \$35/person

Gaylord Palms ICE Show

Marvel at dozens of lavish holiday displays that include more than 2 million twinkling Christmas lights and acres of larger-than-life decorations at our Orlando Christmas celebration. Enjoy heartwarming visits with Santa, Cirque Dreams Unwrapped Live Stage Show, ICE! featuring the classic poem 'Twas the Night Before Christmas. We will enjoy lunch on our own in one of the Gaylord Palms restaurants. Dress warm as temperatures are below freezing in the ICE museum. **Pre-Registration required by Friday, December 2, 2016**

Day/Date: Friday, December 16, 2016
Time: Depart the Palm Coast Community Center: 8:30 am (Performance begins at 1:00 pm)
Return to the Palm Coast Community Center at approx.: 6:30 pm
Location: Orlando, Florida
Fee: \$57/person

Lunch N' Lecture Series

Join professionals during lunch for informational discussions on topics that may affect the lives of our adult community. **Pre-Registration required 48 hours prior to the program date and while space is available.**

Time: 11:00 am -12:30 pm
Location: Palm Coast Community Center, 305 Palm Coast Parkway, NE
Fee: FREE

Wednesday, September 21, CORA “Understanding Fall Risk and Balance Disorders

LOCATION: City Hall, Community Wing, 160 Lake Street, Palm Coast, 32164

Presented by CORA Rehabilitation Clinics. Join our speaker Ward Daron, PT as he discusses Fall Risk and Balance Disorders. Statistically, falls are the primary cause of injury for those age 55 and older. Dizziness is the 2nd primary reason for seniors' physician appointments. You don't have to be the next statistic. Information presented will discuss the risks and reasons for falls and dizziness and prevention techniques all can utilize.

Our speaker Ward Daron, PT graduated from the Catholic University in Leuven, Belgium in 1992. He has been practicing as a physical therapist for over 20 years with experience in acute setting and outpatient setting. He has a special interest in sports medicine and has developed a balance and dizziness correction program. This program complements the guidelines set forth by the CDC and American Geriatric Society.

Friday, September 30, Understanding Osteoporosis Prevention and Treatment

LOCATION: Community Center, 305 Palm Coast Parkway NE, Palm Coast FL 32137

In partnership with the People's Friendship Club, Cody Grady: Clinic Director and Board-Certified Physical Therapist at PT Solutions @ Florida Hospital Flagler, will be speaking about the benefits of exercise and a healthy lifestyle on the prevention and treatment of patients with Osteoporosis/Osteopenia. He will be answering any questions in regards to what we can do to help prevent osteoporosis as well as fall prevention to prevent fractures due to complications of Osteoporosis.

Cody graduated from Capital University in Columbus, OH with a Bachelors of Arts in Biology and supplemental studies at the National University of Ireland Galway in Galway, Ireland. Graduated with Doctor of Physical Therapy Degree from the University of St. Augustine for Health Sciences.

A video will be shown in which I will primarily do a Q&A regarding Osteoporosis and how physical therapy can help.

Friday, October 14, First Coast Heart and Vascular Center

LOCATION: Community Center, 305 Palm Coast Parkway NE, Palm Coast FL 32137

Dr. J. Caracciolo, MD., F.A.C.C, a board certified cardiologist with First Coast Heart & Vascular Center will be the guest speaker. Dr. Caracciolo received his medical degree from St. George's University School of Medicine, Grenada, WL and completed his residency at Yale University's, Norwalk Hospital Program in Norwalk, CT., He was a Fellow in cardiovascular diseases at Stony Brook University Hospital in NY.

Presently he is the Owner/Managing partner of First Coast Heart and Vascular Center, PA, in St. Johns County.

First Coast is in the process of opening an office in Palm Coast.

TODDLER PROGRAMS

Pre-Registration required at least 48 hours prior to start date and time of all Toddler Programs

Teddy Bear Picnic

Children will bring their favorite teddy bear for story time, game playing or craft and a snack. This monthly programs offers a unique experience for toddlers and their parent.

Day: Mondays

Dates/Theme: October-3rd Pumpkin Patch Picnic
November- 7th Fall for fun, fun for all
December- 5th Snow much fun.

Time: 10 – 10:30 am

Location: Palm Coast Linear Park

Age: 2 - 5 years old

Fee: Free

Little Chefs

Bring your "Little Chef" to the Palm Coast Community Center, where they will learn how to make a healthy, tasty snack and learn cognitive skills.

Days/Dates: Tuesdays
October- 11th
November- 15th
December- 20th

Times: 10 – 11am

Location: Palm Coast Community Center

Age: 2 - 3 years old

Fee: \$8

Little Picassos

Lil Picassos is designed to help your little artists discover their inner Picasso as they discover own unique style. Children will learn fundamental art concepts by creating a fun & unique work of art.

Days/Dates: Thursdays
October- 20th
November- 17th
December- 15th
Time: 10 – 11am
Location: Palm Coast Community Center
Age: 2 - 3 years old
Fee: \$8

Little Kicker Soccer

This child with parent (5-week) program teaches toddlers the basic motor skills necessary to play organized sports such as soccer. The program is designed for parents to assist the child during the lessons.

Ages: 3 - 4 years old
Fee: \$35 per session
Days/Dates: Wednesday, September 21- Wednesday, October 19
Time: 4-5pm
Location: Belle Terre Park

YOUTH PROGRAMS

Pre-Registration required at least 48 hours prior to start date and time of all Youth Programs

Kindercooks

Bring your “Kindercook” to the Palm Coast Community Center where they will learn to make foods, tasty treats, and gain important motor skills. Your “Kindercook” will grow in confidence and soon be able to assist in the kitchen.

Days/Dates: Tuesdays
October-11th
November- 15th
December-20th
Time: 11am-12pm
Location: Palm Coast Community Center
Age: 4 – 5 years old
Fee: \$8

Munchkin' Sports

This child with parent program teaches the basic motor skills necessary to play organized sports such as soccer, baseball, golf, football, and tennis. This 5-week program is designed for parents to assist the child.

Days/Dates: Tuesdays, September 27-October 25
Time: 5:30-6:30pm
Location: Belle Terre Park
Age: 4-5 years old
Fee: \$35

Munchkin' Soccer

Bring your Munchkin' Soccer player to this high energy, fun, age appropriate introduction to soccer. Munchkin Soccer is not a league, rather an introduction to the fundamentals of soccer focusing on skill development and confidence building that your child will use as he/she transitions to league play.

Days/Dates: Wednesdays, September 21- Wednesday, October 19
Time: 5-6pm
Location: Belle Terre Park
Age: 5 - 6 years old
Fee: \$35 per session

Recreation on the Go

Come join us as we schedule recreation activities at a variety of parks throughout Palm Coast. We will be providing recreation equipment and encouraging participants in a variety of games and activities.

Day: Saturdays
Dates/Location: September 10 – Palm Harbor Golf Course
October 8 – Palm Coast Tennis Center
Time: 10am – 12pm
Age: 5 and older
Fee: FREE

Fall Fun Camp

Your child's day will be filled with a variety of age appropriate fun-filled themed activities such as arts and crafts, stories, recreational games, nature hikes, Campers must bring their own lunch and snack each day.

Days/Dates: Fall Fun Camp – November 21 – 23 (all day)
Times: 9am-4:30pm (extended care 7:30am-9:00am & 4:30pm-6:00pm)
Location: Palm Coast Community Center
Grades: K-8 (grade currently enrolled)
Fee: \$15 per day/ \$65 for week (extended care \$10 each) **Registration**
Deadline: 48 hours prior to start date

Jack Frostivities- Holiday Break Camp

Your child's day will be filled with a variety of age appropriate fun-filled themed activities such as arts and crafts, stories, recreational games, nature hikes. Campers must bring their own lunch and snack each day.

Day/Dates: Week 1- Monday-Wednesday December 26th-30th
Week 2- Monday-Wednesday January 2nd-6th

Times: 9am-4:30pm (extended care 7:30am-9:30am & 4:30pm-6:00pm)

Location: Palm Coast Community Center

Grades: K-8 (grade currently enrolled)

Fee: \$15 per day/ \$65 for week (extended care hours \$10 each) **Registration**

Deadline: 48 hours prior to start date

SPECIAL EVENTS

For information on all events visit our website at: <http://www.palmcoastgov.com/events>

Intracoastal Waterway Cleanup

Equipped with a \$5,000 Florida Inland Navigation District (FIND) grant award, City staff will be asking local volunteers to protect and enjoy nature by removing trash within their developments or along City paths, walkways and waterways. Boaters can work in saltwater canals and Intracoastal waters and walkers can clear the paths and trails alongside the waterway.

Day/Date: Saturday, September 10

Time: 8am-1pm

Location: Palm Coast Community Center.

Fallen Heroes Memorial

The Fallen Heroes Memorial, held annually in Palm Coast, honors emergency responders killed during the Sept. 11, 2001, terrorist attacks and recognizes the selfless acts of courage exemplified by the members of the Police, Fire and EMS departments.

Day/Date: Sunday, September 11th

Time: 8am

Location: Fallen Heroes Memorial Service

Movies in the Park

Bring your blanket, lawn chairs and snacks and invite your friends and neighbors to join you at this monthly free, family activity. Relax and enjoy an “oldie but goodie” or a recent hit as we watch movies on the giant, outdoor movie screen. And, take it from us you don’t want to forget your bug spray!

Day/Date/Time: Friday, September 9 Jurassic World (PG-13) 7:50pm
Friday, October 14 Hotel Transylvania 2 (PG) 7:15pm

Location: Central Park in Town Center

Palm Coast & the Flagler Beaches Senior Games

Presented by: Cora Health Services Inc.

The focus of the Senior Games is not winning, but participating. The Florida Senior Games is dedicated to:

- Encouraging and promoting healthy lifestyles for Florida's Seniors
- Providing Florida's Seniors with the opportunity to compete at the local, state and national levels
- Providing all Senior citizens of Florida with an affordable and quality multi-sport festival they can call their own Games

The Palm Coast & the Flagler Beaches Sr. Games is sanctioned by the Florida Sports Foundation and a qualifier for the Florida Senior Games State Championships.

Day/Date: September 10th- September 18th
Time: Varies per Event
Location: Varies per Event
Information: www.palmcoastgov.com/seniorgames

Food Truck Tuesdays

Free entertainment along with gourmet food available for purchase from a variety of specialty food trucks. Proceeds from Food Truck Tuesdays benefits a local organization whose work supports our children and families.

Day/Date: Tuesday, September 20
Tuesday, October 18
Tuesday, November 15
Time: 5 - 8 pm
Location: Central Park in Town Center

Palm Coast International Festival

Palm Coast's International Fest will bring a smile to your face as you travel the world across Central Park in Town Center. The community will celebrate the proud traditions of our City's unique cultural heritage, partaking in the music, cuisine and dance from the countries represented.

Day/Date: October 1st

Time: 12-9pm

Location: Central Park in Town Center

Pink Army 5k Run/Walk & 1 Mile Support Walk

Raising money for breast cancer awareness, education and screening, 100 percent of the proceeds raised by the Pink Army 5k go toward financially supporting mammograms, breast ultrasounds, stereotactic breast biopsies, education and other specific diagnostic services to aid in the early detection of breast cancer.

Day/Date: October 16

Time: 7:45am

Location: Florida Hospital Flagler

Halloween Boo Bash

The Halloween Boo Bash is a family friendly, safe event for all ages presented by the Palm Coast Parks and Recreation Department and Wadsworth Elementary School. We encourage everyone to come in costume and enjoy the activities.

Day/Date: Friday October 21

Time: 5:00 pm - 8:00 pm

Location: Belle Terre Park

Hall of Terror

Hall of Terror takes those who dare through a haunted house and show at Palm Coast Fire Station 21, 9 Corporate Drive. Volunteer characters, many of whom are firefighters and other City employees, provide the scares.

Days/Dates: Thursday-Saturday, October 27-29

Time: Thursday, October 27 from 7:00-9:00pm

Friday, October 28 from 7:00-10:00pm

Saturday, October 29 from 7:00-11:00pm

Location: Fire Station #21, 9 Corporate Drive

Palm Coast Veteran's Day Ceremony

City of Palm Coast ceremony with music, presentation of memorial wreaths and speakers to honor military Veterans; Heroes Park, 2860 Palm Coast Pkwy., Palm Coast. Free. More info: 386-986-2300.

Day/Date: Friday, November 11

Time: 8 am

Location: Heroes Park

Tree Lighting Ceremony

In partnership with the Rotary Club of Flagler County, the Tree Lighting Ceremony leads the start of the Fantasy Light display at Central Park in Town Center.

Day/Date: December 1st

Time: 6:30pm

Location: Central Park in Town Center

Starlight Event and Parade

Day/Date: December 10

Time: 4pm-6pm Parade starts at 7pm

Location: Central Park in Town Center

Upcoming Tournaments booked.

October	2016	
Oct. 1-2	Cradle for the Cure Girls Lacrosse Tournament	MCC Sports, Inc.
Oct.	Gymnastics Meet	PC Gymnastics
Oct. 16	Pink Army 5K Run/Walk	PCP&R and FHF
Oct. 8-9	PDA Fall Classic	PDA Florida
Oct. 15-16	Pumpkin Shoot Out Lacrosse Tournament	Team Florida Lacrosse



Frieda Zamba
Swimming Pool
2016 Hours of Operation

Tuesday, September 6-Friday, November 4

Monday through Friday - 2 PM to 7:30 PM

Saturday & Sunday - Closed

Holiday Hours of Operation:

Monday, September 5 - 12 PM to 6 PM



Event Calendar for 8/25/2016 through 9/30/2016

8/26/2016 7:00 AM

Flagler Buy Day

Cupcake Cafe, Swip Swap for Her, Legends Barber/Salon

8/26/2016 5:30 PM

New Resident Orientation

Realty Exchange

8/27/2016 3:00 PM

Gamble Acoustic Jam Session

Gamble Rogers Memorial State Recreational Area at Flagler Beach

8/27/2016 6:00 PM

Guided Salt Marsh Kayak Tour

Gamble Rogers Memorial State Recreational Area at Flagler Beach

9/2/2016 7:00 PM

Blessed Daughters Monthly Retreat

Palm Coast Community Center

9/3/2016 2:00 PM

Day of Worship

Church on the Rock

9/9/2016 6:00 PM

Phenomenal Black Women of Jazz Celebration

African American Cultural Center

9/9/2016 7:50 PM

Movies In The Park featuring "Jurassic World"

Central Park in Town Center



Event Calendar for 8/25/2016 through 9/30/2016

9/10/2016 12:00 AM

Palm Coast & the Flagler Beaches Senior Games presented by: CORA HEALTH SERVICES, INC.

9/10/2016 8:00 AM

Intracoastal Waterway Cleanup

9/10/2016 8:00 AM

Palm Coast Senior Games

Various City and County locations TBD

9/10/2016 8:00 AM

Walk to End Alzheimer's

Riverfront Park

9/10/2016 8:00 AM

Intracoastal Waterway Cleanup

Palm Coast Community Center

9/11/2016 8:00 AM

Fallen Heroes Memorial Service

Heroes Memorial Park

9/11/2016 9:45 AM

Palm Coast Elks Lodge #2709 - 9/11 Memorial Ceremony

Palm Coast Elks Lodge #2709

9/12/2016 12:30 PM

The Garden Club at Palm Coast, Inc.

Flagler County Extension Service



Event Calendar for 8/25/2016 through 9/30/2016

9/15/2016 12:00 AM

Get Published Series

Co-Work office

9/15/2016 11:30 AM

Score Means Business

Bethune Cookman University

9/16/2016 4:00 PM

Oktoberfest Dinner Dance

Halifax Plantation Golf Club

9/17/2016 6:00 PM

Bandstand Boogie Gala

Halifax Plantation Golf Club

9/20/2016 5:00 PM

Food Truck Tuesday

Central Park in Town Center

9/21/2016 11:00 AM

Lunch N Lecture Series

City Hall

9/26/2016 6:00 PM

Women's Self Defense

Palm Coast Community Center



To: Jim Landon, City Manager
From: Richard Adams, Utility Director
Date: August 24, 2016
Re: Week in Review

- The average water demand for the week was 8.788 million gallons per day. The average wastewater flow was 5.559 million gallons per day.
- The Wastewater Treatment received an award from the Florida Water and Pollution Control Operators Association for “Leadership, Promotion, Service and Performance rendered through an outstanding Safety Program for 2015”.
- Crews installed 16 new domestic water meters, 2 reuse meters and 4 new PEP tanks.
- There was a total of 19 calls after hours.
- This week there were 186 disconnects for non-payment.
- The contractor, 4 C’s, has finished hauling lime sludge from Water Treatment Plant #1. They have also rebuilt the berm and spread some rock on the dirt driveway to try to minimize the sludge coming off the dump truck tires. They removed a total of 70 truckloads. The remainder of the material will be hauled out some time after October 1st.
- Wastewater crews inspected via CCTV, 2,391 feet of gravity sewer and inspected 11 manholes. They also replaced 13 pep pumps, 17 floats and 4 cleanout caps. Replaced 1 ball valve, 3 valve boxes, installed 1 riser, replaced 1 back lid, and 1 pep panel.
- Crews worked on the pump station on Wellwater. Formed a new driveway and installed a new culvert and it is now ready for the concrete pour.
- Water Distribution crews replaced 1 service line (retrofit), repaired 4 service lines, and tested/repared 16 backflow preventers.
- Work began this week to replace the meter assembly at the Jehovah’s Witness complex. The old obsolete meter and backflow assembly will be removed and replaced with a new one. Work includes wet tapping the water main and bringing the line above ground and adding a backflow prevention device. This will be a weeklong project due to a number of conflicts with other existing utilities and the way that the existing meter was installed.



Utility Department Week in Review – August 24, 2016

Page 2



Lots of hand digging around existing utilities

Installation of wet tap, valve and 90 degree bend



Plumbing the riser pipe that will connect to the new meter and backflow assembly

Work began this week to replace the meter assembly at the Jehovah's Witness complex



NEWS RELEASE – City of Palm Coast

Contact: Cindi Lane, Communications & Marketing Manager
386-986-3708; cell 386-214-4729

Aug. 22, 2016

Palm Coast & the Flagler Beaches Senior Games registration deadline is Sept. 1

Palm Coast - Thousands of senior adults across the nation gather with their neighbors and friends each fall to compete in the Senior Games. It's a great way to make friends, remain active and have some fun outdoors and enjoy the beautiful fall weather!

This is the third year this friendly and fun competition is in our own back yard. Palm Coast & the Flagler Beaches Senior Games, presented by Cora Health Services Inc., will be held Sept. 10 to 18.

The registration deadline of Thursday, Sept. 1, is quickly approaching. Don't miss out on the fun!

The local Senior Games offers competition in 14 sports. The Seniors Games are open to men and women ages 50 and up competing against other athletes of the same gender and age group. Registration is \$15 and includes a T-shirt and participation in one sports event; participation in each additional sports event is \$5. Competition is offered in nine different age categories.

To register, visit www.palmcoastgov.com/seniorgames for the registration form. Mail the form with payment to Palm Coast Parks & Recreation, attn.: Senior Games Coordinator Alex Boyer, 305 Palm Coast Parkway NE, Palm Coast, FL 32137. Or drop it off Monday through Friday, 8 a.m. to 5 p.m., at the Palm Coast Community Center, 305 Palm Coast Parkway NE, or email it to aboyer@palmcoastgov.com. Checks should be payable to: City of Palm Coast.

The Palm Coast & the Flagler Beaches Senior Games are sanctioned by the Florida Sports Foundation and serve as a local qualifying event for the Florida Senior Games State Championships. This year's events are:

- **Archery:** 9 a.m. Sept. 10; at Indian Trails Middle School fields, 5505 Belle Terre Pkwy., Palm Coast
- **Golf Croquet:** 8:30 a.m. Sept. 10; at Palm Harbor Golf Club, 100 Cooper Lane, Palm Coast
- **Cycling:** 8:30 a.m. Sept. 11; start will be at Intracoastal Park under the Hammock Bridge, adjacent to European Village, 101 Palm Harbor Pkwy., Palm Coast

- **Ballroom Dancing** (Waltz, Foxtrot, Tango, Swing, Rumba and Cha Cha): 2 p.m. Sept. 11; at the VFW, 37 Old Kings Road North, Palm Coast
- **Tennis:** 9 a.m. Sept. 12; at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy., Palm Coast
- **Tennis Mixed Doubles:** 9 a.m. Sept. 13; at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy., Palm Coast
- **Golf:** Sept. 14, 8:30 a.m. shotgun start; at Palm Harbor Golf Club, at 20 Palm Harbor Drive, Palm Coast
- **Horseshoes:** 7:30 a.m. Sept. 14; at Old Dixie Community Park on North Old Dixie Highway, Bunnell
- **Indoor Volleyball:** 6 p.m. Sept. 14; location TBA
- **Pickleball:** 9 a.m. Sept. 15; at Belle Terre Park Tennis Center, 339 Parkview Drive, Palm Coast
- **Pickleball Doubles:** 9 a.m. Sept. 16; at Belle Terre Park Tennis Center, 339 Parkview Drive, Palm Coast
- **Basketball Shooting:** 6 p.m. Sept. 16; location TBA
- **Table Tennis:** 6 p.m. Sept. 16; location TBA
- **Swimming:** 9 a.m. Sept. 17; at Frieda Zamba Swimming Pool, 339 Parkview Drive, Palm Coast

Cora Health Services is partnering with the City to provide public educational programs and sports medicine services for athletic events in Palm Coast this year. Cora Health Services has two clinics in Palm Coast.

The Palm Coast & the Flagler Beaches Senior Games are also sponsored by Humana, Florida Hospital Flagler, Tropical Smoothie Café, and the Palm Coast Observer.

For more information, visit www.palmcoastgov.com/seniorgames or call Palm Coast Parks & Recreation at 386-986-2323.

Don't miss out on the fun! Register by Sept. 1



NEWS RELEASE – City of Palm Coast

Contact: Cindi Lane, Communications & Marketing Manager
386-986-3708; cell 386-214-4729

Aug. 23, 2016

City of Palm Coast announces events, activities for September 2016

Palm Coast – The City of Palm Coast has a variety of upcoming events and recreational and sports activities that are open to the public. See the full Calendar of Events at www.palmcoastgov.com.

Aug. 29-Sept. 2 – **Wellness with Chrissy Powell** - Join certified fitness instructor for exercise classes at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. Schedule: Pilates 8:30 a.m. Mondays, Wednesdays and Fridays; Aerobics 9:30 a.m. Mondays, Wednesdays and Fridays; Pilates Versa-tube, 10:30 a.m. Mondays and Wednesdays. Register through instructor: 386-931-7153 or cpowell54@cfl.rr.com.

Aug. 30, Sept. 1, Sept. 2 – **Pickleball Open Court** – 1 to 3 p.m. Tuesdays; 6-8 p.m. Wednesdays; and 11 a.m.-1 p.m. Fridays. Try out the paddle sport that combines tennis, badminton and ping-pong! This adult program is offered free at Belle Terre Park tennis courts, 339 Parkview Drive, Palm Coast. Equipment is available for rent. More info: Palm Coast Parks & Recreation, 386-986-2323.

Sept. 1-29 – **Racquet Rookies II (tennis)** – Tuesdays and/or Thursdays 6-6:45 p.m. at Palm Coast Tennis Center, 1290 Belle Terre Pkwy. This program is a continuation of Racquet Rookies I and to the entire game of tennis for juniors 5-7 years old. Skill-building exercises and fun activities are used to begin developing the basic movements used on the tennis court. \$80 for 8 classes. More info: 386-986-2550 or www.PalmCoastTennisCenter.com.

Sept. 1-29 – **Big Shots (tennis)** – Tuesdays and/or Thursdays, 4:30-6 p.m. at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy. For players, ages 8-12 who have completed Transition Team or who have appropriate tennis experience, this program will focus on stroke fundamentals, hand-eye coordination and interactive play. \$225/one class per week or \$24 per class. More info: 386-986-2550 or www.PalmCoastTennisCenter.com.

Sept. 1-29 – **Competitive Player Development (tennis)** – Tuesdays and/or Thursdays, 6:30-8 p.m. at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy. For players ages 12-17 with USTA or middle school/high school tennis experience, this program will focus on advanced technique, footwork, conditioning and strategies for competitive play. \$225/one class per week; or \$24 per class. More info: 386-986-2550 or www.PalmCoastTennisCenter.com.

Sept. 1-30 – **Adult Drop-In Masters Tennis** - Every Tuesday 8-9:30 a.m.; Thursday 5-6:30 p.m.; and Friday 11 a.m.-12:30 p.m., Palm Coast Tennis Center, 1290 Belle Terre Parkway, Palm Coast. Come out to PCTC for Masters Tennis Drop-In, open to all levels, no experience needed. Wear athletic attire and sneakers. \$5 per play or 12 plays for \$50. Free for PCTC Pass-Holders. For more about Masters Tennis, visit www.UstaFlorida.com/MastersTennis. For more info: 386-986-2550 or www.PalmCoastTennisCenter.com.

Sept. 2-30 – **Friday Basic Training** – Fridays, 9:30-10:30 a.m. at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy. This new clinic is all about drills for players at all levels. One fast-paced hour of groundstrokes, volleys and footwork to help keep you sharp. \$16/session. For more info: 386-986-2250 or www.PalmCoastTennisCenter.com.

Sept. 3-24 – **Saturday Open Tennis** – Every Saturday, 11 a.m.-1 p.m. at Palm Coast Tennis Center, 1290 Belle Terre Pkwy., Palm Coast. Come out to PCTC for “drop-in” tennis, open to men and women 3.5 and below. \$6/person. More info: 386-986-2550 or www.PalmCoastTennisCenter.com.

Sept. 4-25 – **Sunday Open Tennis** - Every Sunday, 9:30-11 a.m. at Palm Coast Tennis Center, 1290 Belle Terre Pkwy., Palm Coast. Come out to PCTC for “drop-in” tennis, open to men and women of all playing levels. \$5/person. More info: 386-986-2550 or www.PalmCoastTennisCenter.com.

Sept. 6 – **Palm Coast Wood Carvers** – Tuesdays, 1-4 p.m. The art of woodcarving has a history that spans centuries. At its core, woodcarving transforms a piece of wood into a masterfully crafted work of art. Join this group of gifted carvers as they share their skill and know-how in this informal teaching atmosphere. The woodcarving group is a mixed group of men and women at all levels and abilities. They meet at the Palm Coast Community Center, 305 Palm Coast Pkwy NE, Palm Coast. Free. More info: 386-986-2323.

Sept. 6, 8, 9 – **Pickleball Open Court** – 1 to 3 p.m. Tuesdays; 6-8 p.m. Wednesdays; and 11 a.m.-1 p.m. Fridays. Try out the paddle sport that combines tennis, badminton and ping-pong! This adult program is offered free at Belle Terre Park tennis courts, 339 Parkview Drive, Palm Coast. Equipment is available for rent. More info: Palm Coast Parks & Recreation, 386-986-2323.

Sept. 6, 8 – **Game Day Social** – Tuesday and Thursdays, 12:30-4 p.m. Palm Coast Community Center, 305 Palm Coast Pkwy NE, Palm Coast. Game Day Social is comprised of a lively, spirited group of individuals who enjoy the camaraderie and competition of dominos, a variety of card games or board games. Participants are encouraged to bring their favorite game or play one provided by Parks & Recreation. Light refreshments served. Free. More info: 386-986-2323.

Sept. 6-27 - **Beginners Doubles Strategy** – Tuesdays, 9:30-11 a.m. at the Palm Coast Tennis Center, 1290 Belle Terre Parkway. This new clinic is designed for players who are new to the game (2.0). It provides an opportunity to learn the basics of doubles play including court position, shot selection and strategy. Experience interactive drills and play in a game-based, friendly environment. \$24/session. For more info: 386-986-2250 or www.PalmCoastTennisCenter.com.

Sept. 7-9 (no classes on Labor Day) – **Wellness with Chrissy Powell** - Join certified fitness instructor for exercise classes at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. Schedule: Pilates 8:30 a.m. Mondays, Wednesdays and Fridays; Aerobics 9:30 a.m.

Mondays, Wednesdays and Fridays; Pilates Versa-tube, 10:30 a.m. Mondays and Wednesdays. Register through instructor: 386-931-7153 or cpowell54@cfl.rr.com.

Sept. 7–28 – **Transition Team** – Mondays and/or Wednesdays, 6-7 p.m. at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy. This is a transitional program for students ages 8-11 who have completed Quick Start I & II. \$150/one class per week or \$16 pay-as-you-go. This will focus on mechanics with a greater emphasis on interactive play. More info: 386-986-2550 or www.PalmCoastTennisCenter.com.

Sept. 7-28 – **Racquet Rookies I** – Mondays and/or Wednesdays, 6-6:45 p.m. or Tuesdays and/or Thursdays 5:30-6:15 p.m., Palm Coast Tennis Center, 1290 Belle Terre Pkwy. This program is a gentle introduction to the game of tennis for students 5-7 years old. Skill-building exercises and fun activities are used to begin developing the basic movements used on the tennis court. \$80 for 8 classes. More info: 386-986-2550 or www.PalmCoastTennisCenter.com.

Sept. 7-28 – **Morning Blast (tennis)** – Mondays and Wednesdays, 9:30-10:30 a.m. at Palm Coast Tennis Center, 1290 Belle Terre Pkwy. A fun and energetic start to your day that combines cardio tennis with instructional drills and interactive play, with focus on footwork and movement. \$15/class. More info: 386-986-2550 or www.PalmCoastTennisCenter.com.

Sept. 7-28 – **Techniques & Tactics (tennis)** – Mondays and Wednesdays, 10:30-11:30 a.m. at Palm Coast Tennis Center, 1290 Belle Terre Pkwy. A combination of instruction and strategies designed to improve doubles play. This class is for players 3.0 and up. \$16/class. More info: 386-986-2550 or www.PalmCoastTennisCenter.com.

Sept. 7-28 - **Junior Development (tennis)** – Mondays and Wednesdays, 4:30-6 p.m. at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy. For players ages 10-14 who have completed the Big Shots program or have appropriate tennis experience, with focus on mechanics, footwork and preparation for competitive play. \$225/one class per week; or \$24 per class. More info: 386-986-2550 or www.PalmCoastTennisCenter.com.

Sept. 7-28 – **Quick Start 1 & 2 (tennis)** – Mondays and/or Wednesdays, 5:00-6:00 p.m. at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy., Palm Coast. For players ages 6-10 as an introduction to the game of tennis using fun and effective skill-building exercises and games with an emphasis on agility, balance and coordination, as well as teamwork and interactive play. \$150/one class per week or \$16 per class. More info: 386-986-2550 or www.PalmCoastTennisCenter.com.

Sept. 9 – **Movies in the Park** – Friday, Sept. 9, 7:50 p.m. in Central Park at Town Center, 975 Central Ave., Palm Coast. Families will enjoy “Jurassic World” (PG-13) on the park’s giant outdoor movie screen. Bring your blanket, lawn chairs and snacks and invite your friends and neighbors to join you at this free, monthly family activity offered by Palm Coast Parks & Recreation and Flagler Schools. More info: 386-986-2323 and www.palmcoastgov.com/movies.

Sept. 9 – **Healthcare Provider** – Friday, Sept 9, 9 a.m.-1:30 p.m. at Palm Coast Fire Station 25, 1250 Belle Terre Pkwy. This Basic Life Support (BLS) for Healthcare Providers Course provides the ability to recognize several life-threatening emergencies, administer CPR, use an AED, and relieve choking in a safe, effective and timely manner. Examples of those who may need this certification are: EMS personnel, physician assistants, dentists, nurses, respiratory therapists and others. All must have a credential (card) documenting successful completion of a CPR

course. \$50, with pre-registration required by 9 a.m., Sept. 6. Sign up at www.palmcoastgov.com/cpr or in person at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. More info: cprcertification@palmcoastgov.com or 386-986-2300.

Sept. 10 – **Recreation on the Go** – Saturday, Sept. 10, 10 a.m.-noon at the Palm Harbor Golf Course, 100 Cooper Lane, Palm Coast. Palm Coast Parks & Recreation has scheduled a variety of free recreation activities, providing equipment and staff for various games. Children ages 5+ and adults are welcome. Recreation on the Go will be held on the second Saturday of each month, at different City of Palm Coast parks. Free. More info: 386-986-2323.

Sept. 10 – **9th Annual Intracoastal Waterway Cleanup** – Saturday, Sept. 10, 8 a.m. to 1 p.m. With grant funding from the Florida Inland Navigation District, the City of Palm Coast will provide everything a volunteer may need to clean up our community's precious walkways along our waterways. Event headquarters will be Palm Coast Community Center, 305 Palm Coast Pkwy. NE. Refreshments and special awards (for the most unique find) will be after the cleanup, at noon. Registration encouraged to ensure adequate supplies are available. Pre-registered volunteers can pick up event kits on Sept. 3 from 9-11 a.m. at Palm Coast City Hall, 160 Lake Ave. More info: 386-986-2458 or www.palmcoastgov.com/icwc.

Sept. 10-18 – **Palm Coast and the Flagler Beaches Senior Games** – Saturday through Sunday, Sept. 10-18, presented by Cora Health Services Inc. Competition in 14 sports for people ages 50 and older: archery, golf croquet, cycling, ballroom dancing, tennis, golf, horseshoes, indoor volleyball, pickleball, basketball shooting, table tennis and swimming. Events held at various locations throughout Palm Coast and Flagler County during the week. Register by Sept. 1 at www.palmcoastgov.com/seniorgames or at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. More info: 386-986-2323.

Sept. 11 – **9/11 Fallen Heroes Memorial Service** – Sunday, Sept. 11, 8 a.m. at Heroes Memorial Park, 2860 Palm Coast Pkwy., Palm Coast. Join our community in paying tribute to the men and women who lost their lives in the worst terrorist attack ever committed on American soil on Sept. 11, 2001. Ceremony will include speakers, music, a bell ceremony and a moment of remembrance. More info: 386-986-2300.

Sept. 12-Dec. 21 – **Adult Open Gym Volleyball** – Two sessions: Mondays or Wednesdays, Sept. 12-Dec. 21, 7-9:30 p.m. at Indian Trails Middle School, 5505 N. Belle Terre Pkwy. Come with friends or come alone and play adult recreational, co-ed volleyball with an open gym that creates new teams weekly. Teams rotate in and out of play. One net is for competitive style play and the second net is for recreational style play. \$22 for either session. Register at www.palmcoastgov.com/register. More info: 386-986-2323.

Sept. 12-16 – **Wellness with Chrissy Powell** - Join certified fitness instructor for exercise classes at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. Schedule: Pilates 8:30 a.m. Mondays, Wednesdays and Fridays; Aerobics 9:30 a.m. Mondays, Wednesdays and Fridays; Pilates Versa-tube, 10:30 a.m. Mondays and Wednesdays. Register through instructor: 386-931-7153 or cpowell54@cfl.rr.com.

Sept. 12-26 – **1.2.3 Tennis** – every Monday, 11:30 a.m.-12:30 p.m. at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy., Palm Coast. 1.2.3 Tennis is designed for players with little or no tennis experience, a fun and social introduction to tennis fundamentals including basic techniques and structured play. \$10 per class. More info: 386-986-2550 or www.PalmCoastTennisCenter.com.

Sept. 12-26 – **Monday Open Tennis** - every Monday, 6-8 p.m. at Palm Coast Tennis Center, 1290 Belle Terre Pkwy., Palm Coast. Come out to PCTC for “drop-in” tennis, open to men and women level 3.5 and above. \$6/person. More info: 386-986-2550 or www.PalmCoastTennisCenter.com.

Sept. 13-Dec. 22 – **Adult Open Gym Basketball** – Two sessions: choice of Tuesdays or Thursdays, Sept. 13-Dec. 20, 7-9:30 p.m., at Indian Trails Middle School, 5505 N. Belle Terre Pkwy. This is an adult, co-ed, non-competitive recreation program. \$22 for either session. Register at www.palmcoastgov.com/register. More info: 386-986-2323.

Sept. 13 – **Palm Coast Wood Carvers** – Tuesdays, 1-4 p.m. The art of woodcarving has a history that spans centuries. At its core, woodcarving transforms a piece of wood into a masterfully crafted work of art. Join this group of gifted carvers as they share their skill and know-how in this informal teaching atmosphere. The woodcarving group is a mixed group of men and women at all levels and abilities. They meet at the Palm Coast Community Center, 305 Palm Coast Pkwy NE, Palm Coast. Free. More info: 386-986-2323.

Sept. 13, 15, 16 – **Pickleball Open Court** – 1 to 3 p.m. Tuesdays; 6-8 p.m. Wednesdays; and 11 a.m.-1 p.m. Fridays. Try out the paddle sport that combines tennis, badminton and ping-pong! This adult program is offered free at Belle Terre Park tennis courts, 339 Parkview Drive, Palm Coast. Equipment is available for rent. More info: Palm Coast Parks & Recreation, 386-986-2323.

Sept. 13, 15– **Game Day Social** – Tuesday and Thursdays, 12:30-4 p.m. Palm Coast Community Center, 305 Palm Coast Pkwy NE, Palm Coast. Game Day Social is comprised of a lively, spirited group of individuals who enjoy the camaraderie and competition of dominos, a variety of card games or board games. Participants are encouraged to bring their favorite game or play one provided by Parks & Recreation. Light refreshments served. Free. More info: 386-986-2323.

Sept. 19-23 – **Wellness with Chrissy Powell** - Join certified fitness instructor for exercise classes at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. Schedule: Pilates 8:30 a.m. Mondays, Wednesdays and Fridays; Aerobics 9:30 a.m. Mondays, Wednesdays and Fridays; Pilates Versa-tube, 10:30 a.m. Mondays and Wednesdays. Register through instructor: 386-931-7153 or cpowell54@cfl.rr.com.

Sept. 20 – **Palm Coast Wood Carvers** – Tuesdays, 1-4 p.m. The art of woodcarving has a history that spans centuries. At its core, woodcarving transforms a piece of wood into a masterfully crafted work of art. Join this group of gifted carvers as they share their skill and know-how in this informal teaching atmosphere. The woodcarving group is a mixed group of men and women at all levels and abilities. They meet at the Palm Coast Community Center, 305 Palm Coast Pkwy NE, Palm Coast. Free. More info: 386-986-2323.

Sept. 20 – **Food Truck Tuesday** – Tuesday, Sept. 20, 5-8 p.m. at Central Park in Town Center. Purchase and enjoy delicious cuisine available from food trucks situated along Lake Avenue next to Central Park. Free entertainment provided. Proceeds from this month’s Food Truck Tuesday will benefit Florida Hospital Flagler’s Pink Army 5K. More info: www.palmcoast.gov/foodtruck or call 386-986-2323.

Sept. 20, 22– **Game Day Social** – Tuesday and Thursdays, 12:30-4 p.m. Palm Coast Community Center, 305 Palm Coast Pkwy NE, Palm Coast. Game Day Social is comprised of a lively, spirited group of individuals who enjoy the camaraderie and competition of dominos, a variety of card games or board games. Participants are encouraged to bring their favorite game or play one provided by Parks & Recreation. Light refreshments served. Free. More info: 386-986-2323.

Sept. 20, 22, 23 – **Pickleball Open Court** – 1 to 3 p.m. Tuesdays; 6-8 p.m. Wednesdays; and 11 a.m.-1 p.m. Fridays. Try out the paddle sport that combines tennis, badminton and ping-pong! This adult program is offered free at Belle Terre Park tennis courts, 339 Parkview Drive, Palm Coast. Equipment is available for rent. More info: Palm Coast Parks & Recreation, 386-986-2323.

Sept. 21-Oct. 19 – **Little Kickers Soccer** – Wednesdays, Sept. 21 through Oct. 19, 4-5 p.m. at Belle Terre Park, 339 Parkview Drive, Palm Coast. This five-week, child-with-parent program teaches toddlers ages 3-4 the basic motor skills necessary to play organized sports such as soccer. The program is designed for parents to assist the child during the lessons. \$35 per child. Register at www.palmcoastgov.com/register. More info: 386-986-2323.

Sept. 21-Oct. 19 – **Munchkin' Soccer** – Wednesdays from Sept. 21 through Oct. 19, 5-6 p.m. at Belle Terre Park, 339 Parkview Drive, Palm Coast. Bring your 5- and 6-year-old soccer players to this high-energy, fun, age-appropriate introduction to soccer. Munchkin Soccer is not a league, rather an introduction to the fundamentals of soccer focusing on skill development and confidence building that your child will use as he/she transitions to league play. \$35 per child. Register at www.palmcoastgov.com/register. More info: 386-986-2323.

Sept. 21 – **Lunch N' Lecture Series** – Wednesday, Sept. 21, 11 a.m.-12:30 p.m. in the Community Wing at City Hall, 160 Lake Ave. This month's discussion, "Understanding Fall Risk and Balance Disorders," will be presented by CORA Rehabilitation Clinics with speaker Ward Daron, PT. Information presented will discuss the risks and reasons for falls and dizziness and prevention techniques. The lecture and lunch are free, but pre-registration is required (while space available) by 11 a.m. Sept. 19: www.palmcoastgov.com/register. More info: 386-986-2323.

Sept. 24 – **First Aid and CPR/AED** – Saturday, Sept. 24, 9 a.m.-4 p.m. at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. This class is a 7-hour course (one hour for lunch) designed to meet OSHA regulations and teach administering CPR to children and adults, using an Automated External Defibrillator (AED), using a mask or barrier device, assisting with bleeding, broken bones. \$5/person with pre-registration required by 9 a.m., Sept. 22. Sign up at www.palmcoastgov.com/cpr or in person at the Community Center. More info: cprcertification@palmcoastgov.com or 386-986-2300.

Sept. 26, Oct. 3 and 10 – **Women's Self Defense** – Three consecutive Mondays, Sept. 26 and Oct. 3 and 10, 6-8 p.m. at the Palm Coast Community Center, 305 Palm Coast Pkwy NE. Women, ages 12+, can learn effective methods to ward off attackers from Sgt. Michael Lutz of the Flagler County Sheriff's Office. Become more aware of your surroundings and the methods to protect yourself. Classes are free, but pre-registration is required by 6 p.m. Sept. 24 (while space available) at www.palmcoastgov.com/register. More info: 386-986-2323.

Sept. 26-30 – **Wellness with Chrissy Powell** - Join certified fitness instructor for exercise classes at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. Schedule: Pilates

8:30 a.m. Mondays, Wednesdays and Fridays; Aerobics 9:30 a.m. Mondays, Wednesdays and Fridays; Pilates Versa-tube, 10:30 a.m. Mondays and Wednesdays. Register through instructor: 386-931-7153 or cpowell54@cfl.rr.com.

Sept. 27-Oct. 25 – **Munchkin' Sports** – Tuesdays from Sept. 27 through Oct. 25, 5:30-6:30 p.m. at Belle Terre Park, 339 Parkview Drive, Palm Coast. This child-with-parent program teaches the basic motor skills necessary to play organized sports such as soccer, baseball, golf, football and tennis. This 5-week program for children ages 4-5 is designed for parents to assist their child. \$35 per child. Register at www.palmcoastgov.com/register. More info: 386-986-2323.

Sept. 27 – **Palm Coast Wood Carvers** – Tuesdays, 1-4 p.m. The art of woodcarving has a history that spans centuries. At its core, woodcarving transforms a piece of wood into a masterfully crafted work of art. Join this group of gifted carvers as they share their skill and know-how in this informal teaching atmosphere. The woodcarving group is a mixed group of men and women at all levels and abilities. They meet at the Palm Coast Community Center, 305 Palm Coast Pkwy NE, Palm Coast. Free. More info: 386-986-2323.

Sept. 27, 29 – **Game Day Social** – Tuesday and Thursdays, 12:30-4 p.m. Palm Coast Community Center, 305 Palm Coast Pkwy NE, Palm Coast. Game Day Social is comprised of a lively, spirited group of individuals who enjoy the camaraderie and competition of dominos, a variety of card games or board games. Participants are encouraged to bring their favorite game or play one provided by Parks & Recreation. Light refreshments served. Free. More info: 386-986-2323.

Sept. 27, 29, 30 – **Pickleball Open Court** – 1 to 3 p.m. Tuesdays; 6-8 p.m. Wednesdays; and 11 a.m.-1 p.m. Fridays. Try out the paddle sport that combines tennis, badminton and ping-pong! This adult program is offered free at Belle Terre Park tennis courts, 339 Parkview Drive, Palm Coast. Equipment is available for rent. More info: Palm Coast Parks & Recreation, 386-986-2323.

For more information, contact Palm Coast Communications & Marketing Manager Cindi Lane at 386-986-3708 or clane@palmcoastgov.com

Photo: The City of Palm Coast's summer 2016 were, from left, Thomas Hughes, Jordan Myers, Maeve Dineen, Haley McQueen, Lauren Umpenhour and Jeromy Wegrzyn.



NEWS RELEASE – City of Palm Coast

Contact: Cindi Lane, Communications & Marketing Manager
386-986-3708; cell 386-214-4729

August 24, 2016

City of Palm Coast expands opportunities with formal internship program

Palm Coast – After a summer of exploration, the City of Palm Coast has decided to expand its college internship program. Internships were offered to students in the past, and now with a formalized program that meets City performance measures, the City is hoping to recruit a multitude of strong candidates to fulfill identified needs within City departments.

The idea of a formalized internship program began with conversation between City Manager Jim Landon and Flagler Schools Superintendent Jacob Oliva with the motive of helping Flagler students make the transition from the classroom to careers. Each academic school year, over 1,000 students graduate from Flagler Palm Coast High School and Matanzas High School, and many of these graduates will move forward to pursue a college degree or further explore careers. The Internship Program serves as a pipeline for talented Flagler Schools graduates to begin establishing themselves professionally in Palm Coast.

The idea of a City Internship Program is coming to fruition after several months of discussion and implementation by Flagler Schools alumnae Maeve Dineen and Lauren Umpenhour.

Dineen, a Biochemistry and Molecular Biology major at Mercer University, led the logistics of the development of the program. Dineen initiated the conversation with City departments to identify areas where departments could hire interns so that both the students and department employees would benefit from the process.

Umpenhour, an Advertising and Public Relations major at the University of Central Florida, focused on the marketing efforts of the internship program with the goal to recruit college students, while simultaneously raising awareness within the community about these new existing opportunities.

Together, the two interns created a written guide for sustaining the internship program in the future; collaborated with Flagler Schools and 16 Florida universities and colleges to begin building avenues for recruitment; and teamed up with the City's Communications

& Marketing Division to design fliers, postcards, and a promotional video to capture “The Internship Experience.”

Dineen and Umpenhour presented an overview of the program at the Aug. 2 City Council meeting, receiving support from City Council and community members. They also made a presentation to the Flagler County School Board.

“Our focus needs to be...enabling our community so these young people have a place to come back,” said Council Member Steven Nobile. “Losing this talent, like the Mayor said, is an expensive export.”

With approximately 16 paid internship positions available to college students for summer 2017, the City of Palm Coast and Flagler Schools hope to bring our talent back home following their high school graduation. The City internship positions will give qualified candidates the opportunity to build their resume, explore career interests, engage in professional networking, and make a difference in their community.

Visit www.palmcoastgov.com/internships to see “The Internship Experience” video and learn more about the internship opportunities available for the summer of 2017. The application period to join the team will open Dec. 1, 2016.

For more information, contact Communications & Marketing Manager Cindi Lane, at 386-986-3708 or clane@palmcoastgov.com.



NEWS RELEASE – City of Palm Coast

Contact: Cindi Lane, Communications & Marketing Manager
386-986-3708; cell: 386-214-4729

Aug. 25, 2016

City of Palm Coast offices to be closed Monday, Sept. 5, for Labor Day

Palm Coast, – All City of Palm Coast offices will be closed Monday, Sept. 5, for the Labor Day holiday. Offices will re-open on Tuesday, Sept. 6, at 8 a.m. Recycling and garbage collection will proceed according to the regular schedule.

For more information on the holiday closing, call Cindi Lane, Communications & Marketing Manager, at 386-986-3708.



NEWS RELEASE – City of Palm Coast

Contact: Cindi Lane, Communications & Marketing Manager
386-986-3708; cell: 386-214-4729

Aug. 25, 2016

Fallen Heroes to be remembered at 9/11 observance in Palm Coast

Palm Coast – The City of Palm Coast Fallen Heroes Memorial honoring emergency responders killed during the Sept. 11, 2001, terrorist attacks will take place at Heroes Memorial Park on Sunday, Sept. 11, at 8 a.m.

The Fallen Heroes Memorial recognizes the selfless acts of courage exemplified by the members of the Police, Fire and EMS departments. It will be held at Heroes Memorial Park, 2860 Palm Coast Pkwy. NW, Palm Coast (1/2 mile west of the Flagler County Library). The public is encouraged to attend.

The 9/11 ceremony will feature an Honor Guard comprised of New York, Palm Coast and Flagler County fire departments and law enforcement agencies. The Honor Guard will join together for the presentation of a Parade of Flags, which is a representation of New York and local emergency service agencies.

The ceremony will include a tribute to firefighters, police officers, paramedics and EMTs, with a presentation of wreaths at the respective memorials by active duty emergency responders and 9/11 survivors.

Palm Coast Mayor Jon Netts and retired New York Fire Department Capt. Rich Meo will speak. The *Firefighter Prayer* and *Police Officer Prayer* will be offered by a Palm Coast firefighter and Flagler County Sheriff's officer. The invocation will be given by Senior Pastor Greg Peters of Parkview Baptist Church. Wreaths will be presented at the park's memorials. The National Moment of Silence at 8:46 a.m. which marks the time the terrorist attacks began when American Airlines Flight 11 crashed into the World Trade Center, will be observed.

The Choral Arts Society will sing the *National Anthem* and other selections, and Ancient City Pipes & Drums will perform *Going Home*. *Taps* will be played, and the *Last Alarm* will be offered by retired Capt. Joe Masters of the Palm Coast Fire Department and a retired New York firefighter.

Please join us in remembering those who lost their lives on 9/11 and honoring all emergency responders. In case of rain, the ceremony will be held at nearby Fire Station 21, 9 Corporate Drive, Palm Coast.

For more information, contact Cindi Lane at 386-986-3708.