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PONTE VEDRA



Recorder

August 13, 2020

Volume 51, No. 41

75 cents

Not your average newspaper, not your average reader

PonteVedraRecorder.com

ProWatercross National Tour event in Vilano Beach

MAKES WAVES



Almost 200 competitors participated in the inaugural Liqui Moly ProWatercross National Championship last weekend at Vilano Beach. Nearly 60 races were held over the two-day competition, which brought many visitors to the beach to show their support. *Read more on page 28.*

Photo by AMBER LAKE

What's Available NOW On **hulu**

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Daffodils
The Mindy Project

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INSIDE: CHECK IT OUT!

The Recorder's Entertainment EXTRA featuring TV listings, streaming information, puzzles and more!



VOTE for your favorites!

Page 2



Early voting underway as candidates campaign

Page 4

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INSIDE

One of Us

Page 6

Business Weekly

Pages 18-24

In the Arts

Pages 26-27

Sports

Pages 28 and 30



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We welcome submissions of photos, stories, columns and letters to the editor. Let us know what's happening. Email submissions to pvrecorder@opcfla.com or bring them by our office at **1102 A1A N., Unit 108, Ponte Vedra Beach**. Submissions may be published in the paper, on our website or on our social media platforms.

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Also, check out the **Ponte Vedra Recorder** channel on YouTube.

EDITOR'S NOTES

What's This?: Because of the COVID-19 crisis, The Recorder is suspending the "Do you know what this is?" contest until further notice.

Pets of the Week: Because the St. Johns County Pet Center is closed to walk-in traffic, The Recorder's Pets of the Week feature has been temporarily suspended. The feature will return once the Pet Center reopens.

NOTES TO READERS

Don't miss an issue: In case social distancing requirements get more strict, we will email you your paper. Send your email address to don@opcfla.com.

Weekly newsletter: The Recorder offers a weekly newsletter every Monday that outlines some of the top stories of the week, as well as providing access to our E-Edition and Entertainment EXTRA! To get the newsletter emailed for free, email don@opcfla.com. We'll add you to the list.

Voting is now open for Best of the Best of Ponte Vedra contest

The Ponte Vedra Recorder is holding its second annual Best of the Best of Ponte Vedra contest, covering ZIP codes 32082 and 32081.

Readers currently have the chance to vote for their favorite businesses, professional services, organizations and more in nearly 250 categories online. From best new business to best charity event, best real estate agent to best personal trainer and best seafood to best boutique, the categories run the gamut and are sure to include your favorite things.

Votes can be made on the website at pontevedrarecorder.com/bestof2020/index.html.

Voting will take place until Aug. 31, during which each person can vote once per day in as many categories as he or she wants. The nominees who receive the most votes will be named 2020 Best of the Best of Ponte Vedra. Nominations and voting are completely free and open to the public.

The Best Of platform on The Recorder's website will feature lists of nominees in an easy-to-use format.

Winners will receive a free framed certificate and a Best of the Best of Ponte Vedra window cling. Each winner will also be listed in our Best of the Best of Ponte Vedra special section and on



the winner's website. Winners will be notified by Recorder staff after votes are counted.

Nominees can participate in advertising packages that promote their entry by expanding their listing to feature additional details on the business. For more information or to find out how to get your nominated business or product involved in promotions that will be going on throughout the contest cycle, email susan@opcfla.com or call (904) 686-3938.

Vote for your favorite business, service, person, restaurant or product now at www.pontevedrarecorder.com/BestOf2020.

PUZZLE SOLUTIONS

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5	8	4	3	9	6	7	2	1
2	1	9	4	7	5	3	8	6
7	3	6	2	1	8	4	5	9

Solutions correspond to last week's puzzles.

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BRIEFS

County extends building and permit fee reductions

In order to provide relief for local businesses and residents who are recovering from the impact of COVID-19, the St. Johns County Board of County Commissioners extended a 30% reduction in all general building permit fees.

Specific reduced fees include those

related to development review, fire safety inspections, residential and commercial demolition, swimming pool fees, as well as electrical, gas, plumbing, mechanical and irrigation permit fees. The fee reductions are in effect through Nov. 3.

For more information, call St. Johns County Building Services at (904) 827-6800 or view the updated fee schedule at www.sjcfll.us.

St. Johns Golf Club Patriots Golf Day fundraiser set for Sept. 4

The St. Johns Golf Club is hosting Patriots Golf Day fundraiser lessons from 9 a.m. to 1 p.m. on Friday, Sept. 4, at 4900 Cypress Links Blvd. in Elkton. Patrons who make a minimum donation of \$20 will receive a 10-minute lesson

with a PGA professional.

All proceeds will benefit Folds of Honor, an organization that provides educational scholarships to spouses and children of America's fallen and disabled service members. In addition, all St. Johns Golf Club patrons will have the opportunity to donate directly at the clubhouse through the Labor Day weekend. All who donate a minimum of \$10 will be entered into a drawing for golf equipment, including new shoes, wedges and a range finder.

To book a lesson time, email wtucker@sjcfl.us.

For more information on Folds of Honor, go to www.foldsofhonor.org. For more information on the Patriots Golf Day fundraiser, call (904) 209-0350.

Thank you for your votes in 2019!



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I've worked hard to earn your support since last year's contest, as well as through my 30+-year real estate career here in my hometown. I've shown thousands of homes and sold quite a few, too! I've been consultant and confidant, hero and hand-holder. It's my years of experience that are bringing my customers through the crises of the day. Please vote for me for this year's Best Of Ponte Vedra competition. Thank you!

Clare Berry

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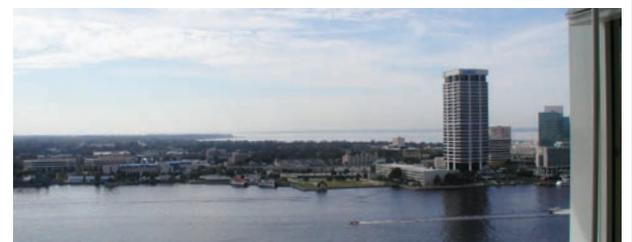
MEADOWS @ ST JOHNS | \$285,000

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MStewart@WatsonRealtyCorp.com



BRIGHTON BAY | \$314,999

12406 Brighton Bay Ln., Jacksonville, FL
Maria Kennedy | 904.347.9098 | MLS 1066370
MariaKennedy@WatsonRealtyCorp.com



THE PLAZA | \$325,000

400 E Bay St. #1907, Jacksonville, FL
John Richardson | 904.465.5110 | MLS 1066284
JRichardson@WatsonRealtyCorp.com



SOUTH JAX BEACH | \$450,000

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Karen DeLoach | 904.333.3954 | MLS 1064461
KarenDeLoach@WatsonRealtyCorp.com



PONTE VEDRA BY SEA | \$484,000

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BarbaraMaple@WatsonRealtyCorp.com



RIVERWOOD BY DEL WEBB | \$525,000

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Whitehurst, Hardwick speak at meet-and-greet

By Shaun Ryan

Local residents had an opportunity to hear from two St. Johns County candidates during a gathering Wednesday, Aug. 5, at the Palm Valley Barn.

County Commission district 1 candidate Christian Whitehurst and sheriff candidate Rob Hardwick spoke and took questions from the audience at the event, which was sponsored by Ponte Vedra resident Deb Chapin, who called herself an advocate for the two Republicans.

“We’re at a critical time,” she told those assembled at the venue. “We’re at a crossroads. We need to have a strong group on our Board of County Commissioners, our School Board, our Sheriff’s department.”

Whitehurst, who is running against incumbent Jimmy Johns in the Aug. 18 primary, devoted a portion of his presentation to his belief in “smart, managed growth.”

“When I moved to this county, we were a community of 119,000 people,” he said. “Today, we’re getting close to 270,000, and there’s no end in sight.”

He pointed out that the county has already approved the construction of 60,000 new homes that have yet to be built.



County Commission candidate Christian Whitehurst speaks during a meet-and-greet event Wednesday, Aug. 5, at the Palm Valley Barn.

“I think the biggest challenge that I have, if I’m elected, is making sure we build up the infrastructure to support growth,” he said. “Do we have the roadways? Do we have beach access points? Do we have boat ramps? Do we have the schools?”

He signaled that he wouldn’t necessarily approve every



Photos by Shaun Ryan

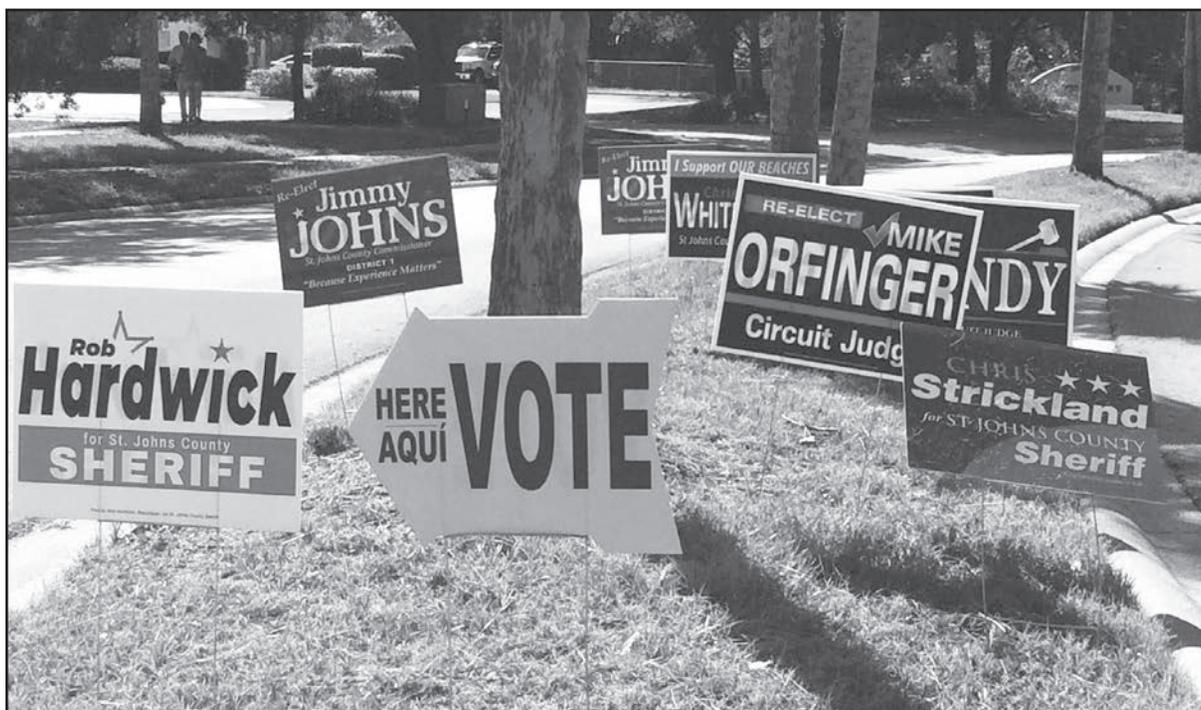
Sheriff candidate Rob Hardwick speaks during a meet-and-greet event Aug. 5.

project presented to the board.

“When a project comes before me, if it’s not a net benefit to our community, if it’s not a benefit to our environment, I simply won’t support the project,” he said.

CANDIDATES continues on Page 7

EARLY VOTING IS UNDERWAY



Photos by Susan Griffin

Signs and support for St. Johns County candidates are seen around the Ponte Vedra area as early voting began last Thursday. Early voting for the primaries in St. Johns County is from 9 a.m. to 6 p.m. through Aug. 15. The early voting location for Ponte Vedra is at the Ponte Vedra Branch Library, 101 Library Blvd. Voters who are voting in person at early voting locations are required to provide current and valid photo and signature ID.

Virtual Town Hall with County Commission candidates planned

Voters will have an opportunity to hear from the three County Commission candidates vying for the district 1 seat during a virtual town hall meeting at 7 p.m. tonight (Thursday, Aug. 13).

The candidates are Jimmy Johns, Christian Whitehurst and Joe McAnarney.

The forum may be viewed on the St. Johns County Chamber of Commerce Facebook page at facebook.com/sjchamber. It is a part of the Chamber’s Politics in St. Johns initiative.

Audience members will be able to ask questions through moderator Mark Nighbor, Chamber Board of Directors chair.

The hour-long dialogue will be recorded and posted to the Politics in St. Johns webpage at sjchamber.com/politics-in-st.-johns.

During this unusual year, the Chamber has pivoted to a virtual platform for candidate information and the annual straw poll.

“This live town hall is a new element for Politics in St. Johns,” said Bob Porter, vice president for public policy, St. Johns County Chamber of Commerce. He encouraged residents to learn more about the candidates prior to the discussion.

Politics in St. Johns is the county’s largest candidate meet and greet. The program helps voters “get to know” candidates for public office and directly ask them questions prior to the Aug. 18 primary and the Nov. 3 general election.

“We are pleased that St. Johns County citizens can have access to many candidates and their platforms via our website, so they can make informed decisions for the upcoming election,” said Isabelle Renault, Chamber president and CEO. “We especially thank the sponsors of the 2020 Politics in St. Johns: Advanced Disposal, Advanced Business Solutions, FPL, Ameris Bank and Northrop Grumman.”

Many candidates have submitted a brief video about

TOWN HALL continues on Page 5

Cyclists injured in collision on Palm Valley Road



Caleb Zane Richter

Two cyclists were injured Saturday, Aug. 8, after being struck by a car while riding along Palm Valley Road.

According to a report from the St. Johns County Sheriff's Office, Caleb Zane Richter, 20, of Ponte Vedra was driving east at about 8:40

a.m. when he lost control of his red Infiniti Q60S. His vehicle sideswiped a second automobile and then struck a third before traveling into a group of cyclists, the report said.

Witnesses told deputies that Richter was driving recklessly and over the posted speed limit prior to

the collision.

Richter exhibited multiple signs of impairment and performed poorly on standardized field sobriety tests, the report said. He was arrested on charges of driving under the influence of alcohol and four counts of DUI with property damage or injury.

The Sheriff's Office did not identify the injured cyclists but reported that they were flown to the UF Health trauma center in Jacksonville. At last report, they were listed in stable condition and continue to receive treatment at the hospital for their injuries.

SJSO receives 4th Excelsior Award, Sheriff Shoar receives Bittner Award

St. Johns County Sheriff David B. Shoar announced the agency has maintained accreditation status for the eighth consecutive term by the Commission for Florida Law Enforcement Accreditation, while also receiving the prestigious Excelsior Recognition for the fourth consecutive term.

Additionally, the National Commission on Accreditation for Law Enforcement Agencies recently presented the Bittner Award to Shoar for his significant contributions to public safety.

The CFA review process examines all aspects of an agency's policies and procedures, management, operations and support services to determine compliance with recognized standards of excellence. The certificate of Reaccreditation and Excelsior Recognition were recently presented to Shoar and the accreditation team by the CFA Commission. The St. Johns County Sheriff's Office was initially accredited by CFA in 1996. The Excelsior Recognition is the highest level of achievement within CFA and it recognizes some of the top criminal justice agencies in the State of Florida.

The CFA assessment team spoke highly of the agency during its review. The assessment team leader, Lt. Mark Buffington, said he would encourage other agencies to tour the St. Johns County Sheriff's Office to glean ideas and processes.

"It was the smoothest onsite I've done in 11 years," Buffington said.

SJSO Director Jason Sheffield added, "More importantly, all three assessors specifically recognized our personnel's understanding of Sheriff Shoar's mission statement of 'Taking Care of People.'"

The St. Johns County Sheriff's Office also garnered national accreditation status in 1991 from CALEA and has consistently maintained that status through each reaccreditation assessment.

"It is a true honor to receive this prestigious award on behalf of the men and women of the St. Johns County Sheriff's Office," Shoar said of receiving the Bittner Award. "It is their constant and relentless dedication to our community that make this award possible."



SJSO Director Jason Sheffield (left) presents the Bittner Award to St. Johns County Sheriff David Shoar.

The Egon Bittner Award is presented to chief executive officers who have commanded a CALEA-accredited agency for 15 or more continuous years. Professor Egon Bittner greatly contrib-

uted to CALEA's early development in 1979-80 and was a CALEA commissioner from 1981 to 1988, during the critical developmental stage of the organization.

LETTER TO THE EDITOR

As a business owner, as a father, and as a citizen of Saint Johns County, I whole-heartedly support Judge Rendzio for re-election.

As the owners of Grace Conservatory of Dance and the C12 Group of Northeast Florida, my wife, Kristina, and I appreciate Judge Rendzio's prior business and law experience. As parents, my wife and I experienced Judge Rendzio's caring, equitable treatment of families in the Seventh Judicial Circuit first-hand.

Judge Rendzio granted the guardianship of our fourth child allowing us to have legal standing over our daughter, who has been with us since birth. We are forever grateful to Judge Rendzio for his service to our family and to our community.

Finally, as citizens of Saint Johns County, we endorse Judge Rendzio as a local judge. He knows this community, the Seventh Judicial Circuit, and has served Northeast Florida well.

Kristina and I will be voting for Judge Rendzio, and we cannot give him a higher recommendation.

Regards,

Vaughan and Kristina Robison

Town Hall

Continued from 4

their platforms, which are available for public viewing at sjcchamber.com. The Politics in St. Johns website will remain live on the Chamber website through Aug. 19.

The traditional straw poll began Tuesday, Aug. 11, and will be open for voting through Friday, Aug. 14. Members of the public may go to the Chamber's website (sjcchamber.com) and click on the straw poll logo to register their preferences. Results will be publicized at the end of voting.

Porter added, "The straw poll is less about who wins and more about encouraging and providing people incentive to be informed. The elected officials at every level of government make decisions that affect our lives, and I am happy to see so many people taking advantage of an opportunity that will help them make an informed decision when entering the voting booth."

Residents can register to vote and review the 2020 candidate list at the county Supervisor of Elections website, votesjc.com.

Lifelong Ponte Vedra resident Ian Aguilar is the new president of the Ponte Vedra Rotary Club.



Ian Aguilar

Photo by Shaun Ryan

As told to Shaun Ryan

Tell us a little about your business and your professional career.

I run my own fee-only financial planning firm alongside my partner Scott Snider called Mellen Money Management. We gear our practice towards having a specialty in college planning, which typically lends our clients to being a little younger than with most other planning firms, which are geared mostly towards retirement clients. We do a lot of that as well, but our niche resides around helping people deal with college expenses while not sacrificing other financial goals, such as retirement.

What advice would you give young people looking to pursue a career in your line of work?

Make sure to surround yourself with the right people. Sure, the business details matter, but who you work with and who you learn from will shape you and the way you think for many years to come. I was fortunate enough to come into this business with a great mentor and team right here in Ponte Vedra working

alongside Chris Aitken and his team, who are known as some of the top advisors in the country for the ultra-high net-worth space.

Never stop learning and keep grinding. As great as my team was, I had learned so much about our industry and gained knowledge from constantly reading about how to grow your own business that I eventually had to scratch my entrepreneurial itch and branch out on my own away from the big banks and wirehouses and create something more custom to my vision. I find myself constantly learning in order to stay sharp, and I think it's a necessity for younger people who want to pursue a job in my line of work.

What do you like best about involvement in Rotary?

The principal motto of Rotary says, "Service above self." I always grew up in a household where I was taught to help those who could not help themselves, yet it's always been a struggle to find an organization that allowed me to feel as if I was making enough of an impact on helping those around me. Rotary has

provided me with that avenue of being able to make a substantial difference to those not only here in Ponte Vedra, but also the rest of Northeast Florida, and even the world. The power of Rotary when you see it at full strength is truly quite remarkable. Case and point: the near eradication of polio is in a large part thanks to Rotary.

Looking at the year ahead, what activities are being planned by the club?

I definitely have a different answer now than what would've been my answer ahead of all of the mess generated by the pandemic. Before all of this, there was a plan in place to create a more unique and fun atmosphere to the Rotary Club of Ponte Vedra aka Nocatee. We've done a great job of loosening the reins on some of your more traditional Rotary clubs elsewhere in the U.S., but my goal was and still is to improve the member experience to attract a more diverse group to our club, including parents with growing families all the way to retirees living throughout the area. Our Marquee event this year was meant to be a huge duck race on Nov. 8 where we were going to dump a

whole load of rubber ducks off the Palm Valley bridge into the Intracoastal and watch them from the outdoor area at Palm Valley Outdoors. This was an event we were going to have as a fundraiser for the Learn to Read organization here in St. Johns County. A lot of if that happens or not is dependent now on how COVID progresses, but if we can't do it then we will surely make up for it in other ways.

What do you like best about residing in this community?

There are endless amounts of great things in Ponte Vedra, but to me the best thing about this place is the people. I don't know if it's the beaches or the schools that bring in the right people, but it seems to have an innate ability to attract the best. I'm a little biased because my family and my wife's family live here in town, and all of my closest friends either still live here or grew up with me here, but it seems really easy to find quality people in this town, and one of the great things about Rotary is that it's a concentrated group of some of the best people I know all trying to do good to strengthen the community even more.

Junior Achievement of North Florida president and CEO announces retirement

Junior Achievement of North Florida President and CEO Steve St. Amand is retiring after 20 years of service. He is stepping down from the position on Dec. 31, nearly 20 years to the day that he joined the organization. St. Amand will be honored for his service with an induction into the Junior Achievement of North Florida Hall of Fame.



Steve St. Amand

St. Amand said he took the Junior Achievement position because he was “looking to do something worthwhile.” He was recognized in his first year with Junior Achievement

when he was named by JA USA as a finalist for the prestigious Karl Flemke Award.

JA of North Florida has won many awards over the years, but St. Amand is proudest of the local initiatives he created that used JA programs to meet community needs. JA Girl\$ was created 12 years ago to bring tailored JA programs to girls and young women, especially in areas where women were the only caretaker in the family. JA Boy\$, its partner program, was created a few years later. JA Girl\$ has been replicated throughout the country and in four foreign countries. It also won the Met Life Foundation for Entrepreneurial Excellence.

JA Work\$ is another initiative created by St. Amand and his staff to provide hundreds of high school seniors the wide range of Junior Achievement workforce readiness programs and activities. Selected students are given real-life work experience and are paid a stipend for successful completion. The JA Financial Literacy Center created in 2015 houses

“The Economics of Healthy Eating,” a program developed by Junior Achievement of North Florida in conjunction with UNF’s Brooks College of Health.

This year, JA of North Florida will continue the commitment made 18 years ago to providing JA programs where they are most needed. They will develop and introduce a Black & Minority Initiative that will specifically meet the needs of Black and minority students by providing access to financial resources, exposure to minority-owned businesses and mentors, and financial literacy education to ensure they have the tools to own their economic success.

Before joining Junior Achievement, St. Amand worked for two Florida governors and a United States senator in Washington. St. Amand was also the director of governmental affairs for the Jacksonville Chamber of Commerce, managed 28 political campaigns and was a registered lobbyist in Florida for 12 years.

“I got my first 10-hour-a-day job during the summer when I turned 14, and I worked throughout high school and paid for my college education,” St. Amand said. “I now have three grandchildren who are probably as happy as I am that I am retiring. I have a new generation to which I can introduce fly fishing and a wife of 43 years with whom to enjoy retirement.”



Photo provided by LifeSouth

Recovered COVID patients needed to donate plasma to help fight virus

LifeSouth is also requesting eligible donors to give blood

LifeSouth asks those who have recovered from COVID-19 to help save lives by donating convalescent plasma. The need for convalescent plasma has increased 500% since the organization started collecting plasma from recovered patients in April and continues to rise as the virus spreads.

According to the U.S. Department of Health and Human Services, “the plasma of individuals who have recovered from an infection like COVID-19 may contain antibodies made by the immune system that can neutralize or kill the virus. Convalescent plasma therapy provides antibodies from those who have recovered from the virus to people who have recently contracted the virus so they may be better able to fight it off.”

LifeSouth is testing all blood donors for COVID-19 antibodies in search of donors who could also donate convalescent plasma. Healthy blood donors who may have been exposed to the virus or recovered from COVID-19 are asked to donate. As part of the normal blood donation process, a test will be performed on the donor’s blood to determine if antibodies are present in the plasma.

Convalescent plasma donors must be fully recovered from COVID-19 and symptom free for two weeks before coming to LifeSouth to donate.

In addition to convalescent plasma donors, all blood types — especially type O — are needed as blood drive cancellations at schools, universities and businesses due to COVID-19 continue to impact the local blood supply. Now is a good time to visit a LifeSouth bloodmobile or donor center, where regimented cleaning and safety precautions are in place to protect the health of blood donors and staff.

To donate blood or convalescent plasma, go to www.lifesouth.org or call (888) 795-2707 to schedule an appointment.

Candidates

Continued from 4

Asked whether he was in favor of mandating masks countywide, he said no.

Hardwick, who is running against Chris Strickland in the primary, cited his experience. He is currently the St. Augustine Beach police chief and has been an assistant chief investigator with the 7th Judicial Circuit State Attorney’s Office and an officer with the St. Augustine Police Department. He sits on the Criminal Justice Standards and Training Commission, which polices the police.

Under Hardwick, the St. Augustine Beach Police Department became an accredited agency, an achievement shared by only about a third of the law enforcement agencies in the state.

“I’m very proud of that,” he said. “I have some of the best men and women in this profession.”

He spoke in support of new technology to aid the department in its mission. Concerning body cameras for officers, he said that he did not oppose them, but pointed out the budgetary realities that might hinder such a purchase.

“I’m not going to make promises to the citizens of St. Johns County for something that I can’t keep,” he said.



Photo by Shaun Ryan

Lauren Blocker (from left), Deb Chapin, Christian Whitehurst, Courtney Whitehurst and Meagan Perkins are seen at a recent candidates’ meet-and-greet event at the Palm Valley Barn.

Asked about his position on masks, he said it wasn’t the police department’s job to enforce a mandate, though officers can enforce trespassing ordinances should business owners request someone be removed for failing to wear a mask.

According to a campaign spokeswoman, Whitehurst is endorsed by Sheriff David Shoar, the local Trump Club and county Veterans Council chair Bill Dudley, and has the support of retired Admiral Robert Natter.

Hardwick has received endorsements from The Florida Police Chiefs Association, the St. Johns County Realtors Association, the National Rifle Association, Congressman Michael Waltz, Congressman John Rutherford, Duval County Sheriff Mike Williams, Sheriff David Shoar, Putnam County Sheriff Gator DeLoach and Brevard County Sheriff Wayne Ivey.

Early voting is currently underway and ends Saturday, Aug. 15.

The Rotary Club of Ponte Vedra Beach Sunset wants to say

THANK YOU!

TOGETHER WE MADE AN IMPACT AND HELPED FEED LOCAL FAMILIES!

Thank you to all the locals who came out and helped make our Community Shredding Event a success! Funds raised will help to restock local food pantries, which have become especially vital to our communities.

Many thanks to Ponte Vedra United Methodist Church, United Way of St. Johns County and [UltraShred](#), all of whom were essential to the success of this fundraiser.

SAVE THE DATE! OUR NEXT SHREDDING EVENT IS APRIL 17, 2021!



Send us your news!
Email pvrecorder@opcfla.com

The Recorder's garden columnist Kathy Esfahani, of Kathy's Creative Gardens & Nursery, shares her tips for growing gorgeous gardens in Northeast Florida.

KATHY'S GARDENING GUIDE

"The palm tree that sways in the breeze stays standing the longest."



Kathy Esfahani
Columnist

PALM TREES

As we see all around us in Florida, palm trees are a popular staple for our landscaping! The very tall, thin palms you see everywhere are sabal palms (also known as cabbage palms), and are native to Florida.

However, there are many other beautiful types of palms that can flourish in our zone. Here are a few of our favorites at Kathy's Nursery:

Sylvester palms (*Phoenix sylvestris*): These are one of our most popular sellers. They come in a variety of heights to fit most landscapes and create a beautiful ambience. They have a neat diamond-cut trunk, but are a large tree that needs to be a distance from the home.

Queen palms: These palms are stately with bright glossy leaves that are gorgeous in the wind. Their fronds cascade over, which creates a tropical vibe. Bright orange dates hang in ornamental clusters. They are common around patios and pool areas of relaxation.



Sylvester palm



Robellini palm

Bismarck palms: These silvery, blue-green palms are a showstopper with their huge fronds and robust trunk. Their fronds can span up to 16 feet. They are fast grow-

GARDEN continues on **Page 9**

St. Paul's by-the-Sea Episcopal Church

Outside Worship

Sundays, 9:00am

www.spbts.net

Bring a lawn chair & a mask

465 11th Avenue N, Jax Beach





Photos provided by Kathy Esfahani

Garden

Continued from 8

ers and thrive in full sun. Certainly a focal point of your landscaping!

Robellini palms (pygmy date palms): This miniature palm is slow growing and allows you to have a palm closer to your home. Popular at the end of driveways or front doors, robellinis are soft and feminine in look and feel.

Sago palms: These wide-trunk palms are dark green and lush. They will not grow to be too high with their large cone of seeds growing out of the middle. The seeds are poisonous to pets, so we tend to keep them out of our fur-friendly homes.

European fan palms: These palms are

very hardy and slow-growing. They are not sensitive to cold weather and grow 8-to-15 feet tall. Their fronds are fine-textured, which make them stick out in landscaping and the color can range from dark green to silver.

Majestic palms: This palm loves humidity which is perfect for our Florida climate. The fronds' fullness can fan out to 15 foot in height. They are also slow growers that don't mind some shade, but love water and naturally wet areas.

Email Kathy at kathys.creative.gardens@gmail.com for any questions or gardening tips you would like to see in the future.

Kathy's Creative Gardens & Nursery is located at 196 N. Roscoe Blvd. in Ponte Vedra Beach. (904) 655-7373



DISTANCE LEARNING O.W.L.S. PROGRAM

Our distance learning program pairs the resources of teachers and parents to construct a platform that takes imagination to the next level!

Observe

Students attend resources on-site while completing an academic curriculum independent of Collage Day School.

Wonder

Live instruction for students who choose Distance Learning. This consists of daily language arts and math sessions paired with weekly science and social studies lessons.

Learn

Allows students to infuse the progressive educational approach with both the Observe and Wonder aspects. Students participate in distance learning while attending on-site resources.

Synchronous

Participate in a distance learning platform of your choice while using experienced Collage Day School Staff to facilitate curricula onsite.

171 Canal Blvd, Ponte Vedra Beach - 904.900.1439



Spectacular Views in Sawgrass Island

Located in Sawgrass Island on an estate-sized lot this spacious single story home showcases spectacular water to golf views. With high ceilings, generous windows, and custom details throughout this home was built to accommodate all your needs.

4 bedrooms, 5.5 bathrooms \$1,450,000



The Perfect Beach Escape

Las Mirandas / Oceanfront Condo
Located between The Lodge and the Cabana Beach Club, this second-story condo gives elevated views of the beach while maintaining the unit's privacy and security. Includes a large covered balcony and ground floor storage. **3 bedrooms & 3 bathrooms \$1,585,000**



Custom Built Oasis in the Plantation

Ponte Vedra Beach/ The Plantation
Great Value, Great Views! Comfort and elegance merge in the thoughtful design of this custom-built home situated on a premium lot in the premiere Plantation community. Gorgeous water to golf views are showcased throughout the home. **4 bedrooms, 5.5 bathrooms**



Panoramic Guana-to-Ocean Views

With the Guana River to the west and the Atlantic Ocean to the east, this oceanfront home offers stunning panoramic views. Built with top engineering designs, this home thoughtfully merges comfort with sustainability.

7 bedrooms, 7.5 baths \$2,450,000



Pristine Waterfront

Immaculately maintained home located on a cul de sac on the largest lake in Marsh Landing features a spacious floor plan, first-floor master, and expansive 180-degree water views showcased throughout.

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ELIZABETH HUDGINS

Southeastern Grocers, American Heart Association strive to beat heart disease, stroke with campaign

Grocer's 'round-up' program offers customers a way to support life-saving research, education and programs

Southeastern Grocers, Inc., parent company and home of Winn-Dixie, BI-LO, Fresco y Más and Harveys Supermarket grocery stores, recently announced its continued partnership with the American Heart Association in the fight against heart disease and stroke through Life Is Why We Give, the organization's fundraising campaign, to protect the health of individuals and communities, especially those with increased risks impacted by COVID-19.

Through Aug. 25, customers at Southeastern Grocers stores can choose to simply round up their purchase to the nearest dollar or make a contact-free donation of

their choice at the register while grocery shopping. Each cent raised through the three-week program will help save and improve lives through innovative research for new treatments, programs and services for survivors and their families and to help more people lower their risk of heart disease and stroke.

"The health of our associates, customers and communities is at the heart of our business, especially as the country continues to adapt in the face of the evolving pandemic," said Elizabeth Thompson, EVP and chief people officer of Southeastern Grocers. "We are proud to stand with

the American Heart Association to encourage our neighbors to educate themselves and make their health and wellbeing a priority. Our customers can support heart and brain health by rounding up their grocery bills at checkout and together, we will continue the fight against heart disease and stroke to cultivate stronger and healthier communities."

The Life Is Why We Give campaign aims to amplify, educate and inspire consumers to honor their reasons to live healthier, longer lives through giving. Heart disease and stroke are the No. 1 and No. 5 killers of Americans, according to the AHA. In fact, someone dies from heart disease, stroke or another cardiovascular disease every 40 seconds in this country. This effort is also a part of Southeastern

Grocers' Positive Change Round Up Campaign to help minimize the impact of the current nationwide coin shortage while also providing support to various charitable organizations committed to serving individuals and families in need.

"We are so excited for the continued support of Southeastern Grocers and the incredible generosity of their guests and team members who have contributed more than \$650,000 for the Life is Why We Give campaign since 2019," said Amber Wilson, executive director of American Heart Association – First Coast. "This campaign allows the American Heart Association to discover breakthroughs and to raise funds for research, education and prevention programs to create a world of longer and healthier lives."

Council on Aging adds Caring Partners to aid programs

Island Doctors to support COA's Sunshine Center; Endless Summer Realty to assist Meals on Wheels

Island Doctors, a medical group with locations throughout St. Johns County, has renewed its commitment to support

older adults in the community as a Caring Partner to Council on Aging.

Caring Partner sponsors provide important financial resources and community outreach in support of specific COA programs.

This year, Island Doctors has once again committed to be the Caring Partner for COA's Sunshine Center, an adult day health care program in St. Augustine, which serves adults with Alzheimer's disease and other forms of dementia. The center provides participants with a safe and secured environment, socialization, skilled care, nutritious meals, exercise and engaging activities and therapies. In addition to these services, the center provides an invaluable respite for caregivers.

Island Doctors' partnership comes at a critical time. Due to COVID-19 concerns, seniors and caregivers are struggling with increased isolation and loneliness, which

are serious threats to their physical health and mental wellbeing. Since the pandemic required the temporary closure of COA's senior centers and Sunshine Center, COA has devoted resources to creating and providing new ways for seniors and caregivers to receive the critical supports they need. These new online and phone support programs include engaging at-home group classes, activities and caregiver support programs.

"We are very happy to serve as Caring Partner to the Sunshine Center," said Dr. Roy H. Hinman, president of Island Doctors. "We are proud to support the important work they do."

Dementia presents serious challenges for both those who suffer from the disease and their caregivers. For those diagnosed with the illness, confusion, frustration and isolation can compound their suffering. For caregivers, the needs for supervision and care are intense and constant, and watching a loved one recede mentally and emotionally can be heartbreaking.

"The Sunshine Center is critically important to the health and well-being of our community's elders and their caregivers," said COA's Executive Director Becky Yanni. "We are extremely grateful to have Island Doctors as partners in our mission to be there for those seniors and caregivers who need our help most."

To learn more about COA's Sunshine Center and caregiver support programs, go to COA's website at www.coasjc.org, or contact Paulette Kozlowski at (904) 209-3674 or pkozlowski@coasjc.org.

Endless Summer Realty joins COA as Caring Partner for Meals on Wheels

Endless Summer Realty, a real estate firm in St. Johns County, has renewed its commitment to being there for older adults in the community as a Caring Part-

ner to Council on Aging.

This year, Endless Summer Realty has committed to being COA's Caring Partner for its Meals on Wheels program. The program delivers nutritious meals and welcome visits to homebound elders throughout St. Johns County.

The partnership comes at a critical time. Due to COVID-19 concerns, seniors in St. Johns County are in need of COA's support now more than ever. Since the required temporary closure of COA's senior centers in March, the Meals on Wheels program has also been delivering meals to senior center participants. The program prepares and delivers approximately 2,800 meals per week to area seniors, an increase of 1,200 meals per week since the pandemic began.

"We are grateful for the role that COA plays in our community caring for those who are most vulnerable," said Brad Layland, owner of Endless Summer Realty. "We are especially committed to the Meals on Wheels program, as several of our Realtors volunteer to deliver meals to seniors each week."

Belinda Raven is one of the Realtors from Endless Summer Realty who volunteers for the Meals on Wheels program. She has been delivering meals to homebound seniors on a regular route for the past several years.

"Serving this community I love gives me great joy," she shared when asked why she volunteers for COA. "I have been very blessed, and want my children and grandchildren to see that giving is much more rewarding than receiving. God is good all the time."

"The Meals on Wheels program is critically important to the health and wellbeing of our community's elders,"

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Annual Angelwood Gala to be held on Facebook Live

The annual Angelwood Gala, themed “Soaring Possibilities & Silver Linings,” will be held on Facebook Live at 6:30 p.m. Friday, Aug. 21.

The event celebration will still offer an auction and prize giveaways and a raffle, which includes the fifth annual IPPOLITA jewelry drawing. Tickets for the raffle are \$20 for one or \$50 for three, and the prize is a pair of earrings valued at \$2,495, which were donated by Underwood Jewelers. The winner will be drawn Saturday,

Aug. 22, and does not need to participate in the virtual gala to win. There is no cost to register for the virtual gala.

Angelwood serves children, adults, seniors and families living with intellectual and developmental differences such as autism, cerebral palsy, Down syndrome and spina bifida. Angelwood provides support to more than 300 individuals and their families.

For more information or to register for the gala, go to angelwoodjax.org/gala.

COA

Continued from 10

Yanni said. “We are extremely grateful to have the team at Endless Summer Realty as partners in our mission to be there for those who have spent lifetimes being there for us.”

As Caring Partners, the Endless Summer Realty team also participated in this year’s Champions for Elders golf tournament, COA’s biggest fundraiser of the year. The event took place on Monday, Aug. 10, at Slammer & Squire Golf Course at World Golf Village.

As a nonprofit organization, COA relies upon the generosity of members of the community to support programs and services to help older adults and their caregivers.

For information on how individuals, businesses and community organizations can join COA as Caring Partners, Elder Guard sponsors and playing teams, go to the event website at www.bit.ly/championsforelders or contact Sandy Hollett at (904) 209-3697 or shollett@coasjc.org. Sponsors are critical to Council on Aging’s work for seniors, and there are sponsorship levels available to suit any budget.



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Dr. Ryan Heinz
Licensed Chiropractor

Dr. Heinz is a board certified chiropractor and specializes in Active Release Techniques (ART). He believes in eliminating pain and resolving his patients’ medical issues rather than pursuing treatments that result in never ending visits. Dr. Heinz is a chiropractor who cares. He listens intently to his patients to help them achieve better overall health. He will take the extra time that is needed to treat you correctly rather than rushing through an appointment for a quick adjustment.

Dr. Heinz is a Jacksonville native, former starting pitcher for The George Washington University Colonials, and currently resides in the Nocatee community.






Suzie Connolly

904.234.8812 CELL
sconnolly@pvclubrealty.com



Rory Connolly

904.762.8735 CELL
rconnolly@pvclubrealty.com



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TAMAYA, JACKSONVILLE
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Gorgeous Mediterranean home on lakefront lot with courtyard pool and private guest casita. Gourmet kitchen with stainless appls, quartz & granite counters and wood beams. MLS 1033882



101 MONTURA DR IN PV BEACH
\$875,000

Open House: Saturday, Aug. 15th from 1-4pm. Stunning 4BR/4BA Arthur Rutenberg home in centrally located, gated community. Screened lanai with pool, spa & summer kitchen. MLS 1049033



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Cyber safety is important for every grade

People rely on the internet every day. In recent months, reliance on digital technology was pushed even further as social distancing measures had the world going online for school and work and to maintain relationships with friends and family.

A 2018 report from Pew Research Center indicated that nearly 25 percent of young adults in America reported being online almost constantly. Common Sense Media says teens spend an average of nine hours a day online, compared to roughly six hours for those between the ages eight and 12 and 50 minutes for kids younger than eight.

Students must exercise caution when spending time online. Connectivity can be empowering, but it also puts students at risk from others and even their own, sometimes irresponsible behaviors. Staying safe online should remain a priority for students who must spend more time on the internet and using digital education tools. These are some tips for maintaining cyber safety.

- Exercise caution when sharing information like your name, address, phone number, and other personal data online. Check with a trusted parent or teacher



Photo provided by metrocreativeconnection.com

Staying safe online should remain a priority for students who must spend more time on the internet and using digital education tools.

before sharing private data.

- Report any online activity that makes you feel uncomfortable, scared or confused, whether it is directed at you or

a classmate.

- Think carefully before you post comments online. Data remains online indefinitely, and your words and actions

today can greatly affect your future.

- Respect others online by refraining from demeaning or bullying comments.

- Do not try to get around firewalls and blocked websites set up by school administrators. These limitations are there for your protection.

- Stick to school-sanctioned assignments and internet browsing when using school-issued devices. Administrators may have the right to monitor student activity without students' knowledge and you can easily get yourself in trouble.

- It is easy to hide or fake one's identity on the internet, so never take someone you meet or speak with online at face value. Never meet up with someone you do not know or only met online.

- Talk to your parents or educators about extortion and ransomware that tries to trick you into providing payment in some shape or form to prevent a perpetrator from releasing private information about you, advises the Readiness and Emergency for Schools Technical Assistance Center.

Various steps can be taken to promote cyber safety among students, parents and administrators.

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OBITUARIES

Cintra Carter Sander

December 12, 1929 – August 3, 2020

Cintra Carter Sander was born in Bryn Mawr, PA on December 19, 1929.



Cintra Carter Sander

She left Pennsylvania and moved to Princeton when she married Dr. Richard Huber a PHD and noted scholar at Princeton University. Unlike many, in her generation, Cintra went to college at The Art school of Philadelphia,

University of the Arts and became a commercial illustrator. She went on to use her talent for years, illustrating artwork for over 52 Princeton charities and advertising agencies. She was most proud of her work at The Neuro Psychiatric Institute where she taught, the groundbreaking techniques of, art therapy to patients.

Cintra's name was always of interest. When asked, Cintra would reply that her name "Cintra" had been given to the eldest daughter in each generation of her family since 1843. Originating with the daughter of Israel P. Hutchinson, who was nominated to a diplomatic post in Portugal by President James Madison; Cintra Sander is the 4th generation to carry on the tradition. Her Granddaughter Cintra McGauley Sedalik is the 6th Cintra who recently got married in Sintra*, Portugal at Monserrate Palace. *(spelling was changed in 1900)

Cintra lived in Princeton for many decades until she moved to Ponte Vedra Beach, Florida to be with her daughter Cintra H. McGauley and her late husband Lawrence P. McGauley, Esq. and her grandchildren.

She settled into the lovely Florida sunshine for many years where she was a popular Marsh Landing resident and an active Garden Club leader. She was also a great participant in The Woman's Club.

In her late years she lived at The Cove at Marsh Landing and will always be indebted to the loving staff that took care of her to the end. Especially Ann Roundy her personal caregiver who became her closest friend until the end.

Mrs. Sander is survived by her three children: Cintra Huber McGauley and the late Lawrence P. McGauley Esq., Richard Miller Huber JR. and Lucile Olson Huber, Casilda Carter Huber and Capt. Bill Campbell. She is also survived by her four grandchildren Cintra McGauley Sedalik, Gillan Richard McGauley, Richard Miller Huber III, and Alexandra Lucile Huber.

Mrs. Sander is also is survived by her beloved nephews Michael R. E. Carter, George W. Scudder and Stepson Whitney Sander.

The family will hold a celebration of Cintra's life when it is safe to do so. Perhaps on her birthday which is in December because many friends will need to travel.

Margaret L. Murphy

Margaret L. Murphy of Ponte Vedra Beach went to be with her heavenly Father on August 9, 2020. She was born in Sarasota, FL and grew up in Quincy, FL. She moved to Madison, WI after marrying John J. Murphy and they raised their family there. Maggie graduated from Huntington College in Alabama and had a successful business career. When she and John retired, they moved to Ponte Vedra Beach, FL.



Margaret L. Murphy

Maggie was a master level bridge player, theatre and symphony goer, international traveler, gracious hostess and style maven. She was a dedicated member of Our Lady Star of the Sea parish in Ponte Vedra, converting to

Catholicism upon her marriage. She was dearly loved by her family, enjoyed many friends, and was always on the go. Maggie spent her last few years at Cypress Village, Clairebridge Memory Care. The family is thankful for the staff's care and kindness.

Maggie was preceded in death by her loving husband of 43 years, John J. Murphy. She is survived by her daughters, Kathleen Patneau (Austin F.) and Mary Stutts (David), three grandchildren, Caitlin, Austin M. and Dana, and four great grandchildren, Riley, Zoey, Lilith and Jolie.

A Memorial Mass will be celebrated at Our Lady Star of the Sea Catholic Church in Ponte Vedra at 11:00 a.m. on Saturday, September 19, 2020. We will wear masks and will practice physical distance. Her cremated remains will be interred in the church columbarium.

In lieu of flowers, please make a donation in her memory to Alzheimer's Research, www.alzheimers.org or to Catholic Charities, www.catholiccharitiesusa.org

Please visit the online Tribute at www.quinn-shalz.com. Arrangements by Quinn-Shalz Family Funeral Home.



Family Funeral Home & Cremation Centre
3600 Third Street South, Jacksonville Beach, FL 32250
Phone: 904.249.1100 Fax: 904.241.7554

Carl Vincent Simone

On the evening of August 1, 2020, Carl Vincent Simone, 88 of Ponte Vedra, Fla. went peacefully to be with Jesus. His tremendous heart finally could do no more. Carl was born in Long Island, N.Y. but raised in Ky. until he was 13, before returning to Long Island. He was the son of Cosmos and Theodora Simone.

He is survived by his devoted wife of nearly 64 years, Elaine Simone; loving daughters, Wendy Simone Moran, Schuyler Simone-Siefker; son-in-laws, Shane Moran and David Siefker; four adoring grandchildren, Carl Siefker, Paul Siefker, Shane Moran, Jr., and Simone Siefker.



Carl Vincent Simone

Carl has three cherished sisters, Lacresha Groen, Marietta Bosco, and JoAnn Cropper, many beloved nieces, and nephews along with an abundance of friends he truly treasured.

Carl attended Freeport High School and Hofstra University where he played almost every sport they offered. He was quite an accomplished athlete. Some of his accolades included "Long Island Golden Gloves Boxing Champion" 1949, USA Olympic Boxing Team 1950, Lacrosse Champion 1950, Thomas M. Quinn Football Award" 1949. Later in life, he found his love for tennis, golf, and deep-sea fishing. Being the skilled athlete he was, he continued his successful streak by winning Ponte Vedra Member of the Year Award for Golf in 1984, Club Champion 1985, and achieving 4 holes in one, 1994, 2000, 2008, 2012. Multiple fishing awards from the North Florida Marlin Association and various tournaments from Florida to the Bahamas.

Carl was a successful self-made businessman whose career started as a Civil Engineer. He built many highways, 23 golf courses, and airports both in the US and abroad. His last job was in the Dominican Republic where he built the golf course and infrastructure for hotels that have sparked and sustained tourism in Puerto Plata, which was a key part of improving the then dismantled economy. After a very short retirement in 1979, Carl and his family moved to Ponte Vedra and co-founded the St. Augustine Center for Living; a 60-bed program for developmentally disabled adults. This was a similar program to the one he and his wife created in upstate New York years earlier. In 1989 he began a nonprofit cooperation to serve abused and neglected children in St. Augustine, Fla. This program now serves hundreds of children each year in therapeutic group homes and community services. In 2004, he further continued his work with the developmentally disabled population by providing small community group homes and a day treatment program- St Augustine Group Homes, Adams Acers, and Daisy Adams Center.

His philanthropic work has included many board positions including United Way of St. Johns, St. Augustine Youth Services, and committee work at Our Lady Star of the Sea, to name a few. Due to the enormous impact he has had in our community, he received the "Florida's Finest Award" from the Florida Governor in 1995. He was also recognized by the Florida Coalitions for Children as "Board Member of the Year." Carl was deeply involved with the remodeling of the Our Lady Star of the Sea of which he was a member since 1979. A small lake, "Lake Simone," was named after him due to his service and dedication to his church.

Carl Simone should be remembered not only for his achievements but for the

incredible role model he was to all. His deep faith in God and love for the Catholic Church was evident in his actions and words each day. He had so many gifts and talents, but his personality was by far his best gift of all. He knew no strangers... even if he could not remember your name (which happened often) it did not matter as his smile, ability to laugh with you, and at himself made him someone everyone wanted to be close to. He was known for his dapper colored outfits, terrible driving, funny sense of humor, savvy business acumen, generosity, infectious laugh, award-winning smile, and genuinely kind, loving heart. He will be missed by all who knew him and always treasured by his family. He will want us all to forgive, love, smile, and wave to all.

Due to COVID -19, the family will have a private funeral mass now and a "Celebration of Life" at a later date open to all that loved him. Funeral arrangements entrusted to HARDAGE-GIDDENS FUNERAL HOME, 1701 Beach Blvd., Jacksonville Beach, Florida. In lieu of flowers, the family requests donations be made to St. Augustine Youth Services, 201 Simone Way St., Augustine, FL 32086 or www.sayskids.org, for the Carl Simone Recreation Building that will be built in his honor.

Robert Joseph Boschert

Robert Joseph Boschert, 64, of Jacksonville Beach, Florida, died August 4, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100 www.quinn-shalz.com

Gladys Boza

Gladys Boza, 85, of Ponte Vedra Beach, Florida, died August 6, 2020. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

Kimberly Anne Hagerty Craft

Kimberly Anne Hagerty Craft, 73, of Jacksonville, Florida, died August 4, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100 www.quinn-shalz.com

John William Delaney

John William Delaney, 94, of Jacksonville, Florida, died July 25, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100 www.quinn-shalz.com

Linda Atter Elder

Linda Atter Elder, 93, of Neptune Beach, died August 6, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com (904) 249-1100.

Martha Whilden Fischer

Martha Whilden Fischer, 94, of Atlantic Beach, Florida, died August 2, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100 www.quinn-shalz.com



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Jacksonville's Life Flight turns the big 4-0

Area's 1st air ambulance has flown over 25,000 patients

Forty years ago, Jacksonville's preeminent air ambulance, Life Flight, had an auspicious debut.

Four minutes after it officially went into service on Sunday, Aug. 3, 1980, the French-built, single-engine helicopter took off from its blue landing pad at Baptist Medical Center Jacksonville to airlift a Fernandina Beach man who had fallen into a vat of corrosive liquid. Later that same day, during the official dedication ceremony for the five-passenger helicopter, Life Flight was dispatched to its second mission; transporting a Mayport-based sailor severely injured in a diving accident.

During its first year of operation, Life Flight flew 641 medical missions, with more than half of its patients being flown directly to area emergency centers.

Now in its 40th year of continuous service, Life Flight has safely transported more than 25,000 adult and pediatric patients in the Northeast Florida and Southeast Georgia region, serving all five Baptist Health hospitals and three of its four Baptist/Wolfson Children's Hospital satellite emergency departments.

Each day, a Life Flight pilot conducts a thorough shift briefing with the on-duty medical crew, discussing weather, logistics, operations and, most importantly, safety.

"When Life Flight first started at Baptist Medical Center it was cutting edge," said Dr. Richard Stromberg, an emergency medicine specialist at Wolfson Children's Hospital and Life Flight's third medical director. "Life Flight's establishment marked an enormous change in how certain kinds of emergencies were handled



Photo provided by Baptist Health

because we suddenly had very rapid transport."

When it debuted in 1980, Life Flight was the second air ambulance in the state and one of only 40 in the nation. Richard Malone, Baptist Medical Center's executive director at the time, was instrumental in getting Jacksonville's inaugural air ambulance service off the ground.

Before coming to Baptist in 1977, Malone was involved in a trail-blazing hospital-based helicopter project sponsored by the U.S. Department of Transportation.

Life Flight was the first rotor-wing air ambulance in the state accredited by the Commission on Accreditation of Medical Transport Systems (CAMTS) and the first in Jacksonville to carry blood products.

"CAMTS accreditation is highly regarded in the air medical industry and represents the hard work of the entire

Life Flight staff, crew members, pilots, mechanics, leadership and medical directors," said Dr. Brad Elias, Life Flight's current medical director and an emergency medicine physician at Baptist Jacksonville.

"What that means to the community is that we are using the best evidence-based practices to care for our patients in the air and to rapidly get them to the next level of care that they need."

Today, Baptist Health contracts its emergency air medical transport services through Air Methods Corp., the largest provider of air medical transport services in the United States. Life Flight 1, the latest in a long line of medical helicopters that have called Baptist Health home, has been stationed at Baptist Medical Center South since 2017.

Life Flight employs four Life Flight pilots, eight flight nurses and paramedics,

a mechanic and a medical director.

"We fly trauma and medical patients from the scene to the hospital, or hospital to hospital transfers," said Dane Taylor, FP-C, senior clinical base supervisor for Air Methods Jacksonville and a senior flight paramedic for Life Flight since 2007. "Medical calls range from heart attacks and strokes to high-risk pregnancy complications. We never know what the day will bring and nothing we do is routine."

Life Flight 1, a Bell 407GX, flies within a 150 nautical-mile radius of Jacksonville and carries one patient. The standard crew configuration is one pilot, one flight nurse and one flight paramedic. The aircraft is outfitted as a self-contained critical care unit and contains a hook-up to an incubator for transporting newborns and sick babies with Kids Kare's Neonatal and Pediatric Transport Teams, a service of Wolfson Children's Hospital.

Sam Young, PMD, manager of EMS Support and System Emergency Preparedness for Baptist Health and a former paramedic, flew on several different Life Flight helicopters over the years.

"The original Life Flight was a single-engine helicopter. Then we transitioned to a series of twin-engine models," said Young, who flew on and off from 1985 to 2001. "It was an honor to serve aboard Life Flight and a very rewarding experience."

"The medical care rendered by the Life Flight crew is comparable to that of any Intensive Care Unit," added Dr. Elias, who has served as Life Flight's medical director for more than a dozen years.

"Whether it's a complex medical patient or a severely injured trauma patient, Life Flight nurses and paramedics rise to the challenge."

Obituaries

Continued from 13

Thomas Stephen Fitzgerald

Thomas Stephen Fitzgerald, 91, of Ponte Vedra Beach, Florida, died August 5, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100. www.quinn-shalz.com

Robert "Bob" Frazer Sr.

Robert "Bob" Frazer Sr., 67, of Jacksonville, Florida, died July 24, 2020. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravally.com

Karyn Marie Garcia

Karyn Marie Garcia, 70, of Jacksonville, Florida, died July 31, 2020. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravally.com

Jacquelyn H. Keys

Jacquelyn H. Keys, 69, of Jacksonville, Florida, died August 1, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100. www.quinn-shalz.com

Joseph Leo Lombardo

Joseph Leo Lombardo, 79, of Ponte Vedra Beach, Florida, died July 31, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre (904) 249-1100. www.quinn-shalz.com

Ernest Tresavant Martin

Ernest Tresavant Martin, 81, of Jacksonville, Florida, died August 7, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100. www.quinn-shalz.com

Shawn Christopher Morse

Shawn Christopher Morse, 45, of Jacksonville Beach, Florida, died August

4, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100. www.quinn-shalz.com

Rae Paul

Rae Paul, 90, of Ponte Vedra Beach, Florida, died July 31, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100. www.quinn-shalz.com

Cintra Carter Sander

Cintra Carter Sander, 90, of Jacksonville Beach, died August 3, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com (904) 249-1100.

Charles Mayne Stanton

Charles Mayne Stanton, 90, of Ponte Vedra, Florida, died July 31, 2020. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravally.com

Susan Thors

Susan Thors, 71, of Jacksonville, Florida, died August 3, 2020. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravally.com

Olga Vlassova

Olga Vlassova, 59, of Jacksonville, Florida, died August 10, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100. www.quinn-shalz.com

Lillian Williams

Lillian Williams, 95, of Jacksonville, Florida, died August 9, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100. www.quinn-shalz.com

Williams Lewis Young III

Williams Lewis Young III, 81, of Jacksonville, Florida, died August 3, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre (904) 249-1100. www.quinn-shalz.com



Photo by Susan Griffin

Gatorland returns to the Nocatee Farmers Market on Saturday for a wild encounters experience.

Get wild at upcoming Nocatee Farmers Market

Gatorland will be on hand at the next Nocatee Farmers Market on Saturday, Aug. 15, for a special wild encounters experience.

The event will be held from 10 a.m. to 1 p.m. and will feature multiple interactive “animal encounter” performances for the community, including wildlife education and entertainment from Gatorland’s alligator trainers.

Along with the fun and interactive

theme, the Farmers Market features more than 60 local vendors, selling fresh produce, crafts, jewelry, herbs, unique foods and more. Plus, the bar will be open for beer and wine purchases. However, Paradise Park Playground will not be open for market attendees.

The Nocatee Farmers Market is open to the public and is weather permitting. Visitors to the farmers market are asked to practice safe social distancing.

EXPLORE NATURE’S BEAUTY ON NOCATEE SUNSET KAYAK TRIPS



Join county naturalists for a guided trip of the Intracoastal Waterway and enjoy sunset on the water with a Nocatee sunset kayak trips. The tours will be held from 5:30-8:30 p.m. each evening from Aug. 13 through Aug. 16. The starting point will be at the Nocatee Paddle Launch, 2015 Nocatee Landing Trail. Cost is as follows: SJC resident providing own boat – \$20 per person; non-resident providing own boat – \$30 per person; SJC resident using a county boat – \$40 per person; Non-resident using a county boat – \$50 per person. Pre-registration is required for a trip but does not guarantee a spot. Space on a trip is allocated on a first-come, first-served basis. For more information, contact Kelly Ussia at kussia@sjcfl.us or (904) 209-0335.

Photos by Susan Griffin



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Jacksonville Zoo releases Marion the manatee back into Florida waters

Jacksonville Zoo and Gardens returned an adult female manatee back to Florida waters Tuesday, Aug. 4. The manatee, named Marion after the county she was rescued in, is the 15th manatee released from the zoo's Manatee Critical Care Center.

Marion was rescued at Salt Springs Run on May 18 by the Florida Fish and Wildlife Conservation Commission, along with the assistance of Clearwater Marine Aquarium Research Institute, after she was found to be excessively buoyant (floating higher than normal at the surface of the water) and suspected of having a GI tract issue. She was brought to Jacksonville Zoo and Gardens and treated for dehydration, where her health and buoyancy quickly improved. The zoo released her at the mouth of the run from Silver Glen Springs not far from her rescue location, but where there was less boat traffic, and she could get right out to open water.

"We're glad to get Marion back on her way after less than three months under our care. She made a great recovery, thanks to her quick rescue, and the dedication of our animal care team at Jacksonville Zoo and Gardens. We couldn't be happier to share this positive news during this challenging time," said Craig Miller, Jacksonville Zoo and Gardens curator of mammals and leader of the Marine Mammal Response Team.

Jacksonville Zoo and Gardens' Manatee Critical Care Center is an acute care, rehabilitation facility that provides life-saving medical treatment to res-



Jacksonville Zoo & Gardens workers release Marion the manatee at the mouth of the run to Silver Glen Springs after she was treated at the zoo for dehydration. The Jacksonville Zoo's Manatee Critical Care Center provides life-saving treatments to rescued manatees.

Photo provided by Jacksonville Zoo & Gardens

cued manatees. The manatee rescue and rehabilitation program is the zoo's largest regional conservation initiative, caring for 22 manatees since the center opened in 2017.

Jacksonville Zoo and Gardens, along with other zoos, aquariums, nonprofit organizations and state and federal agencies, which comprise the Manatee Rescue & Rehabilitation Partnership, work together to monitor the health and survival of rehabilitated and released manatees. Information about manatees currently be-

ing tracked is available at manateerescue.org. Florida manatees are a federally protected threatened species, at significant risk from both natural and human threats. Exposure to red tide, cold stress, disease, boat strikes, crushing by floodgates and locks, line entanglement and ingestion of pollution and debris are just some of the hazards facing one of our state's most iconic animals.

If you discover an injured marine mammal, call the FWC hotline at (888) 404-3922.



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Business Weekly

PAGE 18 THURSDAY, AUGUST 13, 2020

Column: Minimizing material possessions maximizes happiness

Page 20

www.PonteVedraRecorder.com



Photo by SJC Chamber of Commerce Ponte Vedra Beach Division

Sam and Angie Lacey cut the ribbon during their grand opening celebration Saturday, Aug. 8, at Clean Juice in Nocatee.

Clean Juice opens in Nocatee

By Shaun Ryan

Nocatee residents Sam and Angie Lacey are passionate about maintaining an organic diet. Recognizing that their community was also very health-conscious and that organic options in the area were sparse, they decided to open a juice bar that catered to this need.

It took a lot of time and effort, but they realized their dream at last when, three weeks ago, they opened their Clean Juice franchise at 250 Pine Lake Drive.

The new business was an instant success. In fact, they've already broken the Clean Juice record for single-week sales.

"We thought we were going to be busy, but we did not think we were going to be as busy as we were," said Sam Lacey.

In fact, the couple could sense the community's growing excitement from comments they received.

CLEAN JUICE continues on Page 24

When facing illness, take control of finances



Karsten Jacobson
Columnist

In light of the coronavirus pandemic, virtually all of us have considered health-related issues. But for people facing a serious, chronic illness, such as Parkinson's disease, multiple sclerosis, diabetes or cancer, health concerns are an everyday matter. If you're fortunate, you may never be afflicted with such maladies, but the future is unpredictable. Of course, going through these health challenges bring physical and emotional concerns — but

also financial ones. How can you prepare for them?

Essentially, you'll need to consider four key areas: invest-

ments, insurance, legal arrangements and taxes. Let's take a quick look at each of them:

Investments — You'll likely need to draw on your investments for at least some of the expenses associated with your illness. So, within your portfolio, you may want to establish a special fund devoted entirely to these costs, whether they be health care, modifications to your home, transportation and so on. A financial professional can help you choose investments for this fund, as well as make recommendations for your overall investment strategy, including techniques for boosting your income, such as adding investments that can provide an income stream that kicks in when you think your costs will rise.

JACOBSON continues on Page 23

Your financial best interest must come 1st; it's now the law



Ric Schilling
Columnist

It is about time! On June 30, firms must now comply with Reg BI (Regulation Best Interest). So, what does that mean to you? It means stockbrokers better not take advantage of their clients anymore.

For instance, the minute you now walk into a stockbroker's office

for a recommendation, they must provide you with the following:

No. 1 — Customer Relationship Summary: The documents outline the services, fees, cost, conflicts of interest and a standard of conduct which you must receive.

No. 2 — Regulation Best Interest Disclosure: This document summarizes the scope and terms of any applicable account agreement(s) between you and the investment advisor or the broker dealer. It's eight pages long so you had better cozy up in your favorite chair before taking this one on.

What is important for you to know is there is now a law in effect which protects you from bad advice, such as not providing the cost of the investments and not putting your best interest first. Hooray!!

Factors considered in determining whether a recommendation has taken place include whether the communication "reasonably could be viewed as a call to action." A rollover, which is referenced 78 times through the regulation, is a call to action.

The recommendations of rollovers and withdrawals from retirement accounts is one of the rule's "most significant enhancements over the status quo," said Jay Clayton, Securities and Exchange Commission chairman. And these recommendations "should be handled with care."

Coupled with the highest unemployment rate in U.S. history due to COVID-19, now more than ever it is imperative to understand all options available when rolling over funds from an employer plan to an IRA. While each situation is unique, there are universal considerations advisors must keep in mind when helping clients faced with these important decisions.

SCHILLING continues on Page 23

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A life of simplicity; living by decreasing



Harry Pappas
Columnist

I have always been fascinated with the “monk lifestyle,” as I find great inspiration in the simplicity of their lives, the concentration and mindfulness of every activity, and the calm and peace they find in their days.

There is little in a monk’s life that is not necessary, which serves as a reminder to me and perhaps you that much in our lives is arguably unnecessary. In his enlightening book, “Paul: A Man of Grace and Grit,” Charles Swindoll, said something that hit a chord with me even though it was so simple, but yet so profound: “The only way to focus on the important things is to reduce the things that are not important.”

Shortly after finishing Mr. Swindoll’s book, I added another paperback to my library, “Goodbye, Things: The New Japanese Minimalism” by Fumio Sasaki, which put me on the path of saying

goodbye to almost all my things and, to my surprise, I found I had also changed myself in the process.

For the past several years, I wanted to live a more simple and uncomplicated life. Given the amount of time and energy to maintain and manage all of “my stuff,” I often wondered if I truly owned my possessions or did my possessions own me! Accumulating more was not liberating to say the least. In fact, I became a slave to my belongings. From the encouragement of Mr. Sasaki, I commenced on a “minimalist” approach to living. To my surprise, when I discarded something, my initial feeling was regret but, over time, I felt more liberated! In hindsight, I actually gained more than I lost! Thus, my mantra is gaining by losing and losing by gaining, as there is an invigorating feeling that comes with decluttering and minimizing.

When we become a minimalist, we free ourselves from all the materialist messages that surround us, and subsequently spend less time distracted by advertisements, which allows us to adhere to the wisdom of Christian pastor, author and

educator, Charles Swindoll, mentioned above. Maybe most importantly, I suggest that many of us argue that they do not fall prey to the “keeping up with the Joneses” phenomenon, but comparing ourselves to others is common place in society, which is arguably one of the fastest ways to take the fun out of life! Therefore, when we say goodbye to unnecessary things, we also say farewell to the process of competing, consciously or unconsciously with others.

Becoming a minimalist was not easy for me, as I found and still find that it is amazingly difficult to sell, discard, or give away my things. However, Mr. Sasaki is spot on when he said, “You will not regret a single item that you throw away.” Yep! So true!

As much as I believe that minimalism = freedom and the sooner one experiences it, the better, I trust that people know what is best for them, so I do not judge or label anyone that does not adhere to my new-found approach to living. Nevertheless, there is happiness in having less and I proved it, at least to myself. I call it simple living.

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THEME: LABOR DAY

ACROSS

1. Delivery org.
5. *U.N. workers' grp.
8. Pressure unit
11. Prune, previously
12. Congregation's echo
13. Lusitania's destroyer
15. Samoan money
16. Enthusiastic review
17. Police informers
18. *More than 40 hours
20. First Nation nation
21. Not these
22. Paper or plastic?
23. Lads' girlfriends
26. Meal
29. Morsel
30. *Labor Day, always
33. International Civil Aviation Org.
35. She turned to stone, Greek mythology
37. Quaker grain
38. Same as gnarls
39. Toothy wheel
40. Capital of Canada
42. Homer Simpson exclamation
43. Russia's plain
45. Zoroastrian archives
47. Simon & Garfunkel member
48. Sheik's bevy
50. Goes with sushi
52. *Part of labor force
56. Jewish folklore creature

57. European sea eagle
58. Millimeter of mercury
59. Impolite dinner sound
60. "Dark" movie
61. Armor chest plate
62. Cupid's action
63. Type of evidence
64. "By ____ of" or "by means of"

DOWN

1. "____ no good"
2. Bohemian, e.g.
3. Whimper
4. "That ____!" and hurts
5. Mosque officials
6. Don McLean: "Drove my chevy to the ____"
7. Comes before first Mississippi
8. Minute opening
9. "For Pete's ____!"
10. Belonging to it
12. Not aria nor recitative
13. Open a beer bottle
14. *Union responsibility
19. *Labor Day is this puzzle's ____
22. Beyoncé, a.k.a. Queen ____
23. *Like Labor Day weekend
24. Ovine sign of the zodiac

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

25. Type of weasel
26. "Pro" follower
27. Oodles
28. Fortune-teller's card
31. Sol, or la, or ti
32. Digital audiotape, acr.
34. *Health and safety org.
36. *Strike ____
38. Courtroom silencer
40. Choose
41. One who bends out of shape
44. Groom one's feathers
46. Used an emoji, technically
48. Long-necked wader
49. Embryo sacs
50. One-pilot flight, pl.
51. Reunion attendee
53. Jellystone Park denizen
54. Joanie of "Happy Days"
55. At a previous time, archaic
56. Geological Society of America
57. *Unofficial ____ of summer

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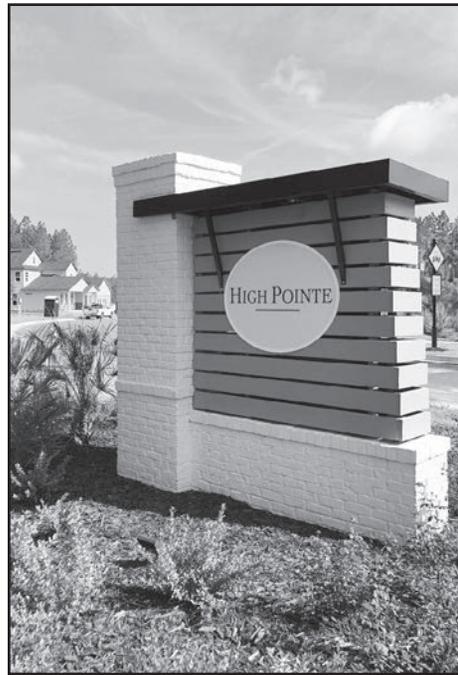
Local homebuilder returns to RiverTown with 8 new floorplans

MasterCraft Builder Group recently announced presales are now open for new construction in HighPointe at RiverTown, a waterfront lifestyle community nestled along the banks of the St. Johns River.

MasterCraft Builder Group will be offering eight new semi-custom floorplans on homesites averaging 70-foot-by-130-foot on both water and preserve with home prices starting in the mid-\$400s.

“This is MasterCraft’s second time building in RiverTown,” said Chris Shee, founder and CEO of MasterCraft Builder Group. “Most of the other builders in the community aren’t semi-custom and don’t offer upgrades as standards, so we’re able to offer our Higher Standard 2.0 features such as 10-foot ceilings with smooth walls, all appliances included, chef’s kitchen with California islands, oversized pantries and laundry rooms, and many more. It’s exciting to be a part of this new phase of a beautiful community on the St. Johns River.”

HighPointe at RiverTown offers preserve and waterfront homesites with resort-style amenity centers complete with infinity edge pool, cafe, kayak launch, fitness center, tennis courts, playground, dog park and waterfront amphitheater. MasterCraft Builder Group’s eight new



floorplans include low country, craftsman and farmhouse versions of Carson, Chadwick, Harper, Kasie, Nicholas, Paige, Tanner, and Wilder — ranging from 2,500 to 4,000 square feet, three to six bedrooms, two to three-and-a-half bathrooms and three-plus garages.

Go to MasterCraftBuilderGroup.com for more information.



Photos provided by MasterCraft Builder Group

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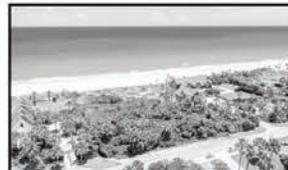
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Michael Curet



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Suzanne Schinsing



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Earl Parker



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Earl Parker



JACKSONVILLE BEACH
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Pam Henry



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Olivia or Brent Seaman



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6/7/1 • \$2,275,000
Suzie and Rory Connolly



EPHING FOREST
3/2/1 • \$865,000
Patti Armstrong



ATLANTIC BEACH
3/2/1 • \$525,000
Suzie and Rory Connolly



OLD PONTE VEDRA
3/3 • \$2,400,000
Susan Fort or Tyler Ackland



PONTE VEDRA BEACH
Homesite • \$329,900
Suzie and Rory Connolly



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4/3 • \$875,000
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MARINA SAN PABLO
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Mary Faulds | Cindi Blair



TAMAYA
4/3/1 • \$675,000
Suzie and Rory Connolly



THE INNLET
3/2 • \$539,000
Susan Fort or Tyler Ackland



PONTE VEDRA BEACH
4/3 • \$2,299,000
Suzanne Schinsing



MARBELLA
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Pam Henry



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Sunday opens community-focused eatery in face of 'new normal'



Photos provided by Sunday Gathering Table

Sunday Gathering Table is located at 73 San Marco Ave. in St. Augustine. Hours of operation are 8:30 a.m. to 4 p.m. Tuesday-Sunday. Late Night Bites are offered 5 p.m. to 9 p.m. on Fridays and Saturdays.

Restaurant hopes to serve as neighborhood gathering table for breaking bread

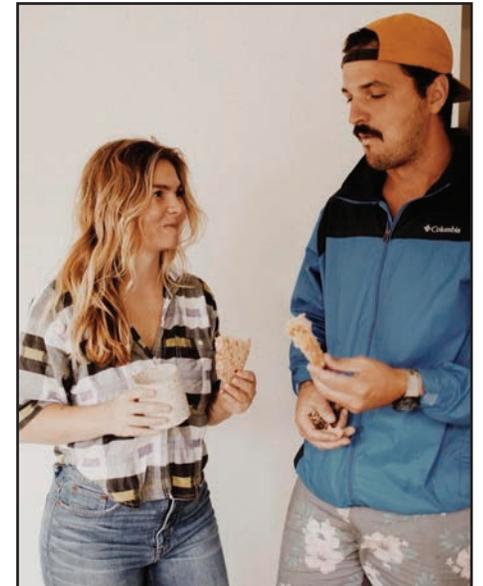
Edwin Baltzley did what many Americans did around the country when the COVID-19 pandemic's shutdown caused the walls to close in and the outside world to loom tantalizingly beyond our windows.

Day in and day out, Baltzley started baking bread. Only he didn't bake an array of croissants, rye loafs, focaccia or banana. Baltzley baked one bread, known as the primordial leaven of all bread — sourdough.

Three times a day for a month, loaf after loaf, Baltzley baked sourdough. Perfecting and tweaking until one day, a warm, flour-dusted mass emerged from oven that stood out from all of the others. Crispy crust and soft, chewy center with a wine-like complexity of acidity and texture — the perfect sourdough.

From that sourdough came St. Augustine's newest post-pandemic restaurant, Sunday.

The soul of the community-focused eatery is of the essence of sourdough itself. Wholesome, locally sourced ingredients with a neighborhood gathering table ambience. Well-known local artist, Jenna Alexander, not only showcases



Photos provided by Sunday Gathering Table

Edwin Baltzley and Misty Lake own Sunday and aim to provide comfort through food at their St. Augustine restaurant.

her work along the walls of Sunday but shares a studio within it. On any given day, patrons may see her working through the glass partition that divides the eatery from her working studio.

Baltzley himself is also invested in the St. Augustine community where he lives and works. Prior to opening Sunday, Baltzley owned and operated The Bullet

SUNDAY continues on Page 23

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Jacobson

Continued from 18

Insurance – Depending on your health status, you may be able to collect Medicare earlier than the traditional starting point at age 65. Even so, you’ll likely need to supplement it with additional coverage. But you may also want to look beyond health insurance. For example, you might be able to purchase a “chronic illness rider” that allows you to tap into life insurance benefits while you’re still alive. Or you might consider adding a “long-term care rider” to a life insurance policy; this rider offers financial benefits if you ever require daily care that you can’t provide for yourself. And some foundations, states and drug companies offer programs that can help pay for some costs that your insurance won’t cover.

Legal arrangements – If you haven’t already done so, you may want to establish the legal documents most appropriate for your situation, such as a durable power of attorney for finances, which gives someone the authority to manage your financial affairs if you become temporarily incapacitated, possibly due to flare-ups of your chronic disease. Once you’ve recovered, you regain control of your financial decisions. You might also want to consider a health care proxy, which appoints an individual to make medical decisions for you if you can’t. In creating or revising these documents, you’ll need to consult with your legal professional.

Taxes – You might qualify for Social Security disability payments, which, like other Social Security benefits, are taxable, so you’ll need to be aware of what you might owe. But you might also be eligible for some tax breaks related to your condition. If you still itemize tax deductions, you may be able to deduct some medical expenses, as well as certain home improvements, such as wheelchair ramps, bathtub grab bars, motorized stairlifts and so on. Your tax advisor may have suggestions appropriate for your situation.

Dealing with a chronic illness is never easy. But by considering how your illness will affect all aspects of your life, getting the help you need, and taking the right steps, you may be able to reduce the financial stress on you and your loved ones.

Karsten L. Jacobson, CFP®, is a financial advisor for Edward Jones at 2208 Sawgrass Village Drive in Ponte Vedra Beach 904 285 9898. This article was written by Edward Jones for use by your local Edward Jones financial advisor.

Schilling

Continued from 18

Plan advantages: Losing or changing jobs can be stressful and overwhelming. It may be tempting for some people to ignore their retirement savings and leave those dollars in a former employer’s plan. This is not a thoughtful strategy. Funds should only remain in an employer plan only if there are compelling reasons to do so.

Federal creditor protection: Generally, company plan assets under ERISA receive federal creditor protection, outside of bankruptcy. On the other hand, state law is the only protection offered to IRAs. Since state IRA protection varies, it’s important to know what your state offers.

Still working exception: Another reason to leave money in a plan is the still working exception. If an individual is subject to required minimum distributions and believes his or her job will be restored after the pandemic, he/she might want to leave the money in the company plan.

The still working exemption allows the person to delay taking required minimum distributions until they officially retire, delaying additional income tax on those distributions until retirement.

Age 50/55 exceptions: When a plan participant is age 55 or older in the year he leaves his job, he can take withdrawals from that employer plan. The distributions will be subject to tax, but there is no 10% penalty. If he rolls the funds to an IRA, any withdrawals before 59½ will be subject to the 10% early distribution penalty

Sunday

Continued from 22

food truck, located outside the St. Augustine Amphitheatre. He is a classically trained chef who before starting his own business was the head chef of the Palm Valley Fish Camp.

Wife and co-owner, Misty Lake, designed the interior of the space with natural elements and clean lines, invoking a homey, family-kitchen atmosphere.

“Rather than reject the verbiage associated with being closed during COVID-19, we decided to embrace it as a gentle reminder that community and gathering, in the sense of sharing and support, still exists,” Lake said. “Our mission was always to create and sustain a restaurant with ‘soul’ for its community, one that reflects its locality and provides for its neighborhood. We wanted to invest in locally sustainable harvested food, with an emphasis on excellence, while providing gracious, genuine hospitality. This is a place to nourish and bring family and friends together.”

Sunday’s menu is designed around sourdough, featuring roasted shiitake and oyster mushroom toast, a sourdough B.A.L.T and braised egg Shakshuka. The restaurant is open for both breakfast and lunch, as well as “late-night” eats and drink specials on Fridays and Saturdays.

unless an exception applies, or he leaves the company.

There is an age 50 withdrawal exception for federal, state and local public safety employees. This includes defined contribution and defined benefit plans including those employed in law enforcement, firefighters, EMTs, customs officials, border control officers, air traffic controllers, Capital police, Supreme Court police and diplomatic security special agents of the Department of State.

IRA rollover advantages: There are definitive advantages of rolling money into an IRA vs leaving it in an employer plan, such as:

Estate planning: IRAs can be easier to coordinate with an estate plan. Some company plans force you to make your wife the beneficiary unless she signs a waiver, whereas IRAs allow you to name as many beneficiaries as you wish without a signed waiver from the spouse. This also allows for quicker changes without tons of administrative hurdles.

Investment options: IRA owners have more investment options as opposed to a company plans who will limit your options.

No withdrawal restriction: Some com-

pany plans dictate how much and when you can withdraw money. IRAs carry no such restrictions other than a penalty for withdrawal prior to age 59½.

I hope this is helpful to you or maybe someone you love.

Frederic “Ric” Schilling is a Florida native, born in Jacksonville, FL. Ric is President and founder of Senior Guardians of America, a local North Florida firm specializing in tax reduction, long term illness planning, asset protection, probate avoidance and life income planning. Ric is a National Speaker and Advocate on Senior Issues and has been featured by the Florida Times Union and WJXT, TV-4 in Jacksonville as an authority on Estate Planning and Retirement Issues. Senior Guardians has an A+ rating with the Better Business Bureau and is a member in excellent standing with the National Ethics Association. Ric Schilling is a Certified Financial Fiduciary (CFF). You may contact Ric at 904-371-3302 or 888-891-3381. Please visit: www.seniorguardian.com

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Clean Juice

Continued from 18

“We had people reaching out to us probably two to three times a day, asking us, ‘Are you open yet? Are you open yet?’” said Sam Lacey.

One of the secrets of their success may be their choice of brands. When they were initially investigating options, the franchises they encountered were not fully committed to organic fare. Then they found Clean Juice, which turned out to be a perfect fit. Their juice bar carries the certification of the California Certified Organic Growers Association, which means they maintain a menu that is at least 95% organic.

Customers can order juices that are customized and made on the spot. They can also purchase bottled juice, which employees make on site using their cold-press machine.

“We’re one of the very few juice bars that actually cold-press in-house,” said Sam Lacey. That means the juice is not simply shipped in from out of state. The juice contains no preservatives and is not pasteurized, so it is only kept on the shelf briefly. And because it is organic, the juice is free of pesticides.

“What you’re putting in your body is in its purest form of how God made it, what it’s intended to be used for in our bodies without the pesticides and toxins,” said Angie Lacey.

In addition to a variety of healthy juices and smoothies, that menu includes wraps, toasts (including the popular avocado toast) and the company’s trademark Greenoa Bowls,



Photo by Shaun Ryan

Sam and Angie Lacey recently opened their Clean Juice franchise in Nocatee and the response from the public has been strong.

which are a kind of salad. One of the star attractions is perhaps their selection of acai bowls, filled with fruit, nuts and more, that provide an alternative to ice cream. There’s also a kids’ menu, seasonal items and more.

“We want people to feel well when they leave here,” said Sam Lacey.

Though new, the business is actually growing due to the community response. The Laceys are adding another

kitchen to make online orders and a new grab-and-go refrigerator.

“We are so grateful for the community’s support and how they’ve responded and showed their love for us bringing this juice bar concept here,” said Angie Lacey.

Clean Juice is open 6:30 a.m. to 8 p.m. weekdays, 8 a.m. to 8 p.m. Saturdays and 9 a.m. to 6 p.m. Sundays. The business phone is (904) 679-4552.

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My goal for the upcoming term is to provide transparency to our community. To provide complete and responsible oversight for our budget to avoid any further million-dollar thefts and mis-handled criminal cases. To re-establish our relationship with the Florida Department of Law Enforcement that was lost over those mishandled cases. To maintain a working and cohesive relationship with our county commissioners and other department heads. ***I will be a Sheriff for ALL people.***

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2. Protect all our residents, visitors, businesses and keep our streets and communities safe from violent groups.
3. Restoring and maintaining integrity, openness, and honesty with the public we serve.
4. We will not self-investigate. Any situation where a deputy uses deadly force, the resulting investigation will be conducted by Florida Department of Law Enforcement.
5. Set up strong protocols for budgetary, fiscal management and responsibility. This will prevent other embarrassing embezzlements or fraud.
6. Domestic violence policy review to include procedures for handling officers involved in domestic incidents.
7. As a constitutional sheriff I will strenuously defend your right to keep and bear arms as guaranteed by our Second Amendment.
8. Protecting our children at home and in school by evaluating and expanding school safety. This includes expanding investigations involving Internet Crimes Against Children.
9. Update policies and procedures that oversee reporting of sexual harassment and misconduct in the workplace.
10. Assess the roads and streets in our rapidly growing county to ensure safe traffic flow and pedestrian, bicycle and golf cart safety.



***** THE BODY CAMERA CANDIDATE *****



Photo provided by the Beaches Museum

The Beaches Museum's "Beaches Legends" 2020 honorees are Ed Malin (from left), Franklin Dickinson, Walter Dickinson, Jackie Rooney and Maxwell Dickinson.

The Beaches Museum's annual gala goes virtual

Sept. 18 event to honor local 'Beach Legends'

The Beaches Museum's "Beach Legends" event will be held Sept. 18, but this year's event presents an opportunity for a new twist — a virtual event and online auction.

The event, in its seventh year, continues the tradition of honoring individuals who are making tomorrow's history today.

"As many organizations have done this year, we've decided to go to a virtual event" said Jack Schmidt, event co-chair. "We can see so many positives in this move in that now our program will be accessible to everyone, everywhere."

Participating in the virtual event will be complimentary. However, there are sponsor and patron opportunities as well as an online silent auction. Proceeds from the event support the education, operation and preservation programs of the Beaches Museum.

The highlight of the evening will be an awards presentation honoring well-known, contemporary individuals who have made and are making significant contributions to the on-going history of Mayport, Atlantic Beach, Neptune Beach, Jacksonville Beach, Ponte Vedra Beach and Palm Valley.

The honorees for 2020 are:

■ **Ed Malin:** Malin is a third-generation member of a Beaches family, having been raised and currently residing in Palm Valley. He is a community advocate as well as an ardent nonprofit supporter. Malin generously opens the doors of his restaurants, Angie's Subs and Angie's Grom, for community events and fundraisers. He and his wife Kristan co-founded the Two Titmice Foundation, which supports local breast cancer patients in their time of need. Malin, an avid outdoorsman, created the Big Whiting Tournament, known as the BWT, which is held the first Tuesday of every month from March

through October. This tournament is one of many fundraising efforts of the Two Titmice Foundation. Malin's energy and compassion for the community he loves is witnessed through his willingness to preserve our heritage while embracing its growth.

■ **The family of Pete and Helen Dickinson:** The Beaches Museum announced recognition of the Dickinson Family for its presence and continued contribution to the early formation and development of the beaches communities as well as the City of Jacksonville. Maxwell, Walter and Franklin Dickinson are the surviving children of Helen and Walter D. "Pete" Dickinson, Sr. Pete and his wife Helen opened a five-and-dime store that eventually became a hardware store beginning in 1930. Pete and Helen continued their business endeavors by owning and operating multiple businesses including the Sundeck Motel and Perkins Bath House. Pete was always recognized as a civic leader in the Beaches community, offering support for many Beaches organizations. The Dickinson brothers, along with their sister Petra, enjoyed an idyllic, and at the same time challenging, life of living and working on the boardwalk in support of their family businesses. As they reached adulthood, they continued the legacy handed down by their parents to become accomplished business and civic leaders in their own manner and style.

■ **Jackie Rooney:** For the last 18 years, Rooney has been attending events from Mayport to Ponte Vedra and writing about them in her Shorelines social column, "The Rooney Bin." The freelance writer, who prefers being behind the scenes, agreed to author the column only if she could give it a humorous spin. Rooney is known as the Beaches' storyteller, weaving together the people, events and spirit of the community into one tapestry. Her observance and interest in Beaches

FIRST FRIDAY ART WALK RETURNS



Photo by Shaun Ryan

Art lovers ignored the rain on Aug. 7 to get out of the house and take part in St. Augustine's First Friday Art Walk. It was the second consecutive Art Walk since businesses began to reopen after the statewide COVID-19 shutdown. Pictured from left at the P.A.St.A. Fine Art Gallery are Pamela Geiger, Marie and Pete Simchik of Daytona Beach, Ginny LeJeune and Marlene Zullig.

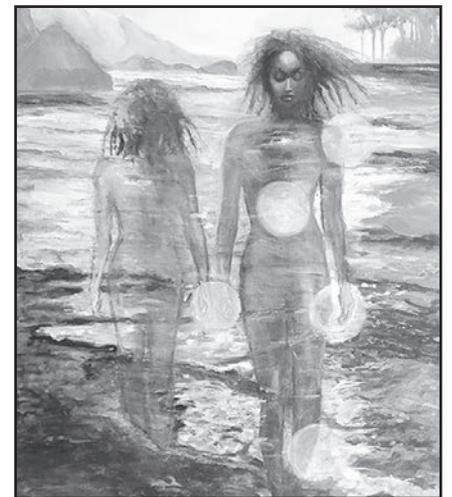
Vibrant artwork covers walls at entrance to Ponte Vedra library

Visitors to the Ponte Vedra Public Library will be treated to a collection of art by recent Jacksonville transplant Stephanie Pyren.

Pyren's artwork is on display at the entrance into the library and features a variety of styles and mediums.

Pyren's art is a mixture encompassing the energetic essence of modern and the live sensibility of the old masters. She works in all mediums, oils, watercolors, pastels and graphics and has exhibited in one-man shows and groups nationally and internationally, including France, Bangkok, Holland and throughout the United States.

Pyren has also illustrated four children's books and has worked in all the major animation studios in Los Angeles as a character designer and background painter. She has also taught life drawing and fashion illustrating and window display at the Columbia College in Columbia, South Carolina.



Photos provided by Stephanie Pyren

Pyren and her husband have recently relocated to Jacksonville, where she has been getting involved with the local art scene. She is a current member of Jacksonville Artist Guild and has joined the Jacksonville Branch of the National League of American Pen Women.



The entrance to the Ponte Vedra Branch Library is adorned with Stephanie Pyren's artwork.

ARTIST CUTS RIBBON AT BOLD ART GALLERY OPENING EVENT



Photo by Shaun Ryan

Author, artist and photographer Brenda Basham Dothage and husband Orville Dothage cut the ribbon Friday, Aug. 7, for the reopening of The Bold Art Gallery. The St. Johns County Chamber of Commerce event was held outside the gallery at 51 Cordova St., Suite C, in St.

Gala

Continued from 26

history, past and present, led Rooney to co-found the Beaches Museum's popular and successful annual fundraiser, Beach Legends.

Participation in the event is free, however advanced registration is recommended. Go to www.beachmuseum.org to sign up and for additional event information.

To learn more about sponsoring or donating to the silent auction, contact Chris Hoffman at director@beachmuseum.org or (904) 241-5657, ext. 113.



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Criminal Defense Attorney



Janet Johnson is committed to aggressively defending people accused in all criminal matters in state and federal court. In practice since 1994, she is a member of the Florida Bar, The Federal Bar, Colorado Bar, as well as the Florida Association of Criminal Defense Lawyers. She has been on the faculty of FACDL "Blood, Breath & Tears" annual DUI seminar. Ms. Johnson has been awarded the AV preeminent rating™ from Martindale-Hubbell® and was named a fellow to the prestigious Litigation Counsel of America™, as well as one of the ten best criminal defense attorneys nationally for client satisfaction by the American Institute of Criminal Law Attorneys. She also appears as a legal commentator on CNN and HLN.

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Sports

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THURSDAY, AUGUST 13, 2020 · PAGE 28

www.PonteVedraRecorder.com

ProWatercross race crowns national champion

Inaugural event draws crowds to Vilano Beach

By Amber Lake

The Liqui Moly ProWatercross National Tour event at Vilano Beach couldn't have fallen on a better weekend. Hurricane Isaias had just blown past and with it brought a south-to-north current that left the ocean a tranquil glassy blue — perfect for tearing up with 85 mph jet skis aiming for the title.

The race kicked off on Saturday, Aug. 8, with the final professional motos scheduled to start later that day. Amateur races were held on Sunday. This year, the national championship arrived at Vilano after being canceled in both Lake Charles, Louisiana, and West Palm Beach due to COVID-19. It was also the first time the series had been held in St. Augustine.

“Hosting the national championship of the Liqui Moly ProWatercross Tour is an honor for Florida’s Historic Coast and we look forward to the competition this weekend,” said Richard Goldman, president and CEO of the St. Augustine, Ponte Vedra & The Beaches Convention & Visitors Bureau.



Photo by Amber Lake

PROWATERCROSS continues on Page 30 Fans and competitors line the beach during the inaugural Liqui Moly ProWatercross National Championship last weekend at Vilano Beach.



Photo provided by Hurkley Haywood

Sports car racing legend Hurley Haywood is looking forward to Sunday's stock-car race at Daytona International Speedway.

Sports car drivers can't wait to see stock cars on Daytona's road course

By Don Coble

DAYTONA BEACH | Nobody knows the Daytona International Speedway road course better than Hurley Haywood. As one of the most accomplished sports car endurance drivers of all time, he has logged more than 100,000 miles on the twisting course that uses a portion of the infield and most of the superspeedway's high-banking.

That's why he's excited to watch stock-car drivers wrestle with aggression and finesse in Sunday's GoBowling 235 on the 14-turn circuit.

“They're going to find out it's not like any other road course,” Haywood said from his St. Augustine home. “It's fast. I think it will be exciting.”

NASCAR added a second chicane coming off the fourth turn to extend the track to 3.57 miles.

And as he's done for every one of his 24-hour races between 1969 and 2012, Haywood said the key is being smart and careful early in the race.

“Daytona is pretty straightforward on the road course,”

Haywood said. “There are a lot of braking zones. Braking isn't a strong point with a NASCAR car. If these guys are really aggressive at the start, they'll fade to the back.”

Haywood is tied with Scott Pruett with five 24-hour wins at Daytona. Haywood also has three victories at the iconic 24 Hours of LeMans and two at the 12 Hours of Sebring.

Jordan Taylor, who joined his father at Wayne Taylor Racing to win two of the last three Rolex 24 at Daytona races, agrees.

“It's all about survival,” he said. “It's a track that offers a lot of aggressive brake zones. There will be a lot of banging around.”

And like Haywood, Taylor said he's eager to watch the race.

“I was really excited when I heard about the race,” he said. “I always thought the road course would make for good [NASCAR] racing. There are a lot of passing zones. It should be a lot of fun.”

DAYTONA continues on Page 30

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Almost 200 competitors participated in the Liqui Moly ProWatercross National Championship last weekend at Vilano Beach. Nearly 60 races of the inaugural event were held over the two-day competition.

Photos by Amber Lake



ProWatercross

Continued from 28

The main event, the Pro-Am Roundabout Box Stock title, was claimed by Brian Baldwin of Denver, North Carolina. Second and third went to Graham Hunt of Mooresville, North Carolina, and Dylan Osborn of Groveland. Baldwin also claimed the title of Pro-Am Runabout GP.

Brad Hill won the Pro Freestyle division with 98 points. Fairhope, Alabama resident Devin Farthing won the Blaster GP division with 228 points, and Jimmy Wilson won the Pro-Am Ski GP division with 202 points.

Nearly 200 athletes competed at the inaugural event.

Liqui Moly ProWatercross National Championship Results

PRO-AM SKI STOCK

1. Callaway Turner, 211; 2. Jeb Zanzour, 188; 3. Ryder Wildeboer, 113.

PRO-AM SKI GP

1. Jimmy Wilson, 202; 2. Camden Powell, 184; 3. Dustin Motzouris, 180.

PRO-AM RUNABOUT GP

1. Brian Baldwin, 221; 2. Dylan Osborn, 207; 3. Troy Snyder 206.

PRO FREESTYLE

1. Brad Hill, 98; 2. Joe Melia, 53; 3. Ryan Doberstein, 20.

PRO-AM BOX STOCK

1. Bryan Baldwin, 228; 2. Troy Snyder, 192; 3. Graham Hunt, 178.

BLASTER GP

1. Devin Farthing, 228; 2. Revin Harris, 207; 3. Haden Skellett, 191.

Daytona

Continued from 28

Haywood and Taylor did their work in sports cars that were 1,200 pounds lighter, electronic rack-and-pinion steering and braking systems made of carbon-ceramics that cost as much as \$32,000.

A Cup Series stock car weighs a bulky 3,300 pounds, and has traditional power steering and cast-iron brake rotors.

There's also a big difference in their driving styles.

"I think me leading everybody into Turn 1 at Daytona could be interesting because I have no freaking clue where I'm going as we go down there," Kevin Harvick said. "Most everybody in the field is the same way. We'll prepare the best that we can and hope that we can make it around the first lap with all the wheels still headed in the right direction."

Haywood said unlike road courses at Watkins Glen International and Sonoma, California, there is a greater emphasis on staying on the track at Daytona.

"They really have to stay on the race-track," Haywood said. "If you run on the curbs, it's not going to work. You can do that at Watkins Glen and [Sonoma]. Not Daytona."

Chase Elliott won three of the last four road-course races on the Cup Series schedule. And yet, he's apprehensive about this weekend's race.

"This is going to be a big-time challenge for everybody," he said. "I've never entered a race where you have no idea what to expect. I have no idea where to stop in Turn 1, Turn 2, Turn 3 ... all the way around the track."

Two of Elliott's road course victories came at Watkins Glen. NASCAR replaced Watkins Glen with Daytona last month in an effort to rebuild a schedule that was affected by COVID-19.

To make it more interesting, there will be no practice or qualifying. For most, the first time they've been on the course will be on the warm-up lap.

The ARCA Series will be the first to test the road course with a 29-lap race on



Jordan Taylor

Friday night at 5. The Xfinity Series will be on track for 51 laps on Saturday at 3 p.m., and the Gander RV & Outdoors Truck Series will take the green flag for 43 laps at noon on Sunday, followed at 3 p.m. by the 65-lap Cup Series main event.

The track will be closed to fans on Friday and Saturday, but tickets are available for infield spots and the main grandstands.

A handful of NASCAR drivers — Jimmie Johnson, Kurt Busch, Kyle Busch, Michael McDowell and Clint Bowyer — have participated in the 24-hour race.

Everyone else will rely on the iRacing game, simulators and advice for sports car regulars.

"We've got a lot of work this week to prepare, try to figure it out," Martin Truex Jr. said. "I know iRacing has the track, so get on there, get familiarized, hopefully be able to learn a little bit from that."

Ty Dillon likes the opportunity to compete on a new circuit — and the opportunity to attract new fans.

"If we have to continue to grow, you have to reach young people," he said. "You have to do new things. You have to adapt."

Dillon said he plans to reach out to IMSA drivers for pointers. So does Elliott.

"We have to exploit our relationship with Chevrolet and Cadillac's [sports car] programs," he said. "You can only learn so much on iRacing and simulators."

Wayne Taylor Racing features Cadillac DPi-V.R. prototypes with engines built by Earnhardt Childress Racing — the same company that supplies engines to Richard Childress Racing, Richard Petty Motorsports, Germain Racing and StarCom Racing stock car teams.

"It's going to be a fun day," Dillon said.

And Hurley Haywood and Jordan Taylor can't wait to watch it.

Following a quick two-day, two-race stop at the Dover International Speedway, NASCAR will return to Daytona's 2.5-mile tri-oval Aug. 28-29 for the Coke Zero 400.

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