

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

**Transform Your Bathroom
and Change Your Life.**

FREE TOILET + \$1,500 OFF*

For your FREE information
kit and our Senior Discounts,
Call Today Toll-Free

1-877-689-2127




*Free toilet with purchase and installation of a walk-in tub or walk-in shower only. Offer available while supplies last. No cash value. Must present offer at time of purchase. Cannot be combined with any other offer. Market restrictions may apply. Offer available in select markets only. CSLB 1082165 NSCB 0082999 0083445 13VH11096000

AFFORDABLE HEALTH INSURANCE


Your Local Agency for
Florida Blue



Florida Health Care Plans



An Independent Licensee of the Blue Cross and Blue Shield Association
amandabarefield@outlook.com
www.murrayins.net



Licensed Agent
Amanda Barefield

Call Today!
386-888-9599

JANUARY SHOWS

The Texas Tenors
Jan. 8, 2026 - 7pm

Gary Puckett & The Union Gap
Jan. 15, 2026 - 7pm

Human Nature
Jan. 18, 2026 - 7pm

The Barricade Boys
Jan. 23, 2026 - 7pm

REZA - Illusionist
Jan. 30, 2026 - 7pm



386.437.7547
FlaglerEntertainment.org
5500 East Hwy 100, Palm Coast

**THIS
AD
SPACE
FOR
RENT**

OR SCAN
HERE FOR
MORE INFO



CALL: 386-270-4804

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

To equal the visibility of an
ad in *Coffee News*, advertisers
would need an ad

21 Times
that size in their local
newspaper

Discover the
Coffee News
Advantage!



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




FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed
Over Coffee"

**Ormond Beach
East Edition**
386-270-4804



Est. 1988
coffeeneWSneFlorida.com

Vol. 5 No. 15 January 5, 2026

Everybody's Talking

Health shift: In a major public health move, Poland has launched a nationwide program offering free checkups to younger adults. Carried out at clinics across the country, the plan includes lab work and health history screening, aiming to catch warning signs of illness early. It focuses on those ages 20 to 40, encouraging preventative habits before symptoms appear. The initiative also addresses gaps in earlier systems that left many without proper follow-up. Experts say early testing can reduce long-term cases of heart disease, thyroid issues, and diabetes. With growing demand on the country's healthcare services, this approach should ease pressure over time. The rollout comes as Poland faces staffing shortages and rising medical needs.

Buried network: In the heart of Leuven, Belgium, archaeologists unearthed sections of ancient Roman plumbing crafted from hollowed tree trunks. The wooden system had been tucked beneath layers of swampy earth, its preservation aided by the damp conditions. Experts believe this setup was once part of a broader water system used to serve a Roman outpost positioned along a key military route. The location's distance from Rome hints that infrastructure reached even to the quieter corners of the empire. The trunks appear to have carried water across a stretch now hidden under the modern city. Researchers plan to carefully preserve the wood, offering a rare glimpse into how practical needs shaped ancient settlements.

Fungal fix: A new kind of diaper is using fungi to reprocess waste. Instead of lingering for centuries in landfills, these diapers contain a pouch of cultivated spores that activate when tossed out. Moisture triggers the fungi, which then digest the material from within, converting it to nutrient-rich soil and mycelium. The concept comes from a team blending entrepreneurship with fungal science, hoping to shift how single-use items are handled. Unlike traditional disposal methods, this approach avoids heavy processing or emissions. The key lies in enzymes that break down plastic at its core, dismantling stubborn compounds naturally. Subscription access now gives environmentally minded families a simple way to reduce their footprint.

Rice murals: In the countryside of northern Japan, a small village has reimagined farming fields as enormous natural canvases. By planting different, varied-colour rice strains, residents craft massive seasonal images that only fully come into view from elevated platforms. From above, portraits, cultural tributes, and pop culture figures emerge in full clarity. The designs shift with each phase of the growing cycle, creating a moving display that changes by the week. The work reflects not only artistic skill but also ties to local identity. Footpaths, shuttles, and small towers welcome onlookers throughout the region. This unusual blend of agriculture and visual art turns the rice season into a public celebration.

Quoteable Quotes

"In a gentle way, you can shake the world." —*Mahatma Gandhi*
"When the roots are deep, there is no reason to fear the wind."
—*Proverb*

What's Happening


Friday, January 9th at 10am: Creative Weaving Workshop
will be held at the Ormond Beach Regional Library, 30 S. Beach St., Ormond Beach. Free basket-weaving class for adults materials provided; registration may be required. Contact: 386-257-6036 Library.

**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. This Elizabeth Taylor movie was about a horse.
2. Who was Britain's Prime Minister during World War II?
3. What U.S. state is known as "The Sunshine State?"
4. The main ingredient in guacamole is ____.
5. What is a baby goat called?

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

Support Coffee News!

The paper you have
grown to love can't do it
without readers like you...

Visit our advertisers
Browse our website
Like us on Facebook

Coffee News
"News to Enjoy Over Coffee"



"The Wolf of Your Street"



REALTY PROS
ASSURED

Lindsey Wolf
(407) 432-3849
lindseyawolf@outlook.com

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



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.



**THE
BOTTOM
LINE**
ACCOUNTING SERVICES LLC

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

**SAVE
on Homeowners
Insurance!**

**MOORE
INSURANCE**
386-597-0287
MooreInsures.com
Email: tyce@mooreinsures.com
2729 E Moody Blvd Ste 105
Bunnell, FL 32110

**Flagler & Volusia County
Homeowners Insurance Rates**

Coverage Amount	2013 & Newer Home	2003-2014 Built Home	1994-2001 Built Home	1976-1993 Built Home
\$300,000	\$1024	\$1253	\$1442	\$1522
\$350,000	\$1236	\$1345	\$1572	\$1640
\$400,000	\$1327	\$1439	\$1656	\$1762
\$450,000	\$1423	\$1562	\$1735	\$1878
\$500,000	\$1569	\$1625	\$1841	\$1939
\$550,000	\$1654	\$1756	\$1936	\$2059

All rates assume a structurally sound roof with 5+ years of remaining useful life. 4pt and/or Wind Mitigation Inspections may be required.

**VETERAN
OWNED BUSINESS**

Need a Website?
Professional | Affordable | Fast



Scan For A Free Quote

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

frontline web consulting frontlineconsulting.ca

FALL PROMO

**PORT ORANGE
CANNABIS CLINIC**



**\$95 - NEW PATIENT
\$75 - TRANSFER PATIENT**

REDEEM OFFER BY 12/31/25

PLEASE CALL 386-337-3954 TO SCHEDULE AN APPOINTMENT

WWW.PORTORANGECANNABISCLINIC.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

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.

PM230469 EN, Ex. USA | Ex. Only © 2024 Inogen, Inc. 859 Ward Drive, Suite 200, Colton, CA 92321. 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.

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

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!

*Terms and Conditions apply.

GENERAC

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.

Lucia de la Torre reading Coffee News at Tropicana Smoothie Cafe in St. Augustine

Congratulations!

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

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

Daytona Regional CHAMBER OF COMMERCE

BNI

Adopt, Don't Shop!

Halifax Humane Society

Hours:
12 noon to 6pm
7-days a week.

I-95 and the LPGA Blvd. exit.
www.halifaxhumanesociety.org

Love Your Scale Again!

MOSAIC 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

SCAN ME

FOR MORE INFO

Your Weekly Horoscope

ARIES
(March 20 – April 19)

Your usual, assertive dynamic may be stymied midweek. Consider borrowing a page from Libra's playbook: approach the situation with grace and tact. Lucky numbers: 9, 10, 32, 33, 39, 41.

TAURUS
(April 20 – May 20)

Your talent for plowing through obstacles may stall at week's end. Following a more intuitive path might help, but could require you to step out of your comfort zone. Lucky numbers: 20, 21, 28, 29, 32, 45.

GEMINI
(May 21 – June 20)

Geminis often use a mental framework to approach the world. For the next two months, how might you apply this skill to do something that would serve others? Lucky numbers: 3, 9, 17, 18, 29, 44.

CANCER
(June 21 – July 22)

Is your current life in alignment with what you love and value? Being out of sync is especially hard for Cancers. Look for an opportunity to change the situation. Lucky numbers: 11, 12, 13, 23, 33, 44.

LEO
(July 23 – Aug. 22)

An astrological aspect for the next two months is focused on being of service to others. How might you use your natural leadership abilities to aid in this effort? Lucky numbers: 15, 16, 18, 21, 23, 31.

VIRGO
(Aug. 23 – Sept. 22)

Serving others is a theme for Virgo. For the next two months, you may have an opportunity to examine how well you are aligned to this and what changes to make. Lucky numbers: 4, 13, 29, 31, 40, 47.

LIBRA
(Sept. 23 – Oct. 22)

The end of the week may be a good time to focus on self care. You might be better able to help others if you are emotionally and physically healthy yourself. Lucky numbers: 1, 2, 5, 8, 18, 23.

SCORPIO
(Oct. 23 – Nov. 21)

Intuitive insights may come at you quickly and furiously this weekend. Others may not be ready to absorb them, so use discretion in how much you share with them. Lucky numbers: 8, 12, 23, 25, 29, 39.

SAGITTARIUS
(Nov. 22 – Dec. 21)

Having a strong, coherent philosophy or belief system is important for Sagittarius. For the next two months, consider how best to express these ideas in service to others. Lucky numbers: 5, 9, 29, 30, 34, 44.

CAPRICORN
(Dec. 22 – Jan. 19)

There is a strong potential right now for you to do what you love. Look for such opportunities this week, and then use your natural ambition to pursue them. Lucky numbers: 7, 12, 16, 25, 28, 29.

AQUARIUS
(Jan. 20 – Feb. 18)

Helping humanity to progress is an important life theme for Aquarius. For the next two months, you may be focused on opportunities to be of service to others in this way. Lucky numbers: 2, 4, 9, 13, 15, 37.

PISCES
(Feb. 19 – March 20)

Pisces have a talent for envisioning the world they want. Grounded energy now may offer an opportunity to make progress, but requires balancing vision and realism. Lucky numbers: 6, 10, 13, 44, 45, 46.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 7.

Did You Know...

Bite strength: The masseter, the muscle in your jaw, can clamp down with surprising force when you chew. Though small, it's often considered one of the body's strongest muscles, proving that power doesn't always come from size.

Cloud creators: In the Amazon rainforest, trees help kickstart the rainy season by releasing moisture through their leaves. This process, called transpiration, fills the air with water vapour, helping clouds form before ocean winds even arrive.

Space survivor: Tardigrades are tiny creatures often called "water bears." They can handle deep freezes and radiation that would destroy most life. Their survival tricks fascinate scientists looking for ways to help life endure in space.

Day time: Due to slowing rotation, Earth's day grows by about 1.8 milliseconds every hundred years. Many millions of years ago, a day lasted several hours less. This shows how much our planet's pace has quietly shifted over time.

Shower spark: Ed Robertson, lead singer of Barenaked Ladies, composed the theme song for the TV show *The Big Bang Theory* while showering. That playful tune became a huge hit, bringing the band lasting success.

On the Lighter Side

What do llamas like to eat? Llama beans.

Sign at a pottery shop: "Feats of Clay!"

I asked my friend, Nick, if he had 5 cents I could borrow. But he was Nicholas.

Mother: "Son, wake up it's 20 to 8."
Son: "In whose favour?"

Knock! Knock! *Who's there?* Taylor. *Taylor who?* Taylor your sister to pick up her toys.

Answers

3. Florida 4. Avocado 5. A kid

Trivia answers: 1. National Velvet 2. Winston Churchill

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

A Help Button Should Go Where You Go!

GET OUR SPECIAL OFFER NOW:

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

MobileHelp Features:

- 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**

MobileHelp
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 (not home only) system. There is a one-time \$49.95 processing fee to subscribe to this plan. Equipment shown is the MobileHelp Q100 (not home only) system available at a higher monthly cost. That 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 \$19.95 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 false, 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 on the cellular network at all times. Expedited shipping offer is for Annual plans made prior to 3 PM EST Mon-Fri. 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-SPAD050511-058

MURPHY BED CENTER
OF DAYTONA, INC.

NEED MORE SPACE?

- Murphy Beds
- Home offices
- Media Units
- Custom Closets
- And More!

Call us at 386-672-1863 for your FREE consultation!
murphybedsormond.com

Family Owned Strong Since 1995
Serving Flagler and Volusia

YOUR LOCAL RADIO STATIONS

ALL IN THE PALM OF YOUR HAND

STREAM FLAGLERBROADCASTING.COM

Lock in 2025 Prices, Before 2026 Gets here.

LOCK OUT your competition!

386-270-4804

Does your restaurant carry Coffee News®?

It's **FREE** and guaranteed to amuse while waiting for your food! Ask the restaurant owner or fill out a restaurant Customer Comment Card, today!

Coffee News®, News to be enjoyed over coffee!

APEX Electrical Services, LLC
RESIDENTIAL - COMMERCIAL - INDUSTRIAL

- Serving Volusia County since 2010
- Insured, bonded & licensed (EC13009195)
- Free estimates & electrical inspections

831 Railroad St, #12, Port Orange, FL 32129
386.589.8234
apexelectrical2@gmail.com www.electricianfl.com

Visit our Webpage!

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. Kline, O.D. • Karin L. Schoeller, 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	345 Clyde Morris Blvd.	790 Dunlawton Ave.
Town Center Medical Suite 330		Suite A
386 586-3711	386 672-4244	386 767-0053

Visit us at - www.TomokaEye.com