

DON'T MISS THESE SHOWS!

I AM, HE SAID,
A Tribute to Neil Diamond w/
Matt Vee & The Killer VEES
Mar. 4, 2026 - 7pm

BALLET - SWAN LAKE,
DANCE ALIVE COMPANY
Mar. 12, 2026 - 7pm

A TRIBUTE CELEBRATING
**THE LEGENDS
OF MOTOWN**
Mar. 19, 2026 - 7pm

386.437.7547
FlaglerEntertainment.com
5500 East Hwy 100, Palm Coast

FREE! *New Issue Every Week!*
Coffee News[®]
"News To Be Enjoyed
Over Coffee"

**Palm Coast
South Edition**
386-270-4804

coffeenewsflorida.com Est. 1988

Best Euro Maid Clean
20 Years Experience
High Quality & Reliable

**Office
& Residential Cleaning**

717-343-0303
Insured & Bonded

JOHN SISCO TREE SERVICE
The Tree Ninja!

We cut your trees, not your pockets!
Free Estimates
Licensed & Insured **386.868.8049**

Hammock Beach Vacation Rental Homes
Have It All!
Plus, use all of the amenities at Hammock Beach.

Hammock Beach | GOLF RESORT & SPA
200 OCEAN CREST DR, PALM COAST, FL 32137
866-841-0287 | HAMMOCKBEACH.COM

Tax Season Starts Now.
Are Your Books Ready?
Get ahead and avoid costly mistakes.

I'll tidy up your finances so you can maximize the deductions you deserve.

Sherri Underwood, Owner
386-631-5931
sherri@thebottomlineservices.com
thebottomlineservices.com

JOIN US FOR AN UPCOMING EVENT

PW PROFESSIONAL WOMEN
OF FLAGLER COUNTY

LEADERSHIP AND LUNCH
are the 1st Friday
of each month

WORKSHOP WEDNESDAYS
are the 3rd Wednesday
of each month

To register and for more information visit
www.professionalflaglerwomen.org

Become a Published Author with Dorrance.
We want to read your book!

Our staff is made up of writers, just like you. We are dedicated to making publishing dreams come true. Trusted by authors for nearly 100 years, Dorrance has made countless authors' dreams come true.

Complete Book Publishing Services
FIVE EASY STEPS TO PUBLICATION:

1. Consultation
2. Book Production
3. Promotion
4. Distribution
5. Merchandising and Fulfillment

Call now to receive your **FREE** Author's Guide
877-553-3945
or www.dorranceinfo.com/nefl

A Help Button Should Go Where You Go!

GET OUR SPECIAL OFFER NOW:

- ✓ FREE EXPEDITED SHIPPING*
- ✓ FREE ONE MONTH SERVICE*
- ✓ 50% OFF AUTO FALL DETECT*
- ✓ plus FREE EQUIPMENT TO USE!

MobileHelp Features:

- Single one-button operation
- 24/7 access to U.S. based emergency operators
- Affordable service
- Amplified 2-way voice communication
- GPS location detection
- Available Nationwide

OUR BEST OFFER EVER!
From **\$19.95**/month

1-855-829-1810

Choose Strength & Experience
Enjoy an enriching lifestyle with new friends,
fabulous dining and excellent skilled care.

Call & Schedule Your Tour Today!
386 586-3501

The Windsor
of Palm Coast
ASSISTED LIVING & MEMORY CARE

50 Town Court • Palm Coast, FL • windsorsl.com
A Mission to Serve. A Passion for Care. • A Legend Senior Living Residence

Vol. 6 No. 31 March 9, 2026

Everybody's Talking

Glow shift: Scientists and designers are exploring natural light from glowing organisms as a gentle, power-free way to brighten cities. Bioluminescence, found in ocean creatures and insects, gives off a soft blue or green light through a built-in chemical process. Some urban projects have already started experimenting with bacteria that give off light in carefully maintained setups. This approach could cut energy use and reduce light pollution by working without wires or electricity. The soft glow doesn't overpower surroundings, making it more in tune with natural darkness. Although current designs need more development to match everyday lighting demands, they're already hinting at a gentler path forward.

Miniature mastery: A sculptor in Tuzla, Bosnia and Herzegovina, transforms everyday pencils into impossibly small works of art. Rather than drawing with them, he uses the inner graphite as the material itself, carefully slicing, scraping, and refining it into intricate shapes. The ideas come from a mix of client suggestions, famous imagery, and the artist's own reflections. Because the core is brittle and narrow, each piece demands patience and precision. Earlier explorations with paper and clay helped shape his passion for tiny creations. Now, each pencil becomes a test of focus, endurance, and problem-solving. The results often defy what most people expect from such a basic object.

Forest warning: In zones known for volcanic risk, trees may offer hints of what's to come. Scientists have noticed that when magma begins shifting beneath the surface, surrounding vegetation often appears unusually healthy. This burst in growth, likely linked to underground gas release, clearly shows in satellite images. A growing team of researchers is now comparing this tree activity with known eruptions, using a mix of orbital tools and ground data to refine prediction models. Unlike traditional sensors, trees respond naturally to environmental change. Some believe this living feedback loop could be key to faster alerts. The forest, it turns out, might notice trouble before we do.

Window wood: A team in Stockholm, Sweden, has transformed ordinary wood into a light-passing material that could change how we build. The process involves carefully stripping away a key part of the wood, then filling the gaps with a clear compound that blends in. The result isn't just strong and lightweight, it's also see-through and surprisingly durable. Ideal for solar panel casings and windows or wall panels that welcome sunlight, the material keeps the natural benefits of wood with a futuristic twist. Unlike traditional glass or plastic, this option comes from a renewable source and offers insulation, too. Researchers are now working on making it even clearer and easier to produce on a much bigger scale.

Quoteable Quotes

"Knowing is not enough; we must apply. Willing is not enough; we must do."
—Johann Wolfgang Von Goethe

"Turn your wounds into wisdom."
—Oprah Winfrey

What's Happening

Every Saturday from 9am-1pm: Flagler Beach Farmers Market is held at South 2nd Street and South Central Street in Flagler Beach. Flagler Beach Farmers Market features prepared foods, fruits and vegetables, handmade products, local art work and more!

NON profit organizations may submit events for FREE at
www.coffeenewsflorida.com

REGISTER TO WIN! \$100 Cash

Register For A Chance To Win \$100
Mail the following information to:
Coffee News • 17 Farrington Lane • Palm Coast, FL 32137
OR go to: www.coffeenewsNEflorida.com to Enter.

Name: _____ Ph: _____
Address: _____
Email: _____ Age: 18-35 36-49 50+
Where did you find Coffee News? _____
Found in which ad: _____

One Winner will be chosen per month. Winners announced in future issue of **Coffee News**.
One entry per person per week. Actual size of the man may vary. Must be 18 or older to enter. **Actual Size** →

Trivia

1. Are the Taurus Mountains in Greece, Italy, or Turkey?
2. The ____ Cat is an Alice in Wonderland character.
3. This famed news anchor was called "the most trusted man in America."
4. A yellow tail is a bird, fish, or insect?
5. The capital of Madagascar is Antananarivo, Bangui, or Gaborone?

(Flip bottom of page for answers)

© Published with Permission by NE Florida Coffee News

(Over)

Lower Rates. Better Service
for your Credit Card Processing
and Point of Sale Systems

Your local trusted husband and wife team with 11+ years combined experience with credit processing and point of sale systems.

Sunshine
PAYMENT SYSTEMS

Kelly Moore (401) 206-1619
Brian Moore (401) 286-7663
sunshinepaymentsystems@gmail.com

BNI
PORT ORANGE SOUTH DAYTONA
Daytona Regional
CHAMBER OF COMMERCE

Edward Jones > edwardjones.com
Member SIPC

My passion is your financial future.

Your future deserves attention.
Let's plan it together.

Andrea Gulliksen
Financial Advisor CFP®
107 Flagler Plaza Dr.
Palm Coast, FL 32137
386-439-0047

EFA-13090-AD

Need a Website?
Professional | Affordable | Fast



- Custom Design
- Mobile-responsive pages
- Fast turnaround time
- Starting at \$1,000
- Ready to grow?

Scan For A Free Quote

frontline web consulting frontlineconsulting.ca

CREMATIONS | LIFE CELEBRATIONS | CEMETERY

Plan now to protect your loved ones later.

Serving Palm Coast families since 1923.

Craig Flagler Palms
FUNERAL HOME &
FLAGLER MEMORIAL GARDENS
386-439-5400

Dignity

COMPLETE CARE AT HOME **Personalized In-Home Care**
Live Where You Love

We provide custom care, ensuring seniors can thrive comfortably in their homes with our full-service care management.

- Companionship and socialization
- Assistance with bathing and hygiene
- Experienced care for Alzheimer's and chronic conditions
- Collaboration with healthcare providers as a care advocate

Complete Care At Home
(386) 271-2737
completecareathome.com
Flagler, St. Johns, and Volusia County

Proudly Serving Veterans

THIS AD SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



CALL: 386-270-4804

inogen

INOGEN® PORTABLE OXYGEN CONCENTRATORS

Call us toll-free at
1-844-275-5294

30-DAY RISK-FREE TRIAL

*30-day risk-free trial: Return within 30 days of purchase for a full refund of purchase price.
PM230469 EN_EX_USA | Rx Only © 2024 Inogen, Inc.
859 Ward Drive, Suite 200, Goleta, CA 93111
Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

SMART - A Voice for the Voiceless

- Foster Homes
- Training
- Vet Care
- Search & Rescue
- Trapping

(386) 264-2288

We are a nonprofit organization. We rely on fundraising & donations to help the abused & abandoned pets.

www.smartflagler.com



DENTAL Insurance

Great coverage for retirees.

Get your **FREE** Information Kit from Physicians Mutual Insurance Company.

Call **1-855-684-5226**

Dental50Plus.com/Nefl

Product/features not available in all states. Contact us for complete details about this insurance solicitation. To find a network provider, go to physiciansmutual.com/find-dentist. This specific offer not available in CO, NV, NY - call 1-800-969-4781 or respond for a similar offer in your state. Certificate C254/B465, C250A/B438 (ID: C254ID; PA: C254PA); Insurance Policy P154/B469 (GA: P154GA; OK: P154OK; TN: P154TN). 6347-0125

Congratulations!



the December Coffee News man contest winner
William Crisanie
who reads his Coffee News at Dunkin Donuts in St. Augustine.

LARGEST INVENTORY OF MEDICAL EQUIPMENT

- Lift Chairs
- Power Scooters
- CPAP Supplies
- Portable Oxygen

386-281-3700

160 Cypress Point Pkwy. Unit D112 • Palm Coast

BeActiveMobility.com



BUY A BUSINESS · SELL A BUSINESS · VALUE A BUSINESS



Wayne Fuller
904-568-0516

Are you a business owner thinking of **SELLING** in the next two years? I can help you get the maximum value for your business!



Business Intermediary
Million Plus Producer

Contact me for a confidential consultation.

w.fuller@fbxbrokers.com · fbxbrokers.com

YOUR LOCAL RADIO STATIONS



ALL IN THE PALM OF YOUR HAND

STREAM FLAGLERBROADCASTING.COM

NEW!

the **Light** 101.3fm
TODAY'S CHRISTIAN MUSIC!

STREAMING FLAGLERRADIO.COM

Your Weekly Horoscope

ARIES

(March 20 - April 19)



Toward the week's end, you may feel a bit disoriented, as the residue of an old wound surfaces. Focusing on what you value could help stabilize your emotions. Lucky numbers: 9, 11, 13, 26, 36, 39.

TAURUS

(April 20 - May 20)



Your focus now may be shifting to nurturing others who need your help. This can be a good growth opportunity for you. Just remember to nurture yourself as well. Lucky numbers: 3, 8, 17, 19, 32, 33.

GEMINI

(May 21 - June 20)



In decisions, Geminis tend to focus on data over feelings. But early this week, the astrological energy encourages you to bring your heart more into your process. Lucky numbers: 10, 13, 18, 19, 20, 38.

CANCER

(June 21 - July 22)



Have you felt that your efforts have been frustrated the last few months? The situation may begin to turn around. Be patient as new opportunities could open up soon. Lucky numbers: 1, 4, 10, 13, 33, 36.

LEO

(July 23 - Aug. 22)



Leo enthusiasm sometimes encourages you to "shoot from the hip" in decision making. At week's end, a stalemate may require you to look clearly at the facts of a situation. Lucky numbers: 4, 6, 14, 37, 38, 46.

VIRGO

(Aug. 23 - Sept. 22)



Over the next few months, you may be asked to jump to the next level of service. Any opposition you are encountering could be encouraging you toward needed changes. Lucky numbers: 2, 9, 14, 23, 25, 31.

LIBRA

(Sept. 23 - Oct. 22)



Right now you may need to look at how well you nurture yourself vs. others. Perhaps you could make an adjustment to achieve a better balance between both? Lucky numbers: 8, 14, 19, 20, 22, 23.

SCORPIO

(Oct. 23 - Nov. 21)



For Scorpios, emotional connection may be the cost of communicating hard truths. The next few months may encourage you to develop a more nurturing approach. Lucky numbers: 6, 17, 22, 27, 32, 35.

SAGITTARIUS

(Nov. 22 - Dec. 21)



The optimism of Sagittarius is heightened early in the week. How would you like to use this energy to aid in your goals for the few days while this will be in effect? Lucky numbers: 5, 8, 19, 33, 41, 44.

CAPRICORN

(Dec. 22 - Jan. 19)



Your grounded nature and ambition may be highlighted for a few days midweek. This energy may offer an extra push for you to achieve success in your goals. Lucky numbers: 13, 14, 16, 24, 33, 35.

AQUARIUS

(Jan. 20 - Feb. 18)



You may be eager to make progress on your plans at midweek. This is admirable, but look before you leap to avoid problems that might only need to be corrected later. Lucky numbers: 14, 25, 28, 36, 37, 47.

PISCES

(Feb. 19 - March 20)



"Many hands make light work" could be a good motto for you this week. Others might want to be of service, but could need your guidance to show them the way. Lucky numbers: 7, 9, 14, 34, 40, 43.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 33.

Did You Know...

Feline feelers: A cat's whiskers act as sensitive detectors, picking up even small air movements. This helps them sense objects in the dark, giving them awareness of their surroundings without relying only on sight.

Rock risks: Some stones, like sandstone, shale, limestone, and river rocks, can trap moisture and explode in the heat, making them unsafe for fire pits. That's why many builders choose sturdier options such as lava rocks or fire bricks.

Coin passage: In ancient burials, a coin was placed with the dead as payment for the ferryman believed to guide souls across the underworld's river. Romans extended the practice to ships, hiding coins beneath masts to ensure safe passage, luck, or remembrance.

Guess when? Due dates sound precise, but most babies aren't born on them. Only about 4% of babies arrive exactly when expected. Doctors use general guidelines to estimate birth timing, but for the most part, it's still an educated guess.

Mirror origins: Before modern glass, ancient Egyptians would polish copper and bronze into shining discs with carved handles. These early mirrors, some thousands of years old, still reflect today, showing that personal mirrors have hardly changed through time.

On the Lighter Side

Sunbathing is a fry in the ointment.

A horse walked into a bar. The bartender said, "Hey." The horse said, "Please!"

Teacher: "What would you do if you were chased by a man-eating tiger?"

Student: "Nothing, I am a girl."

Knock! Knock! *Who's there?* Diego. *Diego who?* Diego before the B.

What can you not see even if it is right in front of you? The future!

Answers

Trivia answers: 1. Turkey 2. Cheshire 3. Walter Cronkite 4. Fish 5. Antanamarivo

For available franchise opportunities - visit www.CoffeeNews.com
© Published with Permission by NE Florida Coffee News



Jeff Evans



State Farm
JEFF EVANS

Palm Coast Location (West of Walmart)
50 Cypress Point Pkwy C3, Palm Coast, FL 32164
Bus 386.446.9594
jeffevanspalmcoast.com

www.
SaveOnDentistry.dentist

Implant and crown
combo \$2200
Complete

Call now
(407) 713-9640

It's worth the drive



ASK ABOUT OUR FINANCING OPTIONS TODAY!

J BROTHERS ROOFING, INC.
For ALL Your Roofing Needs!
FREE ESTIMATES
WE SERVICE METAL, SHINGLES & FLAT ROOFS:
✓ INSTALL ✓ MAINTAIN ✓ REPLACE ✓ REPAIR & GUTTER INSTALLATION
386-937-3087
STATE LICENSED & INSURED COMMERCIAL & RESIDENTIAL

Equine Instruction, Trail rides, Pony rides and FUN!
Lessons & Training • Boarding • Trail Rides & Events

Riding lessons for all ages are available

2k Ranch
6067 Tangerine Ave
Bunnell, FL 32110
305 803 4000
www.2kranch.com

NON-SURGICAL SPINAL DECOMPRESSION
NO DRUGS | NO INJECTIONS
HIGHLY EFFECTIVE TREATMENT FOR:

- CHRONIC NECK/LOW BACK PAIN
- BULGING/HERNIATED DISCS
- DEGENERATIVE DISC DISEASE
- PINCHED NERVES
- NUMBNESS & TINGLING
- HEADACHES
- ARTHRITIS

\$50 PER SESSION PACKAGES AVAILABLE FOR \$699

Donate Your Car
Imagine the Difference You Can Make

Vehicle donations are fully tax-deductible and the proceeds help provide services to help the blind and visually impaired.
FREE TOWING & TAX DEDUCTIBLE

When you donate your car, you'll receive:
✓ a \$200 restaurant voucher & ✓ a 2-night, 3-day hotel stay at one of 50 locations

Call **1-866-950-0842**
Help Prevent Blindness Get A Vision Screening Annually **Heritage for the Blind**

Medicare Advantage Medicare Supplement Health Insurance
I can help!
Turner Insurance

Office
386.282.7888
Mobile
631.809.3723
www.turnerins.us