

**A Help Button Should Go Where You Go!**

MobileHelp is the way to go!

**GET OUR SPECIAL OFFER NOW:**

- ✓ FREE EXPEDITED SHIPPING\*
- ✓ 30% OFF AUTO FALL DETECT\*
- ✓ FREE ONE MONTH SERVICE\*
- ✓ plus FREE EQUIPMENT TO USE!

**MobileHelp Features:**

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

**OUR BEST OFFER EVER!**

**\$49.95\***

**1-855-829-1810**

\*For a limited time - promotions available for select systems and subscription plans, please call for specific details. Offers are valid for new customers and for the first year of service and cannot be combined with any other offers. \$19.95 is the monthly subscription price for a MobileHelp Classic (at home only) system. There is a one-time \$49.95 processing fee to subscribe to this plan. Equipment shown is the MobileHelp Duo (at home and on the go) system available at a higher monthly cost. Most equipment is included at no cost while actively subscribing and must be returned upon cancellation. Free one month of service offer valid with purchase of Annual plan and includes month 13 at no additional charge. Refer to terms and conditions for specific details. Depending on the promotion chosen, you may receive an additional savings of \$5.00 off the \$11 retail price of Fall Detection service. After first year, Fall Detect pricing reverts to discounted price of \$8.25/month when combined with MobileHelp Connect Premium. Fall Detection does not detect 100% of falls. If able, users should push their help button when they need assistance. Fall detection is not intended to replace a caregiver. MobileHelp is a registered trademark, patented technology. Current GPS location may not always be available in every situation or for cellular networks at all times. Expedited shipping offer is for Annual plans made prior to 3 PM EST. New Fl. Expedited shipping is standard 2-day -- no deliveries on Saturdays/Sundays or to Hawaii or Alaska. Shipping delays may occur due to situations beyond our control. PF-SPAD0505111658

**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**

**Be Active MOBILITY & EQUIPMENT**

**HIGH TIDE ROOFING & WATERPROOFING, INC.**

**Your Local Roofing Professionals**

*Locally Owned And Operated*

- New Roofs
- Roof Inspections
- Roof Repairs

**Bill Lanni, President**  
(904) 460-6731  
**www.HighTideRoofing.com**  
State Certified Roofing Contractor CCC1331007

**Medicare Advantage Medicare Supplement Health Insurance**

*I can help!*

**Turner Insurance**

**Office 386.282.7888**  
**Mobile 631.809.3723**  
**www.turnerins.us**

**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**

**YOUR LOCAL RADIO STATIONS ALL IN THE PALM OF YOUR HAND**

**STREAM FLAGLERBROADCASTING.COM**

**Age Well Die Well Holistic Wellness Center**  
Caring Wellness for Aging

- Red Light Therapy Reduce pain, inflammation & more
- Salt Room Therapy: Breathe easier, boost immunity
- Gentle Pilates & Exercise For all ages & abilities

**Sheri Kline, ARNP, GNP, BC**  
Eldercare specialist care, End of Life Doula  
Free 30-Minute Consultation  
Call Today: (386) 529-4922

**FREE! New Issue Every Week!**

**Coffee News®**

*"News To Be Enjoyed Over Coffee"*

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

**coffeenewsneflorida.com**

Vol. 21 No. 37 January 12, 2026

## Everybody's Talking

**Steady rhythm:** When Parkinson's disease made holding a baton difficult, Rand Laycock looked beyond medication for a solution. The longtime orchestra conductor from Ohio (U.S.) turned to advanced brain stimulation, a method that calms irregular signals affecting movement. Tiny electrodes were implanted in his brain and linked to a battery under the skin, letting specialists adjust how the device responds to symptoms. After early success, he tried a newer version that automatically adapts throughout the day, which is especially helpful when symptoms shift during stressful performances. His shaking eased, his confidence returned, and he once again could lead an orchestra without distraction.

**Winged hideaway:** In Dolgellau, Wales, a retired jetliner has been completely refitted into a vacation suite. Once used by an oil company, the aircraft has been stripped, cleaned, and redesigned into a two-bedroom rental, combining retro appeal with homey upgrades like wood flooring. A modern back cabin adds extra sleeping space, and an outdoor setup gives guests a place to enjoy the breeze. The plane's original cockpit still welcomes explorers. The renovation, led by Amir Ali, brought new life to the worn plane, which had been left unused for decades. Cream leather seats and a few 1970s touches remain, now paired with bold decor choices. The jet's unusual layout continues to draw curious travellers year round.

**Pet alert:** When a beloved pet goes missing, every minute counts. A free service called FidoAlert is helping bridge that gap by using QR tags and a vast text-alert network to bring pets safely home. Owners register online and receive a tag that links to their pet's profile. If the animal is lost, a simple scan of the tag sends a text alert to the owner and their chosen contacts. Neighbours nearby also are notified through the network, increasing the likelihood that a lost pet will be spotted and quickly returned. The service has already reunited over 40,000 pets with their families. It's an easy and welcome extra layer of peace of mind for pet lovers everywhere.

**Reef revival:** A team in San Diego, California (U.S.), has developed a new coating inspired by pink algae to help coral reefs bounce back. Applied to underwater surfaces, the mixture slowly releases natural cues that encourage coral larvae to settle and grow. These cues mimic the signals emitted by crusty algae that help guide larvae in the wild. Earlier attempts at reef restoration relied on lab-grown corals, which lacked variety and shared weak points. This method invites more genetic diversity by encouraging natural settlement instead. Outdoor tests showed strong results when the coating was used in real seawater. The technique offers a promising way to strengthen reef ecosystems without introducing live materials.

## Quoteable Quotes

"Like a bird singing in the rain, let grateful memories survive in time of sorrow."  
—Robert Louis Stevenson

"No man is the whole of himself; his friends are the rest of him."  
—Harry Emerson Fosdick

## What's Happening

**Monday, January 12th from 10am-12pm: Sit, Stitch N Give** will be held at the Palm Coast Community Center, 305 Palm Coast Pkwy. Weekly social needlecraft group for older adults. Bring a project, make friends, and donate finished items to local charities. Free; please register. More info, call 386-986-2323

**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. Who wrote the novel Gulliver's Travels?
2. How many geese are "a-laying" in the carol "Twelve Days of Christmas"?
3. What mythical bird gains new life by rising from the ashes?
4. Kombu, wakame, and hijiki are all edible types of what plant?
5. This Dutch artist painted "Sunflowers."

**(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**

**PORT ORANGE SOUTH DAYTONA CHAMBER OF COMMERCE**  
**BNI**  
Daytona Regional Chamber of Commerce

**THIS AD SPACE FOR RENT**

**CALL: 386-270-4804**

OR SCAN HERE FOR MORE INFO

**SMART - A Voice for the Voiceless**

**(386) 264-2288**

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

**www.smartflagler.com**

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

**SAVING MESSING ANIMALS RESPINSE TEAM**  
**SMART OF FLAGLER COUNTY**

**NEW!**

**the Light 101.3 fm**

**TODAY'S CHRISTIAN MUSIC!**

**STREAMING FLAGLERRADIO.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*

**PW PROFESSIONAL WOMEN OF FLAGLER COUNTY**

**LISTEN - LEARN - NETWORK - GROW**

Check out our website for upcoming events at **www.professionalwomenflagler.org**

**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**

**THE BOTTOM LINE ACCOUNTING SERVICES LLC**

**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






**Jeff Evans**  
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



**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.

PH230469 EN, EX, USA | Ex Only © 2024 Inogen, Inc.  
859 Ward Drive, Suite 200, Coletta, CA 93121

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.



**Congratulations!**

to the October Coffee News man  
contest winner  
**Randall Solano**  
who reads his Coffee News  
at the Copperline Coffee  
in Daytona Beach.





**Tomoka Eye**  
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. Schoeler, O.D. • Lindsey Hutchinson, O.D.

**Eye Physicians & Surgeons**  
• Complete Optical in All Locations •

PALM COAST	ORMOND BEACH	PORT ORANGE
21 Hospital Dr., Suite 160 Town Center Medical 386 586-3711	345 Clyde Morris Blvd. Suite 330 386 672-4244	790 Dunlawton Ave. Suite A 386 767-0053

Visit us at - [www.TomokaEye.com](http://www.TomokaEye.com)



**Love Your Scale Again!**

**MO SAIC**  
Weight Loss Center & Wellness

Now offering semaglutide/tirzepatide injections and oral meds for faster weight loss.  
Join Mosaic Weight Loss Center & Wellness now and start your weight loss journey today.

**386-276-1175**  
[mosaicweightlosscenter.com](http://mosaicweightlosscenter.com)

**You Can Make a Difference!**

- Adopt a child, children, or family
- Donate Online: [christmascountry.org](http://christmascountry.org)
- Shop our Amazon Wish List for needed items
- Visit Begin Again Home Goods for Christmas décor & to support local giving

**Helping Flagler County Families in Need**

Together, we can make Christmas brighter!

**Christmas Come True**

2729 E. Moody Blvd. #103 in Bunnell

A local nonprofit helping our most needy families this holiday season.

**Changing lives ... one alternative at a time!**

**Healthy Alternatives**

- Protein Balls
- Diabetic Friendly
- Local Woman Owned Business
- Shipping And Local Delivery Available
- Order now for the Holidays

**Lindsey Bryant**  
386-237-2261  
[myhealthyalternatives.com](http://myhealthyalternatives.com)



# Your Weekly Horoscope

**ARIES**  
(March 20 – April 19)



You may have an urge right now to be a warrior and to fight for something that you value. This energy will only be in play for about a month, so plan accordingly. Lucky numbers: 3, 13, 14, 16, 20, 39.

**LIBRA**  
(Sept. 23 – Oct. 22)



You may find yourself drawn to someone unusual for you. The energy that brings this attraction only lasts for a month. Be aware of this when deciding how to proceed. Lucky numbers: 13, 22, 31, 32, 43, 46.

**TAURUS**  
(April 20 – May 20)



Are you feeling restricted in some aspect of your life? A new opportunity may surface for you to reflect your authenticity, but you might need to actively reach out for it. Lucky numbers: 5, 18, 24, 33, 39, 47.

**SCORPIO**  
(Oct. 23 – Nov. 21)



Do you feel supported by a partner to be your genuine self? Any conflict about this could peak during the next month, and you may be forced to address it. Lucky numbers: 10, 12, 15, 25, 37, 47.

**GEMINI**  
(May 21 – June 20)



As the week starts, your head and heart may be out of sync about how to proceed. If you can't reconcile the two, consider postponing action for a few days. Lucky numbers: 4, 10, 11, 30, 46, 48.

**SAGITTARIUS**  
(Nov. 22 – Dec. 21)



As the week starts, you may feel fully in the flow of the energy. This might only be in effect for a few days. So be aware and enjoy the energy while it lasts. Lucky numbers: 2, 8, 15, 26, 29, 36.

**CANCER**  
(June 21 – July 22)



Clearly communicating your thoughts and ambitions may be difficult midweek. Reach for your natural empathy to help identify and work through the stalemate. Lucky numbers: 17, 19, 21, 31, 37, 42.

**CAPRICORN**  
(Dec. 22 – Jan. 19)



If you need to make a presentation to garner support from others, midweek may be a good time for it. Others might appreciate your serious approach to this endeavour. Lucky numbers: 9, 10, 24, 31, 36, 46.

**LEO**  
(July 23 – Aug. 22)



Opportunities may continue to arise to evaluate how your leadership skills can serve others. But this may require temporarily putting aside your ego to reach that goal. Lucky numbers: 6, 9, 12, 16, 25, 33.

**AQUARIUS**  
(Jan. 20 – Feb. 18)



This week may be a good time to set new intentions to help achieve your goals. Be sure your efforts are in alignment with your values regarding human progress. Lucky numbers: 7, 9, 12, 13, 16, 24.

**VIRGO**  
(Aug. 23 – Sept. 22)



Virgos have a tendency to stick to tried-and-true methods to accomplish objectives. But at the end of the week, out-of-the-box thinking may achieve a better result. Lucky numbers: 8, 13, 27, 30, 37, 40.

**PISCES**  
(Feb. 19 – March 20)



Saturn and Neptune soon return from Pisces back to Aries. This may signal a good time to review your current endeavours and make any changes as the planets shift. Lucky numbers: 1, 9, 12, 23, 31, 39.

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

## Did You Know...

**Subsea surge:** Beneath the ocean, powerful underwater rivers carry sediment over vast distances, carving deep canyons into the sea floor. These hidden flows shape huge valleys and help nourish deep-sea life, yet they remain largely mysterious and unseen.

**Haunted harmonies:** Before he was a household name, actor Ryan Gosling co-founded the band Dead Man's Bones. He was fascinated with ghosts and haunted themes as a child. The band's eerie album even features a children's choir for an extra haunting touch.

**Planet protector:** Earth's magnetic field acts like a giant shield, protecting life from the Sun's charged particles. Without it, the planet would be left exposed to intense solar winds that could harm living things below.

**Sting legend:** The bullet ant, in Central and South America, is the strongest stinging insect, delivering intense pain comparable to a gunshot. The reddish-brown insects hunt, guard, and forage to keep their large, tree-based colonies thriving.

**Pod surprise:** When sesame pods ripen, they don't open gently. They suddenly split with a pop, scattering seeds everywhere. That explosive motion may be what inspired the magical phrase "Open sesame!" in ancient tales.

## On the Lighter Side

The first boat show had a yacht to offer.

I used to be a motorcycle courier. Boy those things are heavy!

Inspector: "Why is that skyscraper sneezing?"  
Foreman: "Maybe it has a building code."

Knock! Knock! *Who's there?* Nadia. *Nadia who?* Nadia your head if you know what I am saying.


What do you get when you cross a computer with a lifeguard? A screen saver.

### Answers

4. Seaweed 5. Vincent Van Gogh  
Trivia answers: 1. Jonathan Swift 2. 6 3. Phoenix



For available franchise opportunities – visit [www.CoffeeNews.com](http://www.CoffeeNews.com)  
© Published with Permission by NE Florida Coffee News

**Your health. Your hormones. Your comeback.**



**All New U**  
386-585-4008  
[allnewu.com](http://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

Feel balanced, focused, and in control again.

**Delissa Day, Realtor®**  
386-338-5808

*The keys to your future home are only a DAY away!!*

[Ddaysellsouses@gmail.com](mailto:Ddaysellsouses@gmail.com)

Full Service REALTOR® with over 20 years of experience

**Buying or Selling  
Call Me Today!**



**JOHN SISCO TREE SERVICE**  
The Tree Ninja!

We cut your trees, not your pockets!

Free Estimates  
Licensed & Insured **386.868.8049**



**FRESH. LOCAL. DELICIOUS**

Seasonal coastal cuisine & handcrafted drinks.

Open 7:00am - 10:00pm

**Atlantic GRILLE**





**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**



**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](http://frontlineconsulting.ca)



**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

**Premier Chiropractic**  
386.585.4441 • 108 Flagler Plaza Drive, Palm Coast, FL  
[PremierChiroPC.com](http://PremierChiroPC.com)

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