

Local & Woman Owned

Lindsey

PEST SERVICES

SINCE 1957

BEST OF FLORIDA 2025

Our customers love us...so will you!

Call Today!
(386) 320-3544

Scan for Website

Shore-to-Table Starts Here

Fresh seafood, handcrafted cocktails, and an inviting oceanfront setting.

866-512-8632

Wood and metal relief wall sculptures

by

Ron Vellucci

currently on exhibit at ...

BUTTERFIELD GARAGE ART GALLERY

137 King St. • St. Augustine • 904 825-4577

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!

THIS AD SPACE FOR RENT

CALL: 386-270-4804

OR SCAN HERE FOR MORE INFO

JOIN US FOR AN UPCOMING EVENT

PW

FC

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

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

License # 11761

www.
SaveOnDentistry.dentist

Implant and crown + combo \$2200 Complete

Dr. Angel Garcia
30+ years of experience

Call now
(407) 713-9640

It's worth the drive

FREE!

New Issue Every Week!

Coffee News

"Bringing People, Families and Communities Together"

Palm Coast North Edition

386-270-4804

Est. 1988

coffeenewsneflorida.com

Vol. 22 No. 22 September 28, 2026

Everybody's Talking

Fishing prescription: In England, some health workers can now point patients toward a fishing session as part of care for anxiety or low mood. The option comes through Tackling Minds, a program started by Dave Lyons after fishing helped steady his own life. Instead of a clinic visit, people join small groups by the water with volunteer coaches who bring gear and show the basics. The focus is simple: get outside, slow down, and have something to do with your hands. The group works with the National Health Service under social prescribing, alongside other supports. It recently received the King's Award for Voluntary Service, a national honour. Organizers say they want more communities to have the same kind of access.

Language revival: In a remote part of northwest Australia, a small Aboriginal community is using a phone game to bring its traditional language back into daily life. Instead of classroom lessons, young players explore a digital landscape based on local landscapes while hearing words spoken by elders. Language is folded into simple tasks, letting learning happen through play. Community leaders chose this format knowing screens already hold kids' attention. Repeated interactions help rebuild familiarity with sounds and meanings that were fading. By tying words to places and everyday actions, the game keeps learning grounded. Organizers see it as an entry point for broader cultural learning using modern tools.

Hidden whales: Near Baja California, Mexico, scientists spotted two living ginkgo-toothed beaked whales, a species that had never been confirmed alive before. Researchers had recorded a strange underwater sound in the area for years but didn't know which animal made it. This sighting finally linked that sound to these whales, giving scientists a new way to track them. The team couldn't get a clear photo, so they used a very small skin sample to confirm the species. Beaked whales are hard to study because they surface briefly and avoid boats. Until now, most information came from whales found washed up on beaches after dying at sea. The discovery shows they regularly live off the coast of Mexico, not just far-off oceans.

Silent scores: In Germany, two short organ works believed to be early pieces by Johann Sebastian Bach have finally been performed after about 320 years in storage. The music surfaced in an archive as handwritten pages without names or dates, leaving their origin uncertain for years. Close study of the writing style later linked them to Bach's early training period. Once experts felt confident, the pieces were prepared for performance at a church closely tied to Bach's working life. Hearing them added fresh detail to a composer thought to be fully documented. The moment showed that archives can still hold surprises. For listeners, it offered new sounds from a familiar name.

Quoteable Quotes

"If you tell the truth, you don't have to remember anything."
— Mark Twain

"Almost everything will work again if you unplug it for a few minutes... including you."
— Anne Lamott

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.coffeenewsneflorida.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. Which singer is known as "The Boss"?
2. What is the smallest state in the United States by area?
3. The human nose can detect more than one trillion different scents—T/F?
4. The Titanic began its maiden voyage from this English port in 1912.
5. This video-sharing website was acquired by Google in 2006.

(Flip bottom of page for answers)
© Published with Permission by NE Florida Coffee News
(Over)

BUSINESS OWNERS:

WHAT IF YOUR PHONE ANSWERED ITSELF?

TRY IT LIVE!

YOUR AI EMPLOYEE

ANSWERS CALLS

BOOKS APPOINTMENTS

ANSWERS QUESTIONS

24/7

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

Christmas Come True

Begin Again Home Goods

Donated & Consigned

VOLUNTEERS NEEDED

Monday thru Friday 9:45 to 2pm and 2pm to 5:15pm

Knowledge of Facebook advertising. A great way to give back to the community

All Sales Benefit "Christmas Come True"

Christmas Come True

Help families in our community all year long

Local Artisanal Goods

Furniture

Furnishings & More

Begin Again Home Goods

VOLUNTEERS NEEDED FOR OFFICE AS WELL!

2729 E. Moody Blvd., Ste 103, Bunnell • 386-313-6096

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

SERVING VOLUSIA AND FLAGLER SINCE 1972

Your Vision is Our Focus

Mark E. Kennedy, M.D. • Rory A. Myer, M.D. • Timothy D. Root, M.D. • Joseph Zobian, M.D. • Ruston Hess, D.O. • Thomas M. Kine, O.D. • Karin L. Schoeier, O.D. • Lindsey Hutchinson, O.D.

Eye Physicians & Surgeons

Complete Optical in All Locations

PALM COAST

21 Hospital Dr., Suite 160

Town Center Medical

386 586-3711

ORMOND BEACH

345 Clyde Morris Blvd.

Suite 330

386 672-4244

PORT ORANGE

790 Dunlawton Ave.

Suite A

386 767-0053

Visit us at - www.TomokaEye.com

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

JOHN SISCO TREE SERVICE

The Tree Ninja!

We cut your trees, not your pockets!

Free Estimates

Licensed & insured 386.868.8049

Medicare Advantage
Medicare Supplement
Health Insurance

I can help!

Turner Insurance

Office
386.282.7888
Mobile
631.809.3723
www.turnerins.us

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

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

Premier Chiropractic
386.595.4441 • 100 Flagler Plaza Drive, Palm Coast, FL
PremierChiroPC.com

\$50 PER SESSION **PACKAGES AVAILABLE FOR \$699**

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

DolphinDIRECT Insurance
DolphinDirect, LLC

Caught Reading Coffee News®!
Put Yourself in the Picture!
Text Your Photo, Name, & Place you Read It!
386.346.5428

Text us a photo of you reading **Coffee News®**! We will post your photo on Facebook and one photo will be chosen and added to the paper each month.

Jenny, Leo and Maddy Reid reading Coffee News at the Seven Bubble Tea in Daytona Beach!

BUY A BUSINESS · SELL A BUSINESS · VALUE A BUSINESS

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

Wayne Fuller
904-568-0516

FBX
FLORIDA BUSINESS EXCHANGE
Business Intermediary
Million Plus Producer

Contact me for a confidential consultation.
w.fuller@fbxbrokers.com · fbxbrokers.com

Coffee News wants to hear from you!

Please take our reader survey!

Enter to win \$100!

www.coffeenews.com/readersurvey

YOUR LOCAL RADIO STATIONS ALL IN THE PALM OF YOUR HAND

STREAM FLAGLERBROADCASTING.COM

Your Weekly Horoscope

ARIES
(March 20 – April 19)

You may be feeling pulled in different directions now. Instead of immediately acting, consider what is churning below the surface for you. An old wound may emerge to be addressed.
Lucky numbers: 6, 8, 27, 30, 31, 38.

TAURUS
(April 20 – May 20)

At the beginning of the week, your energy level will likely be very high. How do you want to direct it for the few days this potential is in effect? Lucky numbers: 12, 30, 38, 41, 43, 48.

GEMINI
(May 21 – June 20)

You may find things are shifting in sudden and unexpected ways this week. Finding solid ground again may require that you adjust your viewpoint to match this new dynamic. Lucky numbers: 10, 11, 16, 26, 38, 41.

CANCER
(June 21 – July 22)

At week's end, you may feel like hiding in your shell, imitating the crab image that symbolizes your sign. Quiet retreat and self-care are never a bad choice. Lucky numbers: 1, 6, 24, 28, 36, 44.

LEO
(July 23 – Aug. 22)

Leos usually prefer charm to confrontation. At week's end, however, you may be spoiling for a fight. Take a deep breath and consider whether the issue is really worth it. Lucky numbers: 3, 11, 17, 23, 31, 42.

VIRGO
(Aug. 23 – Sept. 22)

Virgos are admired for their analytical skill and attention to detail. Perhaps you have been fully satisfied with this before but the next few weeks may leave you craving more. Lucky numbers: 2, 9, 21, 31, 34, 41.

LIBRA
(Sept. 23 – Oct. 22)

At week's end, look for a subtle opportunity to deepen your romantic relationship. It may feel a bit uncomfortable at first but may be worth it if you can stay flexible. Lucky numbers: 9, 16, 17, 20, 31, 39.

SCORPIO
(Oct. 23 – Nov. 21)

There may be a lot of intensity in your romantic relationship this week. If you sense it could be close to a breaking point, focus on finding a gentler balance point. Lucky numbers: 4, 5, 6, 24, 26, 40.

SAGITTARIUS
(Nov. 22 – Dec. 21)

You may experience the classic head versus heart dilemma at mid-week. If you can't find a way to break the stalemate, wait until this dynamic fades in a few days. Lucky numbers: 5, 6, 21, 31, 41, 45.

CAPRICORN
(Dec. 22 – Jan. 19)

You may find your ambition flagging at week's end. While you may resist, taking care of what you need is important. You don't have to always be the strong one. Lucky numbers: 18, 23, 25, 33, 41, 48.

AQUARIUS
(Jan. 20 – Feb. 18)

You may feel an urgency now to initiate and communicate about a project on behalf of the larger community. Be sure you are confident about the details or wait to act. Lucky numbers: 8, 14, 17, 18, 41, 47.

PISCES
(Feb. 19 – March 20)

Pisces can have a dreamy, other world quality that makes it difficult to manifest goals. What have you let slip away in the past and what you would do differently? Lucky numbers: 11, 13, 19, 23, 36, 47.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 30.

Did You Know...

Ticket to ride: The first roller coaster in America was built in 1884 at Coney Island. Tickets cost just five cents for a ride that reached a thrilling six miles per hour.

Extra large, please: The world's largest pizza was baked in Rome in 2012. Measuring over 13,500 square feet, it was gluten-free and named "Ottavia" in honour of the first Roman emperor.

Return to sender: The first postage stamp was the Penny Black, issued in Britain in 1840. It featured Queen Victoria and revolutionized how mail was sent worldwide.

Side of fries: The "French" in French fries doesn't refer to France. The term comes from the word "to French," meaning to slice thinly, though Belgium often claims the dish's invention.

Coin operated: The first vending machine is believed to date back to ancient Greece. It dispensed holy water when a coin was dropped inside, designed by engineer Hero of Alexandria in the first century.

On the Lighter Side

What kind of shoes do ninjas wear? Sneakers.

I used to be a banker until I lost interest.

Knock! Knock! *Who's there?* Leslie. *Leslie who?* Leslie town and take the train.

A nickel and a penny jumped off a moving train together. But not the quarter. It had more cents.

Harry: What would you get if you crossed a baseball player with a Boy Scout?

Larry: I don't know, but I bet he could pitch a tent!

Answers

Trivia answers: 1. Bruce Springsteen 2. Rhode Island 3. True 4. Southampton 5. YouTube

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

Veteran Owned and Operated
Commitment to Service, Dedication to Community

Hester's Roofing
904-484-4324

ROOFING SERVICES INCLUDE SHINGLE, METAL, TILE, AND FLAT ROOFING SYSTEMS, AS WELL AS REPAIRS.

Hestersroofing.com CCC1329048

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

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/coffeenewsneflorida**

Brand New Mattresses And Adjustable Beds

BEDTOPS
MATTRESS CLEARANCE CENTER

10 Years In Business
Family Owned & Operated

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

Up to 70% OFF Retail Prices

Split King

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**

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

Your health. Your hormones. Your comeback.

All New U
386-585-4008
allnewu.com
6 Florida Park Drive N, Ste B
Palm Coast, FL 32137

Text: "PELLETS"
386-800-2753
For A Free Assessment **SCAN FOR INFO**

RESCUE REHAB REHOME

SAVE A LIFE DONATE TODAY!

SMART
OF FLAGLER COUNTY
SAVING MISSING ANIMALS RESPONSE TEAM
SMARTFLAGLER.com