



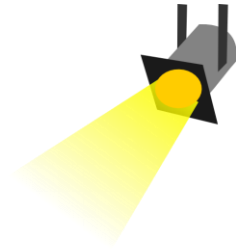
4/27/2018

City Manager's

WEEK-IN-REVIEW

in the

Spotlight



Highlights

Palm Coast - Tree City USA

For the 13th consecutive year, Palm Coast has been named a Tree City USA by the National Arbor Day Foundation. Also, the City received the Tree City USA Growth Award for the 12th time. It's an honor to have the National Arbor Day Foundation recognize the City's high level public landscaping efforts, environmental standards and educational programs. This is great timing as we prepare for the May 5th celebration of Arbor Day in Central Park at Town Center. For more information about these awards, see the attached news release. A promo video for Arbor Day 2018 can be viewed on YouTube here <https://youtu.be/IHAKk8pGvcU>.



Highlights

Mayor's Challenge for Water Conservation:

Mayor Holland is asking residents to take or renew their pledges to "Stop the Drops" and manage water use more wisely by taking part in the annual National Mayor's Challenge for Water Conservation. Don't miss your chance to participate and take the pledge thru April 30 at www.mywaterpledge.com. For more information, see the attached News Release.

Mayors 30/30 Challenge:

The Mayor's Healthy Community Challenge is going on now. Mayor Holland challenges residents to get active outdoors. Residents are encouraged to move at least 30 miles in 30 days, an average of a mile a day. Don't miss out, the challenge ends April 30th. So, sign up and log in your progress on the City's website here <http://www.palmcoastgov.com/my-palm-coast/mayors-challenge>.

Palm Coast – Voted #1 for Best Value for Retirement!

According to the financial planning site SmartAsset.com, your retirement money will go a lot farther in Palm Coast. The Daytona Beach News Journal says that Palm Coast took the #1 spot where \$1 million in retirement funds would last the longest. Palm coast continues to be a great place to live, work, play and retire! To read the article, visit the website here... <http://www.news-journalonline.com/news/20180426/got-1m-in-retirement-funds-it-will-last-longest-in-palm-coast>.



Highlights

2018 Photo Contest:

Don't miss your chance to participate in the Find Your Florida 2018 Photography Contest, going on NOW through May 31st. For information about the contest, to see the list of fabulous prizes, and to submit and manage your entries, visit the City's website here <http://www.palmcoastgov.com/photcontest>.



Announcements



*Saturday, May 5, 9am to 2pm
Central Park in Town Center*



*Friday, May 11, 8:20pm
Central Park in Town Center*



*Tuesday, May 15, 5pm
Central Park in Town Center*

*“Remembering America’s Heroes” ~ Memorial Day Ceremony
Monday, May 28, 8am to 9am
Heroes Memorial Park*

*City Offices CLOSED, in Observance of Memorial Day
Monday, May 28*

Next Week:

- *Tuesday, May 1, City Council Business Mtg, 6pm, City Hall – Community Wing, 160 Lake Avenue*
- *Wednesday, May 2, Code Enforcement Board Mtg, 10am City Hall – Community Wing, 160 Lake Avenue*

Attachments

- Administrative Services & Economic Development Department Update
 - BAC Update
 - Public Works Department Update
 - Community Development Department Update
 - Fire Department Update
 - Parks & Recreation Department Update
 - Utility Department Update
 - Humane Society Update
-

News Releases

- Tree City USA 2018
 - Final week of the National Mayor's Challenge for Water Conservation
 - Swim instructor and lifeguard classes available in May
 - Palm Coast BAC assists CrossFit BearCat (success story)
 - lane closures on Florida Park Drive beginning April 30
 - Movie in the Park (May 11 event)
 - Road closure on Woodward Lane (April 30)
-

Communications & Marketing

This week our Division was excited to show the media the Palm Coast Fire Department's new bunker gear as firefighters demonstrated the new safety features of the bunker gear. Central Florida News 13 and the Palm Coast Observer attended the demonstration at the fire training tower in Bunnell. The Fire Department selected black bunker gear with diamond-plated reflective striping as part of its new brand, which also includes fire trucks painted Palm Coast blue at the top. The new bunker gear is equipped with a Class 2 Seat Harness that would allow a firefighter to bail out of an upper-story window, if necessary, and a Drag Rescue Device in the jacket that would allow a firefighter to drag an incapacitated firefighter to safety.

Watch a video demonstration of the new bunker gear on the City's Facebook page at www.facebook.com/discoverpalmcoast. (See Post of the Week below.) We also shot photos and video for future promotional use.

We are also in full-prep mode for Arbor Day, which is next Saturday, May 5. This week the City announced that Palm Coast has been selected as a Tree City USA for the 13th straight year (see news release below). The promo video for Arbor Day was released this week and can be viewed on PCTV's YouTube Channel at: <https://youtu.be/IHAkk8pGvcU>. The schedule for the day has been posted at www.palmcoastgov.com/arborday. Design is in progress for the festival map and schedule of events to be posted. Be sure to join us 9 a.m. to 2 p.m. May 5 at Central Park for a day of free trees and family fun.

Other news releases and announcements distributed this week include Final week of the National Mayor's Challenge for Water Conservation; Swim instructor and lifeguard classes available in May; Palm Coast BAC assists CrossFit BearCat (success story); lane closures on Florida Park Drive beginning April 30; Movie in the Park (May 11 event); and Road closure on Woodward Lane (April 30).

We staffed the Council workshop, finalized design of the Employee Service Luncheon invitation, designed door hangers for Stormwater, fliers for this year's Senior Games and the cover for the PAFR report; videotaped Wood Carvers group for upcoming video; and started editing a video about the Grand Re-Opening of the Community Center. We posted to Facebook/Twitter/Instagram.

City Clerk

- Processed 14 public records requests.
- Processed 2 litigation documents.
- Prepared and processed 94 documents for recording.
- Prepared 7 agenda items.
- Prepared 5 proclamations.
- Prepared and posted 1 agendas and 2 sets of approved meeting minutes to Web.

City of Palm Coast (Official) was live.
Published by Jason Girauro [?] · 3 hrs · 🌐

#PalmCoastFD live exit from a second story window with the new gear

Get More Likes, Comments and Shares
This post is performing better than 85% of other posts on your Page. Boost it to get more great results.

🕒 People have watched this video for a total of 307 minutes [Boost Post](#)

**Social Media
POST OF THE WEEK**

Central Services Division

Purchasing

Status	Ref. #	Project
Open	RFSQ-CD-18-41	Design Services for Lehigh Trail Trailhead at Belle Terre Parkway
Open	ITB-CD-CME-18-04	SR 100 at Seminole Woods Blvd Intersections Improvement Project
Open	RFQ-CD-18-46	Seawall Installation
Evaluating	RFS-ADM-18-25	Executive Search Firm
Evaluating	LOI-CD-18-31	Professional Services for Citation Parkway Improvements
Evaluating	RFSQ-CD-18-43	Recreation Center Master Plan
Evaluating	RFQ-CD-18-45	Pipe Replacement and Rehabilitation Project
Reopened	ITB-CD-CME-17-39	Construction of Lakeview Boulevard Multi-Use Path
Completed	ITB-UT-18-14	Wastewater Treatment Plant No. 1 Odor Control Improvements Project
Completed	RFSQ	Lakeview Boulevard Path & Seminole Woods Intersection Improvements
Completed	ITB-UT-18-24	Wastewater Residuals Management Services
Completed	RFP-IT-18-36	FiberNet OSP Operations and Maintenance
Completed	RFSQ-CD-18-42	Grant Compliance Services
Completed	ITB-UT-18-30	PEP Tank Pump Panel Assemblies

Contracts Processed:

- Argos USA, LLC – Master Price Agreement for concrete 4000 PSI as needed - ITB-PW-18-33 – 4/22/2018 – 4/21/2018
- Environmental Land Services of Flagler County, Inc. – Master Price Agreement for Debris Disposal Services – ITB-PW-18-28 – 4/24/2018 – 4/23/2019

BUSINESS ASSISTANCE CENTER



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

BUSINESS CONSULTING

- This Week – 4 Consulting Sessions, 19 Consulting Hours
- Total for Month – 38 Consulting Sessions, 126 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 HOME BASED BUSINESSES

- Last Chance Maid Service – Janitorial Service
- Victorious Cleaning Services – Janitorial Service
- Lawless Electric Inc – Electrical Contractor
- Stitcher's Paradise LLC – Arts & Crafts
- Caris Lawn Service LLC – Landscaping Service

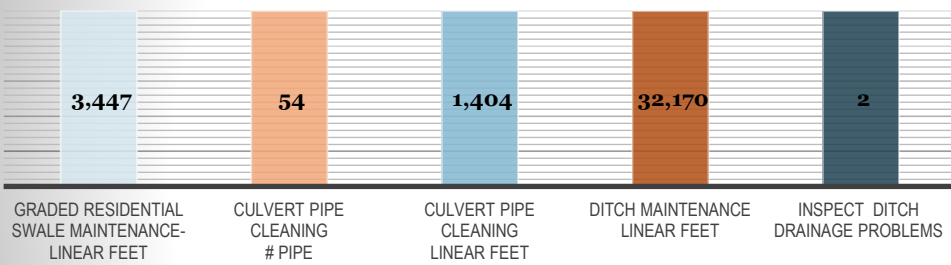
PUBLIC WORKS – Nestor Abreu, Director



Parks & Medians Division



Stormwater Division

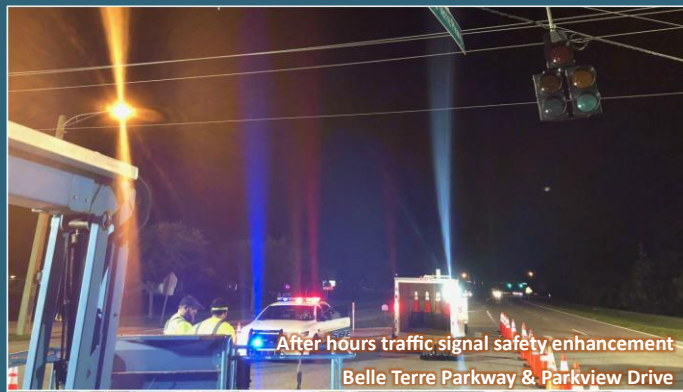
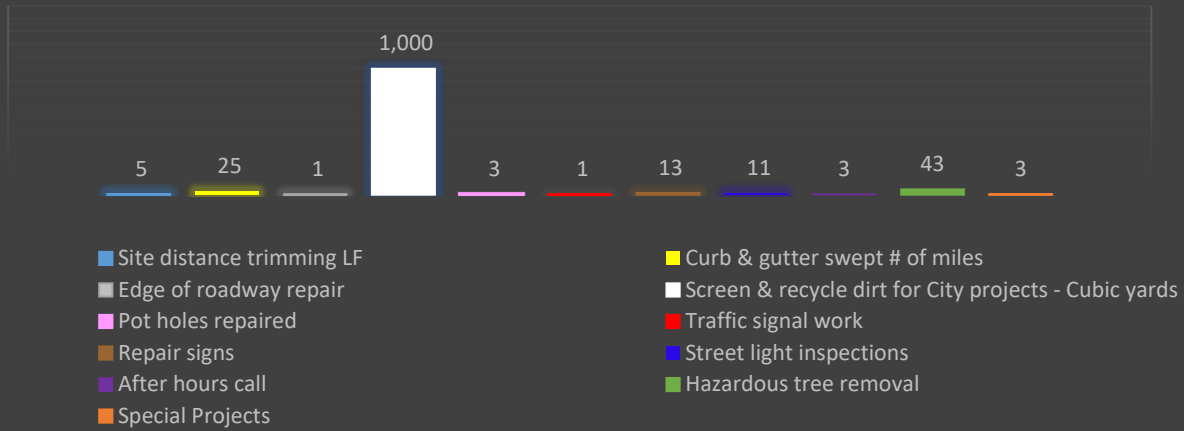


Swale grading – Felwood Lane

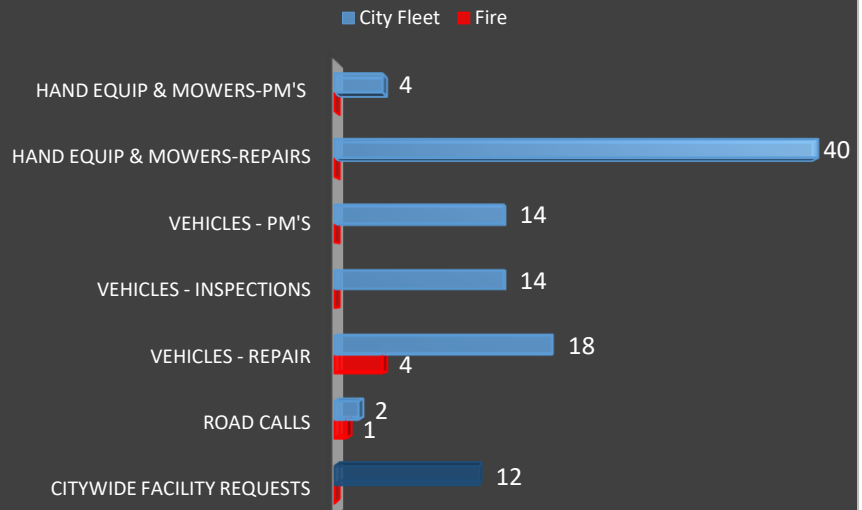


Removing excess ditch debris – Ramblewood Lane

Streets Division

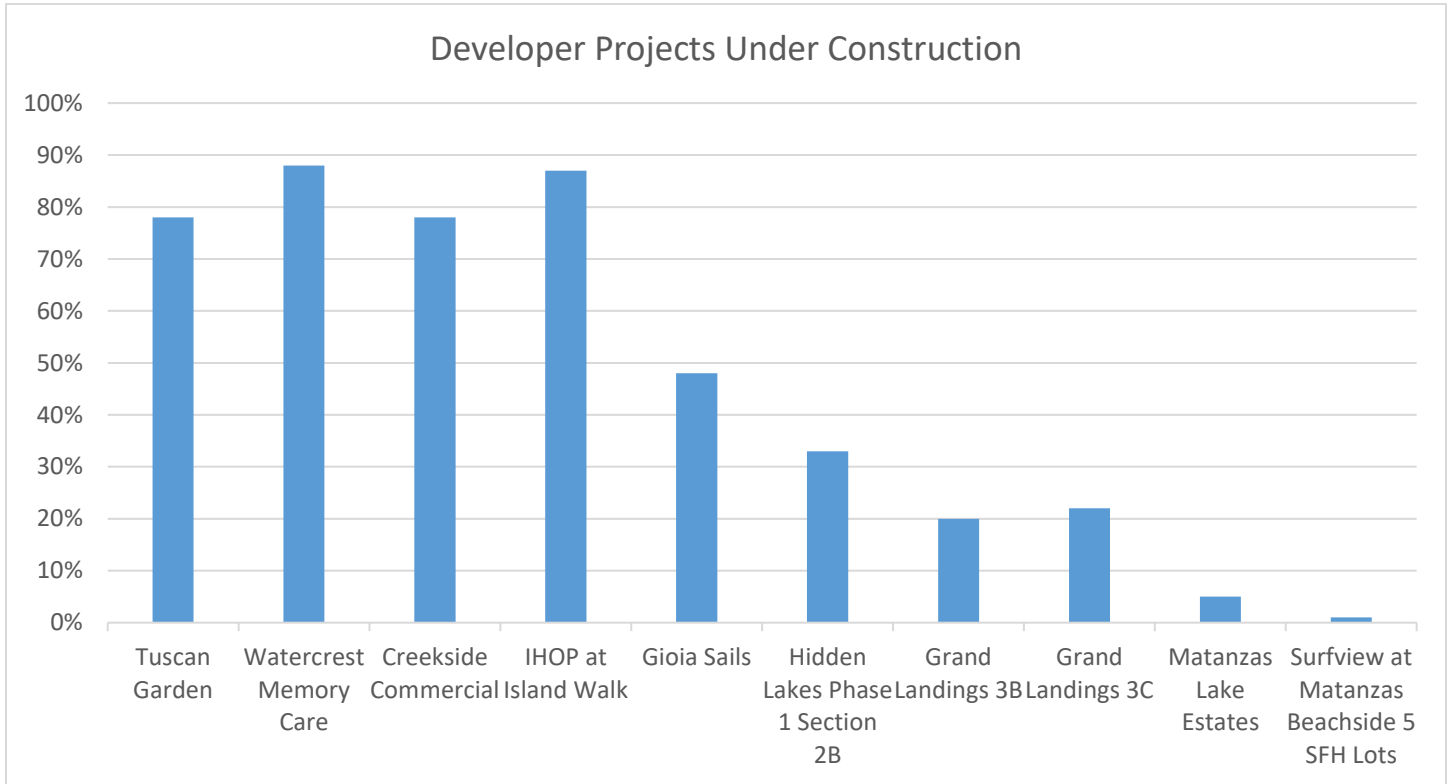


Facility & Fleet Service



COMMUNITY DEVELOPMENT – Stephen Flanagan, Director

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



Commercial Permits Applied			
5910 State Hwy 100	31 x 33 metal storage canopy - FPL	Full Sail Builders	\$400.00
Commercial Permits Applied			
4500 US Hwy 1 N	Site Work - Alamo Office & Storage	Verdego LLC	\$600,000.00
Certificate of Occupancy Issued			
511 S Old Kings Road	Garden Mausoleum with 414 crypt spaces	Ken Dear Inc	\$410,000
5 Utility Drive # 17	Interior Alterations- Title Company / Builder	Machin Construction	\$18,000
Development Applications			
Subdivision Modification	Hidden Lakes Section 2B	Gulfstream Design Group, LLC	
Technical Site Plan Tier 1	Palm Town Center (WAWA Site)	Tearoc of Florida	
Permitting Activities			
Total Permits Issues:			284
Residential Single Family/Duplex Residences			12
Construction value improvements from October 1, 2017 to date			\$184,732,159

Spotlight Projects

City Named a Tree City USA:

For the 13th straight year, the City of Palm Coast has been named a Tree City USA by the National Arbor Day Foundation in recognition of Palm Coast's urban forestry program. In addition, the City again this year received the Tree City USA Growth Award. This is the 13th time Palm Coast has received this recognition.



City of Palm Coast Named
a Tree City USA



GUIDANCE

Tip of the Month:

Bicycle Safety Tips / Zombie Survival Guide to Bicycle Safety

<https://www.youtube.com/watch?v=owQQ3egV2CQ>

Download CoderED to be notified of emergencies that may impact your safety:

<http://www.palmcoastgov.com/emergency/codered>

Volunteer Intern
“Become a Volunteer”

<http://www.palmcoastgov.com/government/fire/volunteer>

Register for Basic First Aid & CPR or Healthcare Provider:

<http://www.palmcoastgov.com/government/fire/cpr>

Car Seat Installs & Smoke Detector Battery Change:

Please call 386-986-2300 or stop by any of our fire stations

COMMUNITY OUTREACH

Basic First Aid & CPR:

May 5th 5 openings
June 16th 11 openings

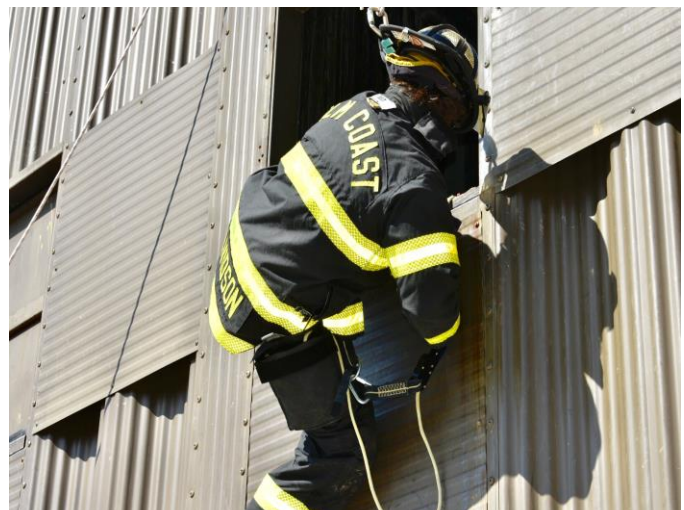
DEPARTMENT ACTIVITIES

Please take note, if you see a wildfire/flames, walk or drive away from it immediately and call 911. Wildfires spread quickly and can change direction with the wind. Do not call the fire department, call 911!

Flagler Palm Coast High School students have completed 29 hours in Ride Alongs for the week.

The crews rotated on each shift to participate in training of the bail out gear at the fire tower. In the picture below, Driver Engineer Davidson demonstrates how to bail out of a second story using the integrated harness system of the departments’ new gear.

Deputy Chief Forte held a Command Staff meeting this week.



Driver Engineer Davidson demonstrates how to bail out using the integrated harness system of new gear

HIGHLIGHTS

Chief Beadle, Lieutenant Cline, and Firefighter Juliano pay tribute to Gilchrist County Sheriff's Office Sgt. Noel Ramirez & Deputy Taylor Lindsey.

Lieutenant Joey Paci does an interview with Brittany Murphy of News 13 on in-service on the integrated harness system of the department's new gear.

Firefighters McBride and Volunteer Firefighter Intern Pederson practice hose deployment and how to handle a hose line.



(L-R) FF Juliano, Lt. Cline, and Chief Beadle pay tribute



Lt. Paci interview w/News 13



FF McBride & VFF Intern Pederson training

Frieda Zamba Swimming Pool started their swim lessons this week along with continuing to offer Aqua Zumba. The Palm Coast Tennis Center had their Flagler County Tennis League finish up for the season. The champions are pictured below. The Palm Harbor Golf Club held a Par 3 Contest and had 52 participants come out. The contest brought in over \$1000 in revenue.

The Community Center continues to be busy. We processed 17 rental requests this week. As a follow-up from last week, our Recreation Specialist received a personal thank you card from the TRAIL transition program for the tour she gave them.

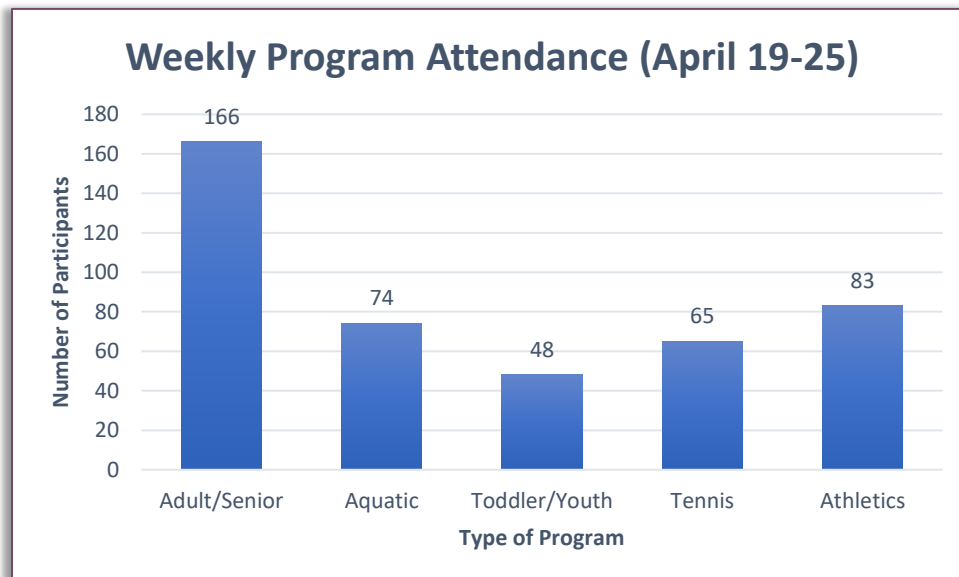
We held the always-popular Musical Munchkins class, now located at the Community Center, and hosted the last Munchkin' Sports of this season. They played golf and disc golf.

Summer 2018 Activity Guide

<http://www.palmcoastgov.com/recreation>

Online Registration & Activities List

<http://www.palmcoastgov.com/register>



Programs Offered this Week

Adult/Senior

Lunch N' Lecture
Game Day Social
Wood Carvers
Senior Social Corner
Sit, Stitch, N' Give
Color Me Happy
Mah Jongg
Open Art Studio
Pinochle

Aquatics

Aqua Zumba
Parent and Child Level 1 Swim Lessons
Learn to Swim Level 1 Swim Lessons
Adults/Teens Level Swim Lessons

Athletic

Open Pickleball
Beginner's Pickleball
Pickleball Ladder League
Open Gym Volleyball
Open Gym Basketball

Tennis - Adults

Beginners
Cardio Tennis
Doubles Clinics
Round Robins

Tennis - Youth

Rookie Rallies
Red Rallies
Orange Rallies
Green Rallies
Junior Development

Toddler/Youth

Musical Munchkins
Munchkin' Sports
Little Kicker Soccer
Night Tours

The TRAIL Transition Program



Thank You

Thank you note sent to our
Recreation Specialist



Flagler County Tennis League



Par 3 Contest at Palm Harbor Golf Club



Munchkin' Sports

COMING UP

Movies in the Park – May 11, June 8

Dive-in Movies – June 22

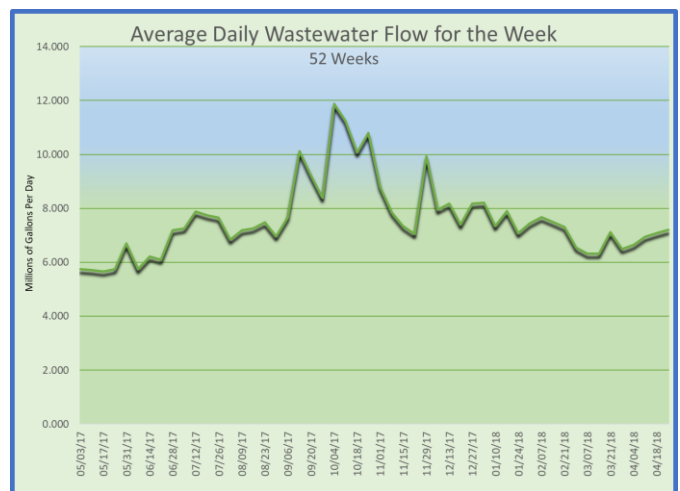
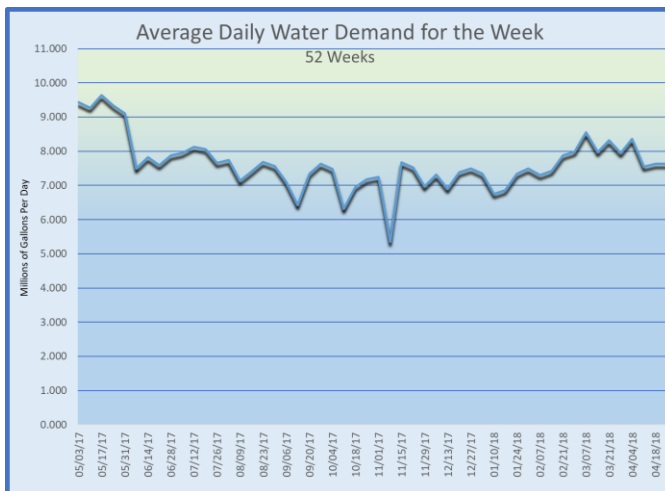
Food Truck Tuesday – May 15, June 19

Utility – Richard Adams, Director

4-26-2018

- The average water demand for the week was 7.634 million gallons per day.
- The average wastewater flow for the week was 7.206 million gallons per day.
- Crews installed 17 new water meters, 1 new irrigation meter, 2 new reuse meters and 5 new PEP tanks.
- Crews replaced 1 PEP tank. There are 16 new PEP tanks pending and 18 PEP tank replacements pending. Currently all new tanks are being installed within 3 days of site ready.
- There are 240 new meter installations pending, with 55 cleared and an average installation time of 3 weeks.
- Wastewater crews installed 12 new PEP pumps, 13 PEP electrical assemblies and 2 risers.
- Replaced 27 PEP pumps, 20 floats, 4 back lids, 3 ball valves, 3 boxes, 1 PEP panel and 7 cleanout caps.
- There were 43 calls after hours.
- Water Distribution crews repaired 6 water service lines, 7 manifolds, completed 17 meter pit adjustments and replacements. Tested and repaired 286 backflow preventers.
- Wastewater crews inspected via CCTV 7,823 feet of gravity sewer and inspected 36 manholes.
- On April 25th 2018, Water Distribution crew replaced a fire hydrant that was not operational located on Freneau Lane. The hydrant was replaced with a new fire hydrant, and a 6 inch gate valve. There were 14 customers that were issued a 2 day boil water notice. Water service was interrupted from 9:00 am to 2:30 pm.
- On April 20th 2018, Ring power was onsite to perform routine maintenance on LW-30 and LW 31 right angle drives. Routine maintenance was also completed on LW-49 generator. These backup power units are operated on a monthly basis in preparation of hurricane season.
- On April 19th 2018, Integrity Pressure Cleaning completed the pressure washing of Water Treatment Plant #2 membrane softening building, sodium hypochlorite building, degassifiers, and the 2 million gallon storage tank.

2 million gallon storage tank



The average water demand for the week was 7.634 million gallons per day.

The average wastewater flow was 7.206 million gallons per day

HIGHLIGHTS

WATER DISTRIBUTION

On April 25th 2018, the Water Distribution crew was called to a water main break a little after midnight, located on Crompton Place. The crew repaired an 8 inch water main which had a six foot split along the top. There were 65 customers that were issued a 2 day boil water notice. Water service was interrupted from 3AM to 6:30 AM.



A promo video for Arbor Day 2018 can be viewed on YouTube at: <https://youtu.be/IHAKk8pGvcU>. We'd love to have you share it on your website or social media accounts. Cindi



NEWS RELEASE – City of Palm Coast

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

April 26, 2018

City of Palm Coast is Tree City USA for 13th straight year – and it's time for Arbor Day!

Palm Coast – For the 13th straight year, the City of Palm Coast has been named a Tree City USA by the National Arbor Day Foundation in recognition of Palm Coast's urban forestry program. In addition, the City again this year received the Tree City USA Growth Award. This is the 12th time Palm Coast has received this recognition.

The Tree City USA program, sponsored by the Arbor Day Foundation in cooperation with the USDA Forest Service and the National Association of State Foresters, provides direction, technical assistance, public attention, and national recognition for urban and community forestry programs in thousands of towns and cities that more than 135 million Americans call home.

"We are honored to again be named a Tree City USA and to receive the Tree City USA Growth Award," said Palm Coast Urban Forester Carol Mini. "The timing of this year's award is perfect, because we're preparing to celebrate Arbor Day on May 5th!"

"Here in Palm Coast, we love our beautiful trees and tree canopies and know the value of what trees provide to our City," Mini said. "We are truly rooted in nature, and that shows in our parks and trails, in our environmental education programs, in our public landscaping and in our efforts to protect trees when new houses and businesses are built."

Palm Coast was recognized as a Tree City USA for promoting environmental improvement and higher levels of tree care for citizens by enforcing a specific tree care ordinance, offering a comprehensive community forestry program, establishing a Green Team and sponsoring an annual Arbor Day observance. The City was also named a Tree City USA Growth community based on its community education programs.

The Arbor Day Celebration will be Saturday, May 5, 9 a.m. to 2 p.m. at Central Park in Town Center, 975 Central Ave., Palm Coast.

"Feed a Mouth, Get a Tree, Grow a Community" is the theme for Arbor Day 2018, which will feature a tree give-away in exchange for non-perishable food items (while supplies last, so

come early), butterfly release and tent, entertainment, paper-shredding service and fun activities for all ages. The Tree Tent will feature master certified arborist Danny Lippi from 9 a.m. to noon. The native butterfly release will be at 11 a.m. at center stage.

A promo video for Arbor Day 2018 can be viewed on YouTube at:
<https://youtu.be/IHAKk8pGvcU>.

For more information, visit www.palmcoastgov.com/ArborDay.



NEWS RELEASE – City of Palm Coast

Contact: Cindi Lane, Communications & Marketing Manager

386-986-3708; cell 386-214-4729

April 23, 2018

One week left to take pledge for National Mayor’s Challenge for Water Conservation

Palm Coast – There’s just a week to go in the National Mayor’s Challenge for Water Conservation, so be sure to take or renew your pledge by Monday, April 30.

The City of Palm Coast is currently ranked 17th in the nation, and Mayor Milissa Holland is asking residents to take the challenge and move us into the Top 10 by this weekend!

Please go online at www.mywaterpledge.com between now and April 30 to take the Water Challenge Pledge!

The annual Wyland Mayor’s Challenge for Water Conservation during the month of April is a non-profit national community service campaign to see which leaders can best inspire their residents to make a series of informative and easy-to-do online pledge to use water more efficiently, reduce pollution and save energy.

This is Palm Coast’s fourth year to participate in the national competition, and the City came in 17th in the nation for cities with a population of 30,000-99,999 in 2017.

“Part of our City’s vision is to protect the environment and beauty of Palm Coast while conserving natural resources, and water conservation is a big part of that,” said Mayor Holland. “Managing our water resources carefully is especially important for us here in Florida because our fresh water supply is limited, and we do go through periods of drought conditions that impact our aquifer.”

To participate, residents enter online at www.mywaterpledge.com and then make a series of online pledges to conserve water on behalf of the City of Palm Coast. Cities compete in the following population categories: (5,000-29,999 residents, 30,000-99,999 residents, 100,000-299,999 residents, 300,000-599,999 residents, and 600,000+ residents). The City of Palm Coast has approximately 85,000 residents.

Cities with the highest percentage of residents who take the Challenge in their population category are entered into drawings for hundreds of eco-friendly prizes, including home improvement gift cards, home irrigation equipment, and the Grand Prize \$5,000 Home Utility Bill Payment. The Challenge also gives residents a chance to nominate a deserving charity that would benefit from receiving a 2018 Toyota RAV4 Hybrid, and features additional resources for residents to take their commitment of conservation even further, from regional water and energy resource issues to cost-saving tips at home.

For more information about the City of Palm Coast's participation in the National Mayor's Challenge for Water Conservation, contact Cindi Lane, Communications & Marketing Manager, 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

April 25, 2018

Red Cross swim instructor, lifeguard classes to be offered at Frieda Zamba Pool

Palm Coast – Are you a strong swimmer with an interest in becoming a lifeguard or swim instructor?

Palm Coast Parks & Recreation will be offering the American Red Cross classes to achieve certification as a lifeguard or to become a swim instructor at Frieda Zamba Swimming Pool during the month of May. The City pool is located at 339 Parkview Drive, Palm Coast, and it is heated!

American Red Cross Basic Swim Instructor Course

The Basic Swim Instructor Course will be May 11-13 and 19, with the Friday class 4-8 p.m. and the Saturday and Sunday classes being 8 a.m. to 4 p.m. The course is designed to train instructor candidates to teach the fundamental Learn-to-Swim courses and water safety presentations in the American Red Cross Swimming and Water Safety program. The pool is currently hiring swim instructors!

The goal is to help participants to reach water competency and to learn to be safer in and around the water. Instructor candidates will learn to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim Levels 1-3, and private lessons.

This course is open to ages 16 and up. The fee is \$285. Registration is required (while space available) at www.palmcoastgov.com/register.

American Red Cross Lifeguard Certification Class

The Lifeguard Certification Class will be May 25-27, with the Friday class from 4-8 p.m., and the Saturday and Sunday classes from 8 a.m.-6 p.m. The purpose is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Participants must be age 15 or older. The \$250 fee includes books and CPR mask, and the Red Cross charges an additional \$35 certification fee. Class size is limited, so register early at www.palmcoastgov.com/register.

The American Red Cross Lifeguard Certification Class will be offered again from June 29-July 1, and registration is now open for both sessions.

For more information, call Frieda Zamba Pool at 386-986-4741.



Helping Businesses Grow & Succeed

News Release

Florida SBDC at the University of Central Florida

April 25, 2018

FOR IMMEDIATE RELEASE

Contact: Hal Thayer, Communications Director, FSBDC at UCF, 407.420.4850 or hthayer@ucf.edu /

Michael Oppenheim, Consultant, Palm Coast BAC – FSBDC at UCF – Palm Coast, 386.986.4763 or Michael.Oppenheim@ucf.edu

CrossFit BearCat Unleashes Its Potential: Opens New Fitness Facility in Bunnell

Palm Coast BAC Assists Local Business Win Funding

PHOTO: Palm Coast BAC consultant Michael Oppenheim assisted CrossFit BearCat co-owners Jody Prince, left, and Cathy Mittelstadt, right, with a business plan for their new business.

Palm Coast – Jody Prince and Cathy Mittelstadt have a mission: to “Unleash Your Potential.” It comes from a passion for physical fitness, skills and abilities that they strive to share with their Flagler County community. And this isn’t even their day job; Prince works in disaster recovery for a large insurance company and Mittelstadt manages operations for a county school district.

But it’s their passion for fitness – theirs and yours – that prompted them to become co-owners and founders of CrossFit BearCat five years ago, featuring the CrossFit fitness regimen. Built upon constantly varied functional movements performed at high intensity designed to improve fitness and health, it’s not just for the top athletes who have embraced it worldwide. CrossFit works for the average individual looking to become healthier in a short time.

CrossFit BearCat built a loyal following early on. But Prince and Mittelstadt wanted more for their members and coaches. It drove them to look for ways to improve the CrossFit workout experience they offered. “We were looking to expand, to put us in the right space,” says Prince. “We called a local community bank for help with financing. While welcoming, their first question was: ‘Do you have a business plan? And three year financial projections?’ I didn’t have either, and I was stumped.”

Fortunately, the banker referred them to the Florida SBDC at UCF in Palm Coast, also known as the Palm Coast Business Assistance Center.

“That’s where we met with Michael Oppenheim, one of the FSBDC at UCF’s consultants,” said Prince. “I was so energized by our first meeting. He showed me so much. How to start my business plan...how to approach my three-year projections. He gave me templates and ideas and guidance. From then on, the FSBDC was there for us and making sure we got it right every step of the way.”

“Going into this venture, it all seemed so daunting,” Mittelstadt said. “We wondered if we would ever get to the finish line. Having the FSBDC there to help was incredibly powerful and made so much possible.”

With assistance and coaching from their FSBDC consultant, the CrossFit BearCat co-owners prepared their business plan and developed their financial projections. “Working with the FSBDC has been phenomenal,” Prince said. “Now we better understand our forecasts and our business model, and what we need to do to sustain and grow our business so we are here for our members and coaches for a long time.”

Not surprisingly, given their determination and hard work, and some help from the FSBDC at UCF - Palm Coast, Prince and Mittelstadt and CrossFit BearCat applied for and got their loan. They have built an exciting new facility on East Moody Boulevard in Bunnell that will enable them to better serve their current members, as well as new ones. “We did it,” concluded Mittelstadt. “The FSBDC gave us a path and the confidence to proceed. Now we have what we need to help realize our dream for CrossFit BearCat: to “Unleash Your Potential.”

For information about **CrossFit BearCat**, please see www.crossfitbearcat.com.

-- FSBDC --

About the FSBDC at UCF

With its main office in the National Entrepreneur Center located at the Fashion Square Mall in Orlando, the Florida SBDC at the University of Central Florida (FSBDC at UCF) is part of the UCF Office of Research & Commercialization and the Florida SBDC Network (FSBDC Network). The FSBDC at UCF provides business seminars and no-cost, one-on-one business consultation to emerging and established businesses. The FSBDC at UCF serves an eight-county area that includes Brevard, Flagler,

Lake, Orange, Osceola, Seminole, Sumter, and Volusia counties and maintains 10 service centers across Central Florida.

In 2016, the FSBDC at UCF served over 2,400 entrepreneurs in Central Florida through consulting and training, resulting in nearly 6,700 jobs created, retained or saved; \$980 million in sales growth; \$92.7 million in capital formation; \$154.6 million in government contract awards; and 120 new businesses started.

About the FSBDC Network

The FSBDC at UCF is a member of the Florida SBDC Network, a statewide partnership program nationally accredited by the Association of America's SBDCs and funded in part by the U.S. Small Business Administration, Defense Logistics Agency, State of Florida and other private and public partners, with the University of West Florida serving as the network's lead host institution. Florida SBDC services are extended to the public on a nondiscriminatory basis. Language assistance services are available for limited English proficient individuals. All opinions, conclusions, and/or recommendations expressed herein are those of the author(s) and do not necessarily reflect the views of the SBA or other funding partners.

For over 35 years, the FSBDC Network has nourished a statewide partnership between higher education and economic development organizations, dedicated to providing emerging and established business owners with management and technical assistance, enabling overall growth and increased profitability for the businesses and economic prosperity for the state. The FSBDC Network is a statewide service system of 41 centers with 60 outreach locations, including the FSBDC at UCF.

Since 2011, Florida SBDCs served almost 75,000 entrepreneurs and small business owners through consulting and training, resulting in 252,955 jobs created, retained or saved; \$33.3 billion in sales growth; \$1.4 billion in capital accessed; \$2.6 billion in government contract awards; and 4,159 new businesses started.

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State Designated as Florida's Principal Provider of Business Assistance [§ 288.001, Fla. Stat.]



NEWS RELEASE – City of Palm Coast

Contact: Cindi Lane, Communications & Marketing Manager

386-986-3708; cell 386-214-4729

April 26, 2018

Lane closures planned along Florida Park Drive beginning Monday, April 30

Palm Coast – The City of Palm Coast Utility Department will be performing underground utility work along Florida Park Drive, from Palm Harbor Parkway to Palm Coast Parkway, starting Monday, April 30, and continuing for two weeks through May 11.

All work will start at 10 p.m. each night and end at 6:30 the next morning. During this time, one lane of the section where the work is taking place that night – about 400 feet – will be closed. Flaggers will be in place to direct traffic.

The City of Palm Coast appreciates the patience and cooperation of residents and motorists during this important Utility project.

For more information, call Utility Supervisor Ralph Hand at 386-986-2380.



NEWS RELEASE – City of Palm Coast

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

April 26, 2018

Celebrate your favorite super hero at ‘Wonder Woman’ – free movie May 11

Palm Coast – Channel your inner super hero at the next Movie in the Park – at 8:20 p.m. Friday, May 11 – when Palm Coast Parks & Recreation and Flagler Schools present “Wonder Woman” at Central Park in Town Center. Closed captioning is provided with the monthly movies.

The family friendly movie on the big screen by the lake is free! Central Park is located at 975 Central Ave. in the Town Center area of Palm Coast (off of State Road 100 behind Flagler Palm Coast High School).

The “Wonder Woman” (rated PG-13) synopsis is as follows: When a pilot crashes and tells of conflict in the outside world, Diana, an Amazonian warrior in training, leaves home to fight a war, discovering her full powers and true destiny.

Bring snacks, blankets, lawn chairs and bug spray – and your family, neighbors and friends! What could be better than watching a fun family movie outdoors, under the stars?

Movies in the Park is held on the second Friday of each month through October. Other upcoming movies include:

- June 8, at 8:45 p.m. – Power Rangers
- July 13, at 8:45 p.m. – The Lego Batman Movie
- Aug. 10, at 8:30 p.m. – Beauty and the Beast

For more information, go to www.palmcoastgov.com/movies or call 386-986-2323.



April 26, 2018

Temporary road closure: Woodward Lane

Palm Coast – The City of Palm Coast Public Works Department is planning a temporary road closure on Woodward Lane on Monday, April 30, for excavation of a utility pipe.

Beginning at 7:30 a.m. Monday, April 30, the roadway in front of 31 Woodward Lane will be closed. Residents will have access to their homes, but the road will be closed to through traffic. The project is expected to wrap up around 4 p.m. but could take longer.

The City of Palm Coast appreciates the patience and cooperation of residents and motorists during this important utility project.

For more information, call Customer Service at 386-986-2360.



122 Cats

66 Dogs

3 Rabbits

1 Guinea Pig

Animals ready for homes

The Flagler Humane Society partners with Paws of War to help veterans get the service dogs that they need to be able to function on a daily basis. Paws of War is comprised of all volunteers. These volunteers evaluate the dogs and help the veterans with training. We are lucky to have a volunteer in Flagler County. Lauren Driscoll is the Florida Program Director and Trainer. She is also the resident dog trainer at the Flagler Humane Society. “I became a dog trainer and realized how much I could do for people who cannot function after traumatic events. I reached out to my friend, Dori Scofield, who is the vice president of Paws of War and asked her if I could help train service dogs for veterans. It has become my passion to help both the animals and the men/women who fight for our freedom”, said Lauren Driscoll. FHS works with veterans that want to participate in the program. For more information on Paws of War and how you can help or qualify for a service dog, email Lauren at ldriscoll@flaglerhumanesociety.org.

Donation Opportunities: The *Flagler Humane Society Thrift Store* always accepts donations. They cannot take in any computers/printers or large appliances. Call 386-597-2839 and leave a message.

We are collecting shoes again! Bring your used shoes (any condition) to us to turn in for money! “*General Donations*” can be dropped off anytime at your convenience. 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 Petco in Palm Coast on Sundays and at PetSmart in Palm Coast on Thursdays, Fridays & Saturdays.

Want to be a volunteer? Attend an orientation! Orientations are held at noon in the Humane Society education room every second Saturday of the month. Applications can be found on the FHS website.

Interested in fostering? Contact our adoption specialist at adopt@flaglerhumanesociety.org. **Adoption Specials:** Check the FHS Facebook for any Adoption Specials. **Upcoming Fundraisers/Events:** See the FHS Website for information on our upcoming Bow Wow Bingo.

Offered Services: 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* are 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/Instagram/Website at www.flaglerhumanesociety.org, or via email at info@flaglerhumanesociety.org.

Pet of the Week



WIND

Wind is a senior lady that is in need of a loving home to call her own. She would prefer to be the only pet but is so loving that you won’t notice she is the only one.

Come and see her today!

Adoption specialist:

Katrina Geigley
adopt@flaglerhumanesociety.org

Outreach Manager:

Katie Share
kshare@flaglerhumanesociety.org