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# MY VOLUSIA . US

Eat - Play - Shop - Explore



## Online Community Guides



For up-to-the-minute Specials & Info Text the Keyword found in each Guide below to 888-407-5899

Text Keyword to 888-407-5899 for Deals

**VOLUSIA FOOD GUIDE**  
Eat - Play - Shop - Explore

MyVolusia.us/Food  
Keyword: Food



**Bagel Barn Cafe & Deli** (Pg. 7)  
103 N. Ridgewood Ave., Edgewater, FL  
(386) 426-2263  
www.bagelbarncafedeli.com  
Text: BagelBarn To: 888-407-5899



**Rossi's Side Street Cafe** (Pg. 2)  
910 Village Trail-Port Orange, FL  
386-333-9155  
https://rossissidestreetcafe.com  
Text: Rossi To: 888-407-5899



**VOLUSIA FUN GUIDE**  
Eat - Play - Shop - Explore

MyVolusia.us/Fun  
Keyword: Fun



**GO-KART City** (see Ad Pg 11)  
4114 South Nova Rd., Port Orange, FL  
(386) 761-2882  
www.go-kartcity.com  
Text: Gokart To: 888-407-5899



**Dinner and River Cruise** (see Ad Pg 11)  
125 Basin St. Suite 140, Daytona Beach FL  
https://www.bagelbarncafedeli.com  
Text: dineandcruise To: 888-407-5899



**VOLUSIA SENIOR GUIDE**  
Eat - Play - Shop - Explore

MyVolusia.us/Senior  
Keyword: Senior



**VIP HomeCare Solutions** (see Ad Pg 8)  
5111 South Ridgewood Ave., Port Orange, FL  
(386) 256-3466  
www.viphomecares.org  
Text: VIPhomecare To: 888-407-5899



**Atlantic Retirement Solutions** (see Ad Pg 10)  
5111 S. Ridgewood Ave Suite 200 Port Orange, FL  
(386) 788-6422  
www.atlanticretirementsolutions.com  
Text: Medicare101 To: 888-407-5899



**VOLUSIA HOME SERVICES**  
Eat - Play - Shop - Explore

MyVolusia.us/Services  
Keyword: Services



**New Smyrna Glass & Design Center** (see Ad Pg 29)  
823 S. Dixie Freeway  
New Smyrna Beach, FL  
(386) 788-6422  
Text: Glass1 To: 888-407-5899



**Ken's General Services, LLC** (see Ad Pg 36)  
Daytona Beach FL  
(386) 265-5661  
www.marshallcontractinginc.com  
Text: Kens To: 888-407-5899



**VOLUSIA BOATING GUIDE**  
Eat - Play - Shop - Explore

MyVolusia.us/Boating  
Keyword: Boating



**Gerry's Marina** (see Ad Pg front cover)  
179 North Causeway, New Smyrna Beach,  
(386) 428-2341  
www.gerrysmarina.net  
Text: Gerrys To: 888-407-5899



**Victory Marine** (see Ad Pg 28)  
5524 S. Ridgewood Ave., Port Orange, FL  
(386) 492-2990  
www.VictoryMarineSales.com  
Text: Victory To: 888-407-5899



**VOLUSIA BEAUTY GUIDE**  
Eat - Play - Shop - Explore

MyVolusia.us/Beauty  
Keyword: Beauty



**DAVE AND CO.** **Dave and Company** (see Ad Pg 3)  
5803 S. Ridgewood, Port Orange, FL  
(386) 760-3283 www.DavecoFL.com  
Text: Daveco To: 888-407-5899



**The Spa at Venetian Bay** (see Ad Pg 31)  
424 Luna Bella Ln., New Smyrna Beach FL  
(386) 386-410-2142  
www.TheSpaAtVenetianBay.com  
Text: Venetian To: 888-407-5899



**VOLUSIA FURNITURE GUIDE**  
Eat - Play - Shop - Explore

MyVolusia.us/Furniture  
Keyword: Furniture



**Futon Source & Mattresses** (see Ad Pg 5)  
1202 Ridgewood Ave., Holly Hill, FL  
(386) 761-2882  
www.dinnettsbarstoolsfutons.com  
Text: Futon To: 888-407-5899



**Southern Home Furniture** (see Ad Pg 39)  
137 Bay Street, Daytona Beach, FL  
(386) 257-2662  
www.SouthernHomeFurniture.com  
Text: Southern To: 888-407-5899




**VOLUSIA AUTOMOTIVE GUIDE**  
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MyVolusia.us/Automotive  
Keyword: Automotive



**TROPICAL AUTO AIR** (see Ad on back page)  
700 South Nova Rd., Port Orange, FL  
(386) 226-2070  
www.tropicalautofl.com  
Text: Tropical To: 888-407-5899



**DAYTONA AUTO REPAIR** **Daytona Auto Repair** (see Ad Pg 17)  
1521 Ridgewood Ave., Holly Hill, FL  
(386) 677-6334  
www.DaytonaRepair.com  
Text: daytonarepair To: 888-407-5899



**VOLUSIA ARTS GUIDE**  
Eat - Play - Shop - Explore

MyVolusia.us/Arts  
Keyword: Arts



**Galerie Elan**  
230 South Beach, Daytona Beach, FL  
(386) 871-9006  
www.galerieelan.com  
Text: Elan To: 888-407-5899



**Etrusca Gallery**  
146 South Beach Street, Daytona Beach, FL  
(386) 235-6676  
www.etruscagallery.com  
Text: Etrusca To: 888-407-5899



**VOLUSIA SHOPPING GUIDE**  
Eat - Play - Shop - Explore

MyVolusia.us/Shopping  
Keyword: Shopping



**Heath's Natural Foods** (see Ad Pg 38)  
600 E. Third Avenue, New Smyrna Beach, FL  
(386) 423-5126  
www.HeathsNaturalFoods.com  
Text: Heaths To: 888-407-5899



**Dunn's Attic** (see Ad Pg 12)  
136 W. Granada Blvd., Ormond Beach, FL  
(386) 673-0044  
www.DunnsAttic.com  
Text: dunns To: 888-407-5899




Mental Health Awareness Month was started in 1949 by the Mental Health America organization to create awareness for mental health conditions. There are an estimated 44 million Americans that suffer from some form of mental disorder. Mental illnesses are brain-based conditions that affect thinking, emotions, and behaviors. According to research it is common to have some kind of mental health problem during your lifetime.

When someone is affected with a mental illness, their brains change in a way in which they are unable to think, feel, or act in ways they want to. In fact, this could mean experiencing unexpected changes in mood, like feeling sad or worried more than normal. For others, it could mean not being able to think clearly or not being able to communicate properly with someone. There are more than 200 classified forms of mental illness. Symptoms may include changes in mood, personality, personal habits and social withdrawal.

If you or someone you know is in crisis: Text "MHA" to 741741 or call 1-800-273-TALK (8255) to reach a trained crisis counselor 24/7, 365 days a year. For more information visit [www.myvolusia.us/mental-health](http://www.myvolusia.us/mental-health)