

Follow Us On... **facebook**

Discover a new way to interact with us. Become a fan of our Facebook and receive updates on news and events.

Find us at www.facebook.com/coffeenewsflorida

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Palm Coast South Edition
386-270-4804

coffeenewsflorida.com Est. 1988

inogen

INOGEN® PORTABLE OXYGEN CONCENTRATORS

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

*30-day risk-free trial - Return within 30 days of purchase for a full refund of purchase price.
PMS 30469 EN, EX, USA | Ex Only © 2024 Inogen, Inc.
859 Wood Drive, Suite 200, Colton, CA 95311
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.

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

Don't Let Your Business Go On Vacation Through The Dog Days Of Summer

Stay Current By Marketing Your Company All Year Round

Advertise In Coffee News® For Constant & Exclusive Exposure!

386-270-4804

LARGEST INVENTORY OF MEDICAL EQUIPMENT

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

Be Active MOBILITY & EQUIPMENT

386-281-3700
160 Cypress Point Pkwy. Unit D112 • Palm Coast
BeActiveMobility.com

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

Brand New Mattresses And Adjustable Beds

BEDTOPS

MATTRESS CLEARANCE CENTER

10 Years In Business
Family Owned & Operated

Up to 70% OFF Retail Prices

386-627-4188
19 Hargrove Grade, Unit #2. Palm Coast

Split King

THIS AD SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

CALL: 386-270-4804

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

Vol. 6 No. 46 June 22, 2026

Everybody's Talking

Shared feast: Over 3,000 residents came together for a community meal that stretched 5,280 feet (1.6 km) through Denver, Colorado (U.S.). Organized by the nonprofit Longer Tables, the "Mile Long Table" brought locals, volunteers, and visitors to one continuous line of seats in the heart of downtown. Farmers, chefs, and sponsors contributed food and support, turning the event into a large-scale neighborhood picnic. Some attendees even reunited with loved ones flown in by surprise through a sponsoring airline. The meal encouraged strangers to connect face-to-face and share stories. Organizers hope to make the gathering a yearly tradition and inspire other cities to create their own tables of connection.

Bee boost: Oxford, England, researchers developed a new bee feed using modified yeast that mimics the nutrients bees gather from pollen. The project aims to support colonies struggling with the decline of native flowering plants. Through fermentation, scientists produced sterols, natural compounds vital for bee growth and energy. Test colonies raised more young and stayed active longer when fed the nutrient-rich mixture. The yeast, altered through genetic methods, offers the same essential lipids as pollen but in a steadier form. Experts say this advance could strengthen pollination systems and boost global food yields, helping bees survive as their natural food sources continue to decline.

Secret snake: In the forests of Barbados, scientists have confirmed the reappearance of a snake species unseen for decades. Hidden beneath a rock during a wildlife survey, the Barbados threadsnake turned out to be the smallest known snake on Earth. Barely the length of a finger, it burrows through soil and roots, rarely surfacing in daylight. Researchers verified its identity under a microscope before returning it safely to its habitat. The finding offers hope that other species presumed lost may still survive in the island's shrinking forest reserves. Conservationists view this rediscovery as a reminder of how fragile these remaining ecosystems are, and how easily their rarest inhabitants can slip away again.

Plastic threads: An engineering student in Baltimore, Maryland (U.S.), has created a method to turn leftover party cups into wearable fabric. Her company, The New Norm, repurposes the plastic from discarded cups into yarn used for sweaters and hats. By combining the plastic with eco-friendly materials, the finished fabric stays soft while avoiding the microplastic shedding of standard polyester clothing. Each piece is 3D-knitted in one seamless process, reducing waste and stitching. The pastel colors come directly from the cups themselves, without added dyes. Production now runs through U.S. facilities, turning single-use plastic into sustainable fashion that redefines how waste can be worn.

Quoteable Quotes

"Goodness is the only investment that never fails." —Henry David Thoreau

"Develop a passion for learning. If you do, you will never cease to grow." —Anthony J. D'Angelo

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. What was the capital of East Germany?
2. Who was the original voice of Kermit the Frog?
3. A possum has a pouch—T/F?
4. What is the continuous circulation of water in the earth's atmosphere?
5. A villanelle is a type of gondola, bread, or poem?

(Flip bottom of page for answers)

© Published with Permission by NE Florida Coffee News
(Over)

Still Doing Your Own Bookkeeping?

Your time is better spent running your business - not reconciling transactions. Let me handle the books.

THE BOTTOM LINE
ACCOUNTING SERVICES LLC

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

DOTTIE DILLS REALTOR®

COLDWELL BANKER PREMIER PROPERTIES

Scan to View my Open Flagler County Properties

Bunnell Charming 1962 farmhouse needs TLC on fenced 1.5-acre agricultural lot with majestic oaks! Features 4 bedrooms, fireplaces, porches, updated roof, city water, paved road, and close to I-95, shopping, and Flagler Beach. \$369,000

Bunnell Spacious 4BR/2BA Mobile, two fireplaces, huge family room, center-island kitchen, oversized master suite, 165x300' fenced yard, farm animals welcome storage shed, and major updates including newer roof, A/C, deck. \$279,900

DottieDills.CbFloridaHomes.com

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

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 Proudly Serving Veterans
completercareathome.com
Flagler, St. Johns, and Volusia County

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

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

Condominium Association Insurers
General Liability, Commercial Property,
Umbrella Excess

For Extraordinary Private Client Service
Call Morris Stowers, MBA, CLU, ChFC

954-347-4596
Palm Coast Resident & Office
30+ Years Licensed



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



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



386.565.4441 • 100 Flagler Plaza Drive, Palm Coast, FL
PremierChiroPC.com

\$50 PER SESSION PACKAGES AVAILABLE FOR \$699

YOUR LOCAL RADIO STATIONS



ALL IN THE PALM OF YOUR HAND

STREAM FLAGLERBROADCASTING.COM

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

www.
SaveOnDentistry.dentist

Implant and crown +
combo \$2200 +
Complete

Call now
(407) 713-9640

It's worth the drive



Your Weekly Horoscope

ARIES

(March 20 - April 19)



This week you may find that you have a low level of energy and are easily discouraged. Think of this as a "time out" to become clear about what you truly want. Lucky numbers: 3, 8, 15, 16, 41, 43.

TAURUS

(April 20 - May 20)



You may be in a mid-week stalemate between the desires of your head vs. your heart. Following your intuition isn't your strong suit, but might be the best path. Lucky numbers: 13, 16, 22, 38, 42, 45.

GEMINI

(May 21 - June 20)



Sudden, unexpected information or events may be in your orbit midweek. Be aware of any temptation to impulsively respond before thinking through the situation. Lucky numbers: 7, 10, 15, 17, 27, 40.

CANCER

(June 21 - July 22)



Is there something heart-felt that you haven't yet achieved? At the end of the week, you may get a chance at it, but you might need to actively seek and manifest it. Lucky numbers: 6, 9, 17, 19, 24, 41.

LEO

(July 23 - Aug. 22)



Leos tend to lead with their heart over their head. But for the next few weeks, you may have a chance to develop a more balanced approach to decision making. Lucky numbers: 11, 12, 16, 29, 38, 39.

VIRGO

(Aug. 23 - Sept. 22)



Virgos like to be methodical and detail-oriented in decision making. The next few weeks may have a very quick pace, with an opportunity to change your process. Lucky numbers: 1, 5, 18, 21, 26, 40.

LIBRA

(Sept. 23 - Oct. 22)



Libra is normally tactful and diplomatic. For the next few weeks, be aware of any tendency to make impulsive comments. Putting your foot in your mouth is easy now. Lucky numbers: 14, 19, 25, 28, 38, 45.

SCORPIO

(Oct. 23 - Nov. 21)



Your ability to receive intuitive information about people and situations may be heightened at midweek. If you feel overwhelmed, carve out some quiet space. Lucky numbers: 5, 10, 14, 16, 26, 41.

SAGITTARIUS

(Nov. 22 - Dec. 21)



Your natural optimism could get a boost toward the end of the week. How might you use this energy positively, during the few days it may be in effect? Lucky numbers: 4, 9, 14, 15, 23, 46.

CAPRICORN

(Dec. 22 - Jan. 19)



For the next few weeks, you may find that your grounded nature is disrupted. You can just ride it out or use it to make an adjustment to develop more flexibility. Lucky numbers: 10, 15, 22, 24, 32, 42.

AQUARIUS

(Jan. 20 - Feb. 18)



For the second week, the dispassionate quality of Pluto through Aquarius interacts with warmer energy, now asking you to adjust toward more compassion. Lucky numbers: 15, 17, 20, 36, 37, 39.

PISCES

(Feb. 19 - March 20)



Pisces can pluck information from the energetic plane, but communicating it to others may be hard. The energy of the next few weeks could bring clarity or confusion. Lucky numbers: 2, 4, 8, 9, 18, 26.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 9.

Did You Know...

Pickle day: National Pickle Day (U.S.) on November 14th celebrates everything from sweet to spicy varieties, giving fans a reason to enjoy the tangy treat in many forms. Legends even suggest Cleopatra linked her beauty to a steady diet of pickles.

Air sailors: Female argonaut octopuses trap pockets of air inside their delicate shells to move with precision through the ocean. This clever trick helps them glide efficiently while conserving energy and keeping their eggs safe in the deep sea.

River roots: The rock band Puddle of Mudd got its name after floodwaters filled their rehearsal space in Kansas City, Missouri (U.S.). Years later, a demo tape connected them to the industry, setting the stage for their breakout success.

Monkey mail: In the mid-1900s, Sears catalogs didn't just sell clothes and tools, they even offered live monkeys by mail. The unusual listings made the family catalog seem more like a miniature zoo than a shopping guide.

Gum ban: Ordinary chewing gum is off-limits in Singapore. Importing gum, selling it, or carrying it without a doctor's note is against the law, with only prescribed dental gum allowed under tightly controlled medical rules.

On the Lighter Side

Know the difference between a space ship and a cookie? You can't dunk a rocket in your coffee.

My optician is a man of vision.

You know what really floats my boat? Buoyancy.

Producer: "Didn't you write a play named Fireflies?"
Writer: "Yes, it got glowing reviews."

Knock! Knock! Who's there? Wanda. Wanda who? I wanda where I put my keys.

Answers

Trivia answers: 1. East Berlin 2. Jim Henson 3. True 4. Water cycle 5. Poem

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

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

Riding lessons for all ages are available

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

Hearing Problems?

HEAR CLEAR AMERICA
New Clients WELCOME

Michael A. Mangaroo, BC-HIS
Mobile Audiology. We come to you!

hearclearamerica.com
386-864-5799

Be prepared before the next power outage.

It's not just a generator. It's a power move.

Receive a free 5-year warranty with qualifying purchase* - valued at \$535.

Call 904-914-5601 to schedule your free quote!

GENERAC

KENSINGTON AT OLD KINGS SENIOR LIVING

386-359-3989

- Brand new affordable senior villas
- Now leasing, Opening April 2026
- 1, 2, and 2 Bed with Den Villas
- Minutes to the Town Center, Publix, and I95
- Pet Friendly

KensingtonAtOldKingsSeniorLiving.com

Medicare Advantage Medicare Supplement Health Insurance

I can help!

Turner Insurance

Office: 386.282.7888
Mobile: 631.809.3723
www.turnerins.us

RESCUE REHAB REHOME

SAVE A LIFE DONATE TODAY!

S.M.A.R.T. OF FLAGLER COUNTY
SAVING MISSING ANIMALS RESPONSE TEAM
SMARTFLAGLER.com

Are you at risk?

Get Screened for Risks of Stroke and Cardiovascular Disease

Call 844-679-0600

Special Screening Package for \$149

LIFE LINE SCREENING
The Power of Prevention

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