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Recorder

July 2, 2020
Volume 51, No. 35
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SHOW OF SUPPORT

Law enforcement officers drive past a Back the Blue rally to show their gratitude for the demonstrators' support. Local residents stood along Crosswater Parkway in Nocatee to show their support for law enforcement officers during the event. *Read more on page 5.*

Photo by Shaun Ryan



First Coast Register

INSIDE

INSIDE: CHECK IT OUT!

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



Summer Health & Beauty Guide

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INSIDE

One of Us

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Send us your news

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.

Visit our website at www.pontevedrarecorder.com



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Find us on Twitter @PonteVedraNews and on Instagram @pvrecorder



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.

Sends us your nominations for Best of the Best of Ponte Vedra

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

Readers currently have the chance to nominate 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.

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

Anyone can nominate a business or person — there is no limit to the number of nominations each person can submit. Online voting will begin once nominations are complete. 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. Nominees can participate in advertising packages that promote their entry by expanding their listing to feature ad-



ditional details on the business.

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 Ponte Vedra Recorder staff in July.

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, contact your sales representative, email susan@opcfla.com or call (904) 686-3938.

PUZZLE SOLUTIONS

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Solutions correspond to last week's puzzles.

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COVID-19 spiraling out of control – again – in St. Johns County

Two-thirds of positive cases reported in final 2 weeks of June

By Don Coble

The numbers don't lie: COVID-19 is getting out of control in St. Johns County. Again.

While there were 47 confirmed cases of the novel coronavirus in the first two weeks of June, according to the St. Johns

County Department of Health, there were 669 in the next two weeks, including spikes of 81 on both June 25 and 27.

While the death rate is relatively low with just seven victims, the rate of infections locally prompted officials with the cities of St. Augustine and Jacksonville to require its residents to wear

masks in public.

The St. Johns County Commission met for four hours last Tuesday, but decided to gather more information about the effectiveness of masks before considering any mandates.

Dr. Dawn C. Allicock, the director of the St. Johns Health Department, warned of a pandemic that's gaining traction without any signs of slowing down.

"We must consider we have a widespread community outbreak," she said.

More alarming is the county's infection rate has risen well beyond most state and national rates. On June 1, only 1% of people tested were found to have CO-

VID-19, Allicock said. Now it's 9%.

As of last Wednesday, 989 county residents and 17 visitors have tested positive in St. Johns. Of those, 71 have required hospitalization.

Allicock said the same guidelines created by the CDC five months remain true today: wash your hands, maintain social distancing, wear masks when social distancing isn't possible and stay home when you're sick.

"People aren't just making a choice for themselves, but for others," she said.

The greatest number of infections have

COVID continues on Page 5

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Missing Nocatee man found dead

By Amber Lake

The body of missing Nocatee resident David Berlin reportedly was found last Friday morning in the Nocatee area, according to the Jacksonville Sheriff's Office. The Sheriff's Office reported they will now "continue as an active death investigation."

The 67-year-old man was reported missing Thursday evening after his daughter said he had gone for a walk in the Timberland Ridge subdivision and never came back.

Melissa Bauer, daughter of David



David Berlin

Belin, posted on Facebook's Nocatee Community group page asking for help.

"My Dad went for a walk at 1:50 pm out of Timberland Ridge and has not returned (5:40 pm)!!" Bauer said.

"Has anyone seen him?? His name is David Berlin. He could have passed out or possibly had a seizure."

Although the Sheriff's Office posted via

Facebook that Berlin had "possible medical issues," there hasn't been any additional information concerning the manner of death.

Berlin was the director of franchise operations with Firehouse Subs. The company issued the following statement shortly after noon Friday:

"We want to thank everyone who came together to help search for David Berlin, a beloved member of the Firehouse Subs Family for more than seven years. Our local community amazed us by banding together swiftly to help, including

not only members of our own Firehouse Family, but even those who did not know David personally. We also want to send a heartfelt thank you to all of the public service agencies that worked quickly to assist in this search. It is with heavy hearts that we share David has passed away. Our thoughts and prayers are with David's family and loved ones as we all mourn this loss."

The area straddles the county line between Duval and St. Johns County. The St. Johns Sheriff's Office assisted in the search.

Masks required in St. Augustine, Jacksonville

No mandate in St. Johns County

By Shaun Ryan

Two Northeast Florida cities have joined other municipalities across the state requiring people to wear masks in public places to combat the spread of COVID-19.

The St. Augustine City Commission approved the requirement Friday, June 26, during an emergency meeting. The city of Jacksonville issued its own mandate Monday, June 29.

At a special meeting Tuesday, June 30, the St. Johns County Commission discussed a similar measure, but didn't pass anything.

The cities' mandates come as cases of COVID-19 have surged throughout Florida and in St. Johns and Duval counties.

Both cities require the use of face coverings indoors at public locations where social distancing practices cannot be observed. Jacksonville's mandate goes a bit further than St. Augustine's, not limiting



Photo by Shaun Ryan

Some people walking along St. George Street in St. Augustine on Tuesday wore masks while others did not. The city mandates face coverings, but only indoors.

compliance to the indoors.

People entering businesses Tuesday in St. Augustine were seen strapping on

masks at the doors.

"People are receiving it well," said Bethany Kimball, front house manager

at Burger Buckets, 3 Cordova St. "Most people are prepared and have masks."

She said she thought the mandate was a good idea.

Though the restaurant is restricted to half capacity by an executive order of the governor, outside seating has helped.

"Business has been pretty good," Kimball said. "It almost feels normal."

"Everybody's been really respectful," said Emilee O'Kelley, community leader at Maple Street Biscuit Company, 39 Cordova St. "We haven't had any issues. It's been really great to see the community come together to protect those and to help those and serve those who can't help themselves."

The restaurant has been busy, especially on weekdays.

"It's great," O'Kelley said. "I love it."

There are exceptions in both cities where masks would interfere with workplace operations and in some cases involving first responders. Young children — under two in St. Augustine, under six in Jacksonville — are also exempt.

Cure for COVID-19 may be found at University research office

ENCORE Research Group needs volunteers to test antibody markers for cure

By Don Coble

A cure for COVID-19 may be found in on the First Coast.

Volunteers are asked to participate in a clinic study to test a possible vaccine for the deadly virus, according to Sharon Smith, vice president of recruitment for ENCORE Research Group. The company's University Boulevard office in Jacksonville will embark on a year-long study for two different vaccines in the next couple weeks with hopes of identifying the antibody markers to beat the

coronavirus.

The University office is staffed with 50 multi-specialty physician investigators from Northeast Florida.

"We know your body develops an antibody," Smith said. "What we don't know is how long does it last?"

Genetic markers extracted from mRNA will be added to proteins and injected into the subject, Smith said. "When the body fights the intrusive marker, researchers hope to identify the effectiveness of antibodies that can prevent viral replication in the lungs.

In short, the injection is intended to trick the body into fighting a virus that doesn't exist, with hopes of the body creating antibody markers that can help prevent and cure the disease.

The biggest obstacle for researchers is convincing volunteers the injection won't develop into COVID-19.

"Fear," Smith said. "You can't get COVID-19 from the injection. How can you get this technology [to defeat the disease] if you don't participate in a trial?"

There's a demand for more Black volunteers since they catch the disease at a disproportionate rate than other races. "And they are under-represented in clinical trials," Smith said.

The study at the Jacksonville Center for Clinical Research is to be part of the government's second and third phase of study. There was considerable promise in a Phase 1 study for Moderna by the National Institute of Allergy and Infectious Diseases that revealed levels of binding

antibodies significantly exceeded levels seen in recuperating sera in blood.

Smith said if the study proves the medicine provided at the University study has a less than a 50% success rate, it won't be recommended for use. There currently are 145 COVID-19 vaccines that have been approved for research and development.

There won't be a limit of volunteers needed for research. All subjects will be tested for COVID-19 ahead of the study and the government will compensate subjects for time and travel.

One of the vaccines also will be tested at ENCORE's Fleming Island office.

For more information on the study, go to encoredocs.com or call the University office at (904) 730-0101.



Palm Valley Academy sixth-grader Skyler McKinney holds up her sign thanking law enforcement officers for keeping people safe.



Del Webb residents, from left, Elizabeth Dziurzynski, Eileen Maxwell and Joe Maxwell show their support for law enforcement officers.



Photos by Shaun Ryan

Local residents stand along Crosswater Parkway in Nocatee to show their support for law enforcement officers during the Back The Blue event.

Hundreds rally in Nocatee in support of police

By Shaun Ryan

Hundreds of people turned out Saturday, June 27, for the Back The Blue rally in Nocatee to show their support for law enforcement officers.

They lined Crosswater Parkway in front of the Nocatee Welcome Center, waving American flags and Thin Blue Line flags and holding up signs.

“I truly believe in law enforcement,” said Greg Kellar, one of the event organizers. “Seeing what’s going on in some of the other cities, like Minneapolis and New

York, I couldn’t imagine this world without law enforcement.”

Kellar posted the event on NextDoor and about 25 Facebook sites in hopes of attracting like-minded participants.

Many said they decided to take part after hearing about calls for defunding police departments in various places across the nation. Kellar called the defunding idea “ludicrous.”

“The last thing I want to do is have a social worker come out here and try to talk down some guy with a gun in my house,” he said.

Many of the demonstrators came to Nocatee from other areas, such as Palencia, St. Augustine and the beach communities.

Cameron Coward of Ponte Vedra Beach waved a large Thin Blue Line flag from his position along the route.

“I came out here to support our men and women that support us and keep us safe,” he said, “so, they know that they’re wanted, and they’re loved and we’ve got their backs.”

“A lot of these people who serve and protect us and put their lives on the line every day are catching a lot of flak through-

out the country,” said Kellar. “I think the silent majority, though, truly supports law enforcement and wants them involved in the communities.”

The rally was not political, noted Kellar. “When an officer responds to your house and engages the bad guy, he doesn’t ask if you’re a Democrat or Republican,” he said.

The demonstration was peaceful and drew a lot of honks from passing cars. At one point, law enforcement officers showed their appreciation by slowly driving a line of sheriff’s vehicles by the participants with lights flashing and sirens sounding.

COVID

Continued from 3

been centralized in four local zip codes — 32082 (which includes Ponte Vedra Beach, Nocatee, Palm Valley, Sawgrass and Jack-

sonville Beach) with 186 positive cases; 32084 (St. Augustine, Villano Beach and World Golf Village) with 88 cases; 32092 (St. Augustine and World Golf Village) with 128 cases; and, 32259 (Saint Jones, Fleming Island, Fruit Cove, Nocatee and Jacksonville) with 183 cases.

The county will give local businesses free masks, outgoing Emergency Management Director Linda Stoughton said. There are 16,000 businesses in St. Johns, she said, and only 67 have taken advantage of the offer. The county has 30,000 masks on hand, and it’s giving them away in increments of

50, she said.

Hunter Conrad, the county administrator, said some of the CARES Act money will be spent on expanding testing.

County officials, commissioners and residents all agree shutting down the economy again can’t be an option.

Local resident Brenda David is an award-winning singer/songwriter with three CDs of original music. Her music can be heard on radio stations from six continents. But what she is most passionate about is her music ministry, Soul to Soul.

Brenda David

As told to Shaun Ryan

Tell us a little bit about yourself.

I've been a beach girl since my early childhood. I was raised in St. Augustine Beach and am a descendant of the Minorcans, the original settlers of St. Augustine. I think I was born with sand between my toes. After graduating from high school, I went to FSU and then travelled the world for several years as a model and actress before settling back in North Florida's beaches where I have remained a resident for 30 years. With a bachelor's degree in exercise physiology I spent many years working in the field of wellness in our healthcare system.

How did you get started as a musician?

I was a late bloomer getting involved in music. Without any training or natural talents, I was approached to be in a band and thought it would be fun, so I started out as a tambourine player and dancer. I definitely discovered a passion that has continued to grow with every passing year. Once I got comfortable with singing, I decided I wanted to learn to play guitar so that I could write my own music, and six months later I began working on my first all original album "Scratch."

How has your music evolved over the years?

With the release of "Scratch" in 1998, I was signed to Western Heart Promotions and began touring and performing both as a band and solo artist. Many of the songs topped college and European radio charts and several songs were featured in films.

In 2000, I received the honor of being asked to represent the U.S. and Jacksonville as a guest musician in Senegal, Africa, honoring the life of Anna Kingsley (of the Kingsley Plantation fame) and performing with Senegalese musicians from her birth country.

In 2006, I released a second album of original music, "Better Part of Me," receiving multiple songwriting honors including one from the international songwriting competition for "Behind the Veil," written in 1999 about the women of Afghanistan and the Taliban. My third album was released in 2012 and included a very unique song called "Africa."



Photo provided by Brenda David

In that song, you performed with members of the Maasai. Tell us about that experience.

I travelled to Kenya, Africa, for a music ministry and mission trip, and while sitting around a campfire one night playing guitar, I was joined by a group of about 20 Maasai warriors who began chanting along with me. We recorded it on our phones, and when I came home, my music-writing partner Mark Dennison and I created a music soundtrack around the chanting and then the words flowed from my experiences. The Maasai tribe actually loved the song and called me Mama Africa!

Tell us about your music ministry.

Around 2005, I began to branch out into another area of my music that has become my greatest passion.

My grandmother was in her 90s and loved to watch me perform, but it became more and more difficult for her to get to my venues. So I began performing at her nursing home, and since then it has grown into hospice, cancer and Alzheimer's centers, hospitals, behavioral health, dialysis and anywhere there is a need.

My music ministry, Soul to Soul, focuses on the sick, the dying and the elderly and touches the lives of thousands of individuals every year.

Another component of my music ministry has been doing mission work,

and I've completed hundreds of mission trips worldwide in the last 10 years. I feel incredibly blessed to be able to give the gift of music to those most in need and sometimes in their darkest or final moments. It's an honor to be given this as my life's calling and to be able to witness true miracles through the healing power of music.

What are you working on these days?

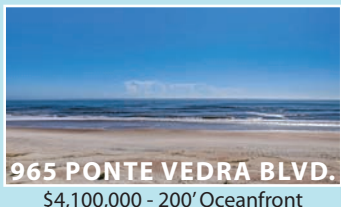
I've continued to work in the field of modeling and am honored to model for Venus swimwear and fashions in addition to having a five-piece band, Fireball, a duo, my music ministry — and I have begun writing songs for a new original music album.

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Thompson, DePorre earn scholarships from Sunset Rotary Club

Ponte Vedra Beach organization also passes gavel to Horton Hickerson

The Rotary Club of Ponte Vedra Beach Sunset had several reasons to celebrate recently when members met at 3 Palms Restaurant. Not only was it the first time they met in person since the start of the COVID-19 pandemic in March, they also presented the Jeff Hart Memorial Service Above Self Scholarship Award, marked their annual "Passing of the Gavel" and received an award for their response to COVID-19.

The club presented two highly deserving local students the Jeff Hart Memorial Service Above Self Scholarship. Dedicated in memory of Jeff Hart, a founding member of the club, the scholarships are awarded to the top applicant from both Allen D. Nease and Ponte Vedra high schools each year in recognition of their service to others as it relates to the Rotary

International motto, "Service Above Self," and in honor of their dedication as it exemplifies Hart's selfless spirit.

This year's award recipients were Elisabeth Thompson from Nease High and Joseph DePorre from Ponte Vedra High.

Elisabeth, daughter of Jill and Adam Thompson, has accepted an appointment to the U.S. Naval Academy beginning in late June and plans a naval career as an aviator or in medicine.

Joseph, son of Susan and Vincent DePorre, will be attending Notre Dame University starting this August where he plans to major in pre-med, in preparation for a medical career. As part of the presentation, Elisabeth and Joseph each read their application essays and were presented their scholarship checks by both Janeene Hart, past club president and Jeff's widow, and club President Tim Williford.

The club also marked the "Passing of the Gavel," with outgoing president Tim Williford turning over the club gavel to incoming president, Horton Hickerson. Williford, currently the head of St Johns County Salvation Army, is leaving this month for a new assignment in Alabama. Horton is a past Rotary Club president and past district governor from Red Bank, New Jersey.

Lastly, all Rotary Clubs were recently challenged with adapting to the "new



Rotary Club of Ponte Vedra Beach Sunset
Horton Hickerson receives the gavel from outgoing president Tim Williford for the Rotary Club of Ponte Vedra Beach Sunset.

normal" for club business during the pandemic. Awards were given to clubs that continued to meet virtually, kept in touch with all members and participated in efforts to assist those most adversely affected by the pandemic.

The Rotary Club of Ponte Vedra Beach Sunset met all criteria, including participation in St. Johns County United Way's Food

Drive on May 16 and contributing to a grant to replenish B.E.A.M.'s pantry, and was awarded District 6970's COVID Award.

For more information about the Rotary Club of Ponte Vedra Beach Sunset, contact Carol Maurer at maurer3966@aol.com. For more information about the scholarship awards, contact Paula Roderick at paroderick1@comcast.net.



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BRIEFS

SJC Public Library reinstates fine accrual and expands services

Beginning June 30, the St. Johns County Public Library System will reinstate fine accrual for all items borrowed going forward. Fines may be paid in person or online at www.sjcpls.org.

All St. Johns County library branches are open for expanded services including limited browsing, grab-and-go service, computer usage up to one hour with printing, faxing, copies and notary services from 10 a.m. to 3 p.m. Tuesdays through Saturdays.

Seating areas, meeting rooms, and play areas remain closed, and magazines and newspapers remain unavailable. In accordance with CDC recommendations and State of Florida safety guidelines, building capacity is limited, all returned materials are to be placed in the book drop and are isolated for 72 hours, and face coverings are strongly recommended.

For more information, visit www.sjcpls.org or call your branch library.

Gov. DeSantis signs physical therapy practice bill into law

House Bill 467 by state Rep. Cyndi Stevenson (R-Saint Johns) has been signed into law by Gov. Ron DeSantis. The bill reforms the physical therapist licensure requirements and allows physical therapists to add the practice of dry needling to their skill set.

"House Bill 467 modernizes the

Physical Therapy Act, which has not been significantly updated in 30 years," said Stevenson. House Bill 467 seeks to remove statutory barriers that keep Florida physical therapists from using a procedure known as dry needling to assist with pain management and improve mobility.

Physical therapists in 33 other states are already able to use this procedure in their practices. The bill also authorizes the Board of Physical Therapists to adopt rules related to the standards of practice for PTs that wish to perform dry needling, as well as additional training and supervised hours. HB 467 adds additional training requirements for PTs that wish to perform dry needling. It revises the definition of physical therapy practice as well as updating the terminology to reflect modern physical therapy practice.

"Representative Stevenson is a strong companion in the House," Sen. Ben Albritton (R-Bartow) said. "I am happy to have worked with her on this issue."

For more information on this bill, as well as other bills filed during the 2020 session, go to myfloridahouse.gov or contact the office of Rep. Stevenson.



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Postponements, cancellations and adjustments: Celebrating Independence Day during a pandemic

By Amber Lake

Freedom just isn't what it used to be during COVID-19 — although, it doesn't mean residents have to completely toss any 4th of July fun in order to stay safe.

Major changes have been instituted to curb the virus' spread, including many rearrangements to the annual fireworks schedule. Here is what both Duval and St. Johns counties can expect celebrations to look like for July 4.

Both the city of St. Augustine and Jacksonville Beach voted to postpone the fireworks show this year, with Jacksonville Beach opting to have an extra-explosive New Year's Eve. St. Augustine has yet to announce the new date for its fireworks how; officials are waiting to follow the progression of the pandemic before securing a specific date.

Jacksonville Mayor Lenny Curry announced rather than cancel or postpone, Jacksonville is "looking forward to producing an experience that is bigger, better and safer." This includes new fireworks display locations in the hopes of producing smaller, more dispersed crowds. Six fireworks celebrations will take place at 9:45 p.m. across Jacksonville.

The locations include:

- Downtown Jacksonville

- St. Johns Town Center Mall
- **Northside:** FSCJ North Campus
- **Southside:** The Avenues Mall
- **Westside:** Normandy/Lem Merrett Park
- **Arlington:** Ed Austin Regional Park

For those traveling for the show, be aware the easternmost northbound lane on the Acosta Bridge will be closed from noon to midnight on July 4. The Acosta Bridge will fully close at 9:15 p.m. and will open once all fireworks trailers and debris are cleared. The Main Street Bridge will be closed from 9:15-10:15 p.m. Attendees can expect all other bridges will be open.

Additionally, the Jacksonville Jumbo Shrimps are hosting a pre-Fourth party on July 3 at the ballpark, including fireworks and a baseball-themed movie. The "socially-distanced event" is capped at 2,000 attendees and starts at 7:30 p.m., with the fireworks display beginning at 9:15 p.m.

For those interested in staying home this Independence Day, 97.9 KISS FM, WJXT and PRI Productions will be airing "Red, White and Boom" on WJXT Channel 4 — or, if a good parking spot permits — attendees can tune into 97.9 KISS-FM and 99.1 WQIK to listen to synchronized music from their vehicles thanks to iHeart Media.



Photo provided by the City of Jacksonville

COVID-19 puts a twist on traditional Independence Day celebrations as cases surge in North Florida.



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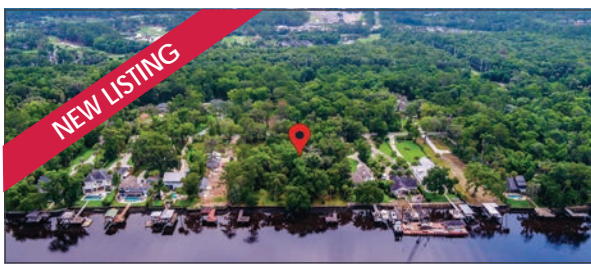
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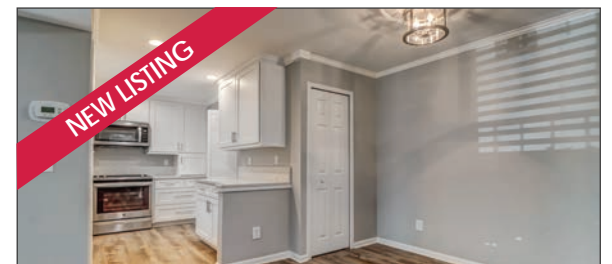
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JA of North Florida names new board chair

Mary Ann Callahan's new role with local Junior Achievement program began July 1

Junior Achievement of North Florida recently announced Mary Ann Callahan is the new chair of the board of directors. Callahan took over the leadership role July 1. She has previously served on the executive committee as vice-chair and secretary.

"Junior Achievement is fortunate to have someone of the caliber of Mary Ann Callahan take over the reins of the board of directors," said Steve St. Amand, president of JA of North Florida. "There will be much choppy water to navigate as we negotiate the pandemic, and Mary Ann is the perfect individual to lead the organization during these times."

Callahan will serve as the board chair through June 30, 2022. She joined the organization as a board member in 2016 but her involvement extends

beyond the executive team. She has also been a volunteer with the organization and served as the chair of the \$mart Women Make Change event, an annual fundraiser to support the JA Girl\$ Initiative.

"My favorite part of being involved with JA is to see our students get excited as they think about preparing for the future through all of the different programs that we have to offer," Callahan said. "As board chair, my goal is to continue to build on the legacy of our previous board chairs and Steve. I want to ensure we continue to support our community in a relevant matter in these uncertain times and prepare our students for the future."

Callahan has more than 30 years of lending experience in the financial industry including in sales, servicing, loss mitigation and operations. She serves as the production executive for the centralized and online retail auto sales team for Bank of America. She has also held



Mary Ann Callahan

leadership roles with EquiCredit, Homeside Lending, Washington Mutual, Chase and PNC. She started her career with ITT Financial Services.

Callahan holds both a bachelor's and a master's degree from Miami University and is a certified Women's Business Advocate. In addition to her involvement with JA, Callahan has also volunteered with United Way, served as a mentor for Women's Unlimited's LEAD program and as an advisor for Year Up Jacksonville. She also actively participates in the equestrian sport of dressage. Callahan currently lives in Neptune Beach with her husband and two rescued Labrador retrievers.

JA in need of virtual volunteers for summer camps

Junior Achievement of North Florida is still in need of volunteers to join them to teach virtual classes to students in elementary, middle and high school summer camps. The classes will be between 30 and 45 minutes each and will be done through video conferencing. The virtual volunteer opportunities will continue through the end of July.

Locally, JA of North Florida serves Valley Ridge Academy in Ponte Vedra Beach.

Each volunteer will first be given virtual training on the curriculum and best practices for virtual classroom teaching and then can choose from the available classes and times. The classes for high school students will be held on Wednesdays at 11 a.m. Classes for middle school students will be Tuesdays and Thursdays at 3 p.m. and elementary classes will be taught on Tuesdays and Thursdays at 2:30 p.m. and Fridays at 10 a.m. Volunteers have the opportunity to teach more than one class.

JA of North Florida has partnered with Sandalwood High School, the Mayor's Youth at Work Program, the Malivai Washington Youth Foundation and Girls Incorporated to provide JA programs during the summer camps. To volunteer, contact Teresa Smith at teresa@janfl.org, at (904) 398-9944, ext. 227 or go to janfl.org and click on Get Involved.

Virtual volunteers can also share their job stories by recording a video. Look for the instructions at janfl.org under the COVID-19 next steps and online resources. There are also additional online resources for students from kindergarten to 12th grade that can be accessed at any time.



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FREE ESTIMATES



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 flower that follows the sun does so even in cloudy days."
 – Robert Leighton



Kathy Esfahani
 Columnist

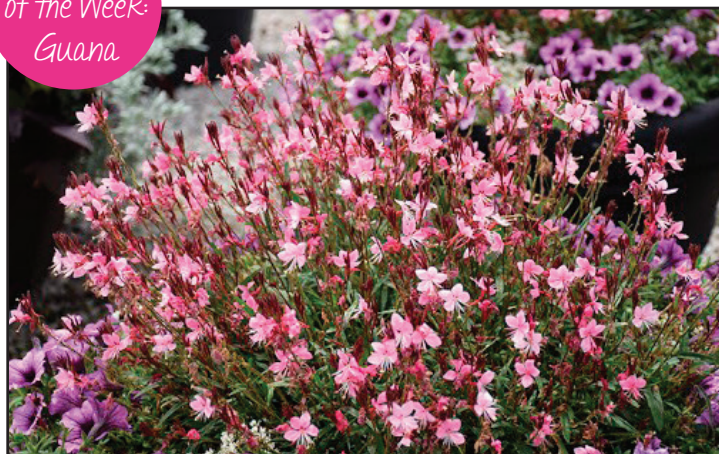
HURRICANE PREPAREDNESS FOR HURRICANE SEASON

As hurricane season is underway, there are some tips to help minimize damage at your home!

- Make sure all tree limbs are primed high — elevate canopy of tree and remove any dead limbs.
- Remove debris or miscellaneous. Items from yard. When winds begin to pick up, it will help minimize flying objects that can affect your home.
- Stake any plants or trees that are top heavy, such as standard bottle brush or standard cassia, and any topiaries.
- Remove yard decor such as pottery, trellises, yard art, swings and lawn furniture if possible. Otherwise secure or anchor down in preparation of high winds.
- If there is a hurricane near, turn off all irrigation as there is already too much water, which can cause roots to loosen and trees to fall, as well as disease problems. Don't forget to turn irrigation back on after three or four days of no rain.
- Always know where your water main is located and how to turn it off in an emergency. If there is a special tool needed to turn it off, you can grab it at Home Depot on your next trip.

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



Flower of the Week: Guana

Photos provided by Kathy Esfahani

Ocean Sole Africa Beach Cleanup set for July 5

Ocean Sole Africa beach cleanup is scheduled for 10 a.m. Sunday, July 5 at Mickler's Beach, 1109 Ponte Vedra Blvd.

Ocean Sole is partnering with another local nonprofit called Keepers of the Coast to make this happen. To lend a hand or volunteer, call (904)-907-3596 or email michelle@oceansoleafrica.com



Photo provided by metrocreativeconnection.com

Suzie Connolly

904.234.8812 CELL
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Rory Connolly

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OBITUARIES

Joseph John Mancino, Sr.

Joseph John Mancino, Sr. (Joe) went to be with the Lord on June 19, 2020. He passed away peacefully, at home, surrounded by loved ones.



Joseph John Mancino, Sr.

Joe was born in the Germantown section of Philadelphia on September 16, 1925, where he met the love of his life and his bride of 72 years, Mary (née) Papiano.

Joe was a True American Patriot and Navy Veteran who served in the Pacific aboard the USS Griffin (AS-13) and the USS Coucal (ASR-8) during World War II. As part of Operation Crossroads, he witnessed the testing of the fourth Atomic Bomb off Bikini Island.

Anyone who knew him enjoyed the stories of his past that he loved to share.

Joe leaves behind his loving wife, Mary; daughter Mary Jane Cellucci (John) of Ponte Vedra Beach; son Joe, Jr. of Palm Coast; twin daughters Donna Mancino of State College, PA and Denise Stephanou (Henry) of Bogota, Colombia; brother Charles Mancino (Pat) of Hatfield, PA; seven grandchildren and six great-grandchildren. He was preceded in death by his parents, Louise and Angelo and brothers Anthony and Angelo, Jr.

Joe was a devout Catholic who found peace in his love of the Lord, his devotion to the Rosary and to St. Teresa of Lisieux. He found his joy in being with his beloved Mary and their family. Joe had a special smile that lit-up his face whenever he saw his grandchildren and great-grandchildren.

Joe loved his family and his country more than life itself. He will be loved and missed forever by all who knew him. He will never be forgotten.

Due to the COVID -19 pandemic,

funeral services will be held at a later date. In lieu of flowers, donations in memory of Joe can be made to Community Hospice of Northeast Florida, 4266 Sunbeam Rd., Jacksonville, FL 32257 or Wounded Warrior Project, 4899 Belfort Rd., Jacksonville, FL 32256. Please visit the Tribute online at www.quinn-shalz.com. Arrangements by Quinn-Shalz Family Funeral Home.



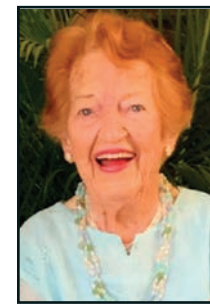
Family Funeral Home & Cremation Centre
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Louise Sudul

Louise Sudul passed away peacefully 20 June, 2020 at home on Ponte Vedra Beach, Florida. She was 99.

Born in Duquesne, Pa. Louise resided in Florida since 1952. A highlight of her working career was at Stockton, Whatley, Davin & Co. (SWD) in Jacksonville, FL.

She is survived by her daughter Julia



Louise Sudul

Sudul (Ilonka), Grandson Ben Sudul (Mel) Berry, Great Grandson Jordon Berry/ Vancouver Island. Nephew Charles (Phylliss) Douglass III & many Nieces & Nephews. Predeceased by her husband Harry W.

Sudul & Son Harry W. Sudul II (Toby) and siblings Rosemary Wilson, Leona Cole, Robert Brennen, Josephine Wright, Joseph R. Brennen, & Regis Brennen.

We'll remember Louise as being "Jolly Good." Always ready for a laugh, passing on a smile & celebrating life. She enjoyed traveling the world & many joyful years at the Ponte Vedra Club, Gym and especially dancing with Harry at Happy Hour.

A special Thank You to Louise's Angels/ Care Team: Lynette, Stacey, Mary, Christina, & Brenda.

A service at Christ Episcopal Church Chapel will be at a later date.

Arrangements are under the direction Beaches Chapel By Hardage-Giddens Funeral Home, 1701 Beach Blvd., Jacksonville Beach, FL.



David Berlin

David Berlin, 67, of Ponte Vedra, Florida, died June 26, 2020. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalle.com

Patricia Anne DeBlasio

Patricia Anne DeBlasio, 74, of Ponte Vedra, Florida, died June 27, 2020. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalle.com

Shirley David Frost

Mr. Shirley David Frost, 90, of Ponte Vedra Beach, Florida, died June 27, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com. (904) 249-1100



CHRIS

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for ST. JOHNS COUNTY SHERIFF

Strickland uniquely qualified to be our next sheriff

By Tom Verri
St. Johns County, FL

Based on my 34 years of experience in law enforcement, working for two of the country's largest police agencies as well as the US Department of State, in command-level and supervisory positions I would like to announce that I am supporting Chris Strickland for St. Johns County Sheriff.

I have compared the qualifications and experience of the two current candidates: Chris Strickland and Rob Hardwick. This county needs proper administration of our sheriff's office. It is our primary law enforcement and public safety agency. With that in mind, I find that Strickland far and away exceeds his opponent. Sheriff Neil Perry appointed Strickland a deputy sheriff when he was only 19 years old. Perry saw Strickland's dedication and realized Chris had great promise. Strickland rose through the ranks as the agency and the county grew. He advanced from deputy to sergeant to detective, lieutenant, to commander and finally to the highest-ranking uniformed career position, Director of the Office of Sheriff. As Director, he oversaw operations at the highest level of the agency. Strickland earned a Master of Public Administration degree and is a graduate of Georgia Command College.

Chris Strickland is uniquely qualified to be our next sheriff. In recent years, our sheriff's office has been plagued with scandals. Under outgoing Sheriff Shoar, we have witnessed the national embarrassment of mishandling in the Michelle O'Connell death investigation as well as the embezzlement of nearly a million dollars by Shoar's handpicked Director of Finance. After 16-years of no accountability for his actions, Shoar and his backers have donated hundreds or thousands of dollars and are aggressively promoting Harwick, who oversees an agency made up of about 21 officers, to be Shoar's handpicked successor. That is disturbing. Chris Strickland has been for openness and honesty since day one. Last year, he promised to equip all deputies with body-worn cameras. In fact, during his tenure as chief of the 21 officer St. Augustine Police Department, he has never equipped his officers with them. Why?

Chris Strickland will restore excellent police and community relations by reviewing and reforming use of force training, setting up strong protocols for budgetary and fiscal management to insure accountability of taxpayer dollars and move the department into the future with innovative platform for the agency and for all residents of the county.

Strickland4Sheriff.com

Paid for by Chris Strickland, Rep. for St Johns County Sheriff



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Summer HEALTH & BEAUTY Guide

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A Special Section from **July 2, 2020**



Recorder

Not your average newspaper, not your average reader

Heat of the pandemic got you down? Try cooling off with Beaches Cryoskin

By Amber Lake

Let's face it — for many of us, social distancing has not only distanced our interactions, but our waistlines as well. Months of Netflix, anxiety, snacks and elastic pajamas can do that. It's OK. Sometimes you've got to self-soothe with a Nutter Butter — or five.

Now that summer has reared its ugly flaming head, the only thing that feels cold is the slap of reality as bathing suits are donned once again.

At Beaches Cryoskin, feeling cold can actually end up as a confidence boost thanks to their CryoToning and CryoSlimming technology. According to owner Corinn Noske, it's a lot less painful, too.

"Cryoskin uses a wand, unlike other cold fat-melting treatments," Noske said. "Other cold-sculpting treatments use a suction mechanism, which creates bruising or nerve damage. Ours uses a hand technique, which many find relaxing."

Many people are somewhat familiar with cold sculpting, or "cryolipolysis" technology since its market debut in 2010. The method uses subzero temperatures to "freeze fat," essentially rendering the storage cells useless. The draw for many was the ability to target certain "problem" areas (i.e. arms, lower abs, neck) that people have a difficult time toning on their own.

For anyone who has spent hours of one-on-one time with a Thigh Master hoping to work the thunder out of their legs — this may sound too good to be true.

Noske swears by her magic wand, however.

"Cryoskin is permanent, immediate inch loss," Noske said. "When you do the treatment, you can measure before and

after and it's guaranteed a minimum of half-an-inch loss. Usually we see anything between an inch or two inches in a single session."

She is confident enough that Beaches Cryoskin offers guaranteed results, providing continued sessions until the initial treatment recommendation is achieved.

According to Cryoskin enthusiasts, the technology goes so far as to double the amount of fat cells destroyed (44%) than traditional cold sculpting in clinical trials.

Recently, the medical spa added another addition to their fat-melting arsenal, something they call "Endospheres."

"We are one of three in America that has this device it's so new," Noske said "It's imported from Italy. We've been offering it since March and are seeing incredible results, especially in combination with the Cryoskin machine. [The device] promotes whole body lymphatic drainage."

Endospheres uses what they call a "microvibration method" that targets and breaks down hardened, fatty tissue with hundreds of soft, rapidly rotating spheres. The method is also noninvasive and additionally offers zero down time.

Noske said the method is perfect for individuals concerned about "saddle bags" or other visceral fat areas that are the result of office jobs, hormones or inflammatory responses.

Additionally, she boasts, "it does a really dramatic, amazing butt lift."

Perhaps we haven't earned an amazing butt; however, maybe this year we deserve it.

Beaches Cryoskin is located at 5150 Palm Valley Road Suite 208, Ponte Vedra Beach. For more information call (904) 862-1999 or go to beachescryoskin.com.



Photo by Amber Lake

Beaches Cryoskin owner Corinn Noske offers both cryolipolysis technology and new endospheres for toning and slimming with non-invasive procedures.

Bad habits that can affect your physical appearance

Who doesn't want to look and feel her best? Many women go to great lengths in the name of beauty. But not every beauty tip or practice is beneficial. Women may be tempted to repeat bad beauty habits when they get the desired results, but doing so can put their bodies at risk.

Turning a blind eye to these habits is never a good idea. In fact, recognizing potential beauty pitfalls and how to avoid them can promote long-term health, and nothing is more beautiful than that.

■ Failure to drink enough water.

One of the most effective ways to nurture skin comes right out of the tap in the kitchen sink. When people forget to drink adequate amounts of water, loss of fluids can result in dry skin that may have a

tired, faded look. Even subtle wrinkles may become more pronounced as a result.

■ **Getting tan from the sun or tanning beds.** A warm, golden glow is a hallmark of long days spent in the great outdoors. Many women aspire to have a beautiful tanned look and will spend hours in the sun or at tanning salons. Dermatologists warn that ultraviolet rays that come from the sun or tanning beds can be very harmful to the skin, even if you do not burn. Premature aging and skin cancer are two risks.

■ **Wearing dark nail polish.** Polishing nails can coordinate with style trends. Women who regularly polish their nails with dark hues and leave the color on too long may find their nails become

discolored, especially after using less expensive polishes with powerful dyes. Change nail colors and give nails time to recover between applications.

■ Using dirty makeup brushes.

Cosmetics can completely transform appearance, often with minimal effort. By failing to clean brushes after frequent use, women are potentially exposing themselves to bacteria and other microorganisms that congregate on brushes and applicators. This bacteria eventually can spread into the beauty products themselves.

■ **Popping pimples.** The temptation to pop pimples is significant. The wellness resource Verywell Health says popping pimples forces pore debris

deeper into follicles, can make blemishes worse and increases the chances of developing acne scars and post-inflammatory hyperpigmentation. Use a warm compress on pimples to speed up the natural healing process instead of popping them.

■ **Taking hot showers.** While this may be more of a concern in winter, when a steamy shower is the perfect way to chase away the chill, water that is too hot can remove a layer of the protective oils on skin and hair. Moderate the temperature instead.

Bad beauty habits can compromise women's appearance and their overall well-being. Some women may benefit from changing their beauty routines.

The way you think about exercise can impact results



Marie Merritt
Guest Columnist

Every individual who begins a training or exercise regimen has an aesthetic goal. What most people don't realize is the way we look is a byproduct of a series of choices made over an extended period of time and applied consistently.

When we focus on creating a lifestyle using healthy, consistent behaviors around eating and movement, our bodies will begin to reflect the changes we want to see.

Exercise is and should be viewed as a celebration of what our bodies are capable of doing. We don't need a gym to exercise, but it helps when applying load for progression and improving muscle tone, shape and size. When we exercise and our bodies build more lean muscle mass, our metabolisms increase and our total body fat is reduced, giving the appearance of a leaner, more toned physique.

The benefits of consistent exercise are all-encompassing. Our skin becomes healthier because of an increase in blood flow that provides nutrients to the skin and sweating clears the toxins. Exercise improves our mood and has been linked



Photo provided by metrocreativeconnection.com

to reducing depression, anxiety and stress. When we push our bodies and accomplish our goals, we feel better and we are more

likely to continue the routine of activity. Consistent exercise reduces the risk of illness, heart disease and other lifestyle-

related ailments. Exercise improves body composition and helps improve digestion and nutrient absorption. The benefits are seemingly endless and we should all think of new and exciting ways to challenge ourselves physically.

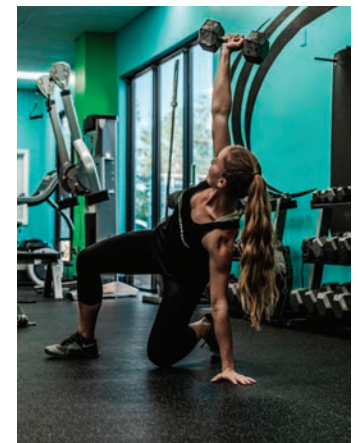
If you are new to exercise, I recommend beginning slowly and integrating something as simple as a walk after dinner. If you want to take your exercise and activity to the next level, hiring a personal trainer to guide you through routines specific to your needs and goals is a great step. Joining a recreational sports league is another way to integrate more activity and a fun competitive aspect to your lifestyle.

When asked what the best way to accomplish a goal is, my reply is always "consistency." Most people get frustrated and give up before they see any real, long-lasting changes. Being consistent and relentless in the pursuit of achieving a healthy lifestyle is the only way to make real change that will last a lifetime. The thing to remember is that what you do is your choice. If you choose yourself and your health, those around you will benefit as well.

Marie Merritt is the owner of Momentum Wellness, LLC. Momentum Fitness is located at 5150 Palm Valley Road, Suite 103, Ponte Vedra Beach, FL 32082. (904) 504-9894



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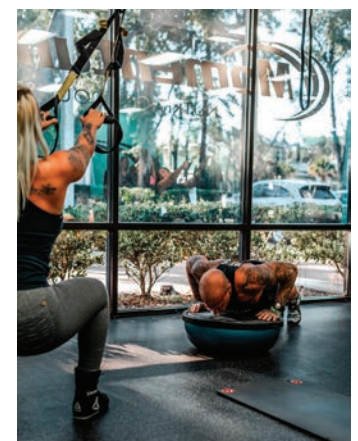
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Southside Dermatology opens 2nd office in Jax Beach

By Shaun Ryan

Southside Dermatology & Laser Cosmetic Center patients living along the coast will soon have a shorter drive to access the many services offered by Dr. Mary Pentel and her staff.

On July 13, the practice will add a second location, this one at 572 Jacksonville Dr. in Jacksonville Beach.

“We are so excited,” said Pentel, who has been practicing in the area for more than 20 years.

Patients have long sought care at the practice’s main location, 4727 Sunbeam Road, Jacksonville, but this new office will be particularly convenient to those living between Neptune Beach and Ponte Vedra. Longtime patients have greeted the news with enthusiasm and told Pentel that they will encourage friends to go there.

One of the reasons Pentel wanted to expand was to bring her laser technology to the beach area. Southside Dermatol-

ogy has lasers for all types of situations, including one that is so large it can treat patients from head to toe.

Pentel emphasized the importance of matching the correct laser to the patient’s skin type and condition.

“We have so many lasers, we make sure to get the right one for you,” she said.

The practice specializes in skin of color, minimally invasive procedures and treating scars.

Beyond that, Southside Dermatology offers a full spectrum of services and treatments, including general dermatology, aesthetic services, skin cancer surgery, cosmetic services, cellulite removal, skin tightening, feminine rejuvenation, acne treatment, spa services and much more.

For those seeking to mitigate the effects of aging, Southside Dermatology has an answer.

“We’re moving toward ‘pre-rejuvenation’ to get ahead of the aging curve,” Pentel said. “And it’s more cost-effective.

If you start early to slow the aging process, you don’t have to do as much as you get older.”

To help address skin cancer, Southside Dermatology offers photodynamic therapy and superficial radiotherapy as alternatives to surgery.

“I like to offer my patients options,” Pentel said.

Though her practice offers a comprehensive approach to treatment, Pentel’s philosophy may have played a significant role in her success.

“Treat everyone how you want to be treated,” she said. “Take care of your patients well. Treat them like family. And be personable. Your personality needs to show through.”

In addition, she is always learning and attends conferences to stay on top of the latest developments, something her patients enjoy hearing about.

“My patients always ask: What’s new? What’s new?” Pentel said.

To help protect her patients during the coronavirus pandemic, Pentel’s office takes precautions. That includes masks, taking temperatures, asking relevant questions and allowing patients to wait in their cars rather than the waiting room.

Patients can also connect via TeleHelp for online visits.

In fact, Southside Dermatology employs the latest technology in nontreatment areas as well. Patients can schedule appointments online. And the practice has an online store for products and procedures.

In addition to Pentel, the staff at the new Jacksonville Beach office will include Dr. Ivette Sosa Seda, advanced practice registered nurse Jenifer Scott George and licensed aesthetician Judi Moise.

Office hours will be 9 a.m. to 5 p.m. Mondays and Fridays, 9 a.m. to 6 p.m. Tuesdays, Wednesdays and Thursdays. Appointments are being taken now at (904) 880-0622.

Tips for staying safe in the sun

A relaxing day outdoors soaking up some of the sun’s rays is how many people prefer to spend their free time when the weather allows. While the very vision of a warm summer afternoon spent outdoors can invoke positive feelings, it’s important that people take protective measures before going outside and continue to do so while they’re out there.

According to the American Cancer Society, most skin cancers are the result of exposure to ultraviolet rays in sunlight. UV rays are a type of radiation that do not have enough energy to penetrate deeply into the body. As a result, they primarily affect the skin. Overexposure to these rays can lead to skin cancer.

PROTECTION FROM UV RAYS

The ACS notes that there are no safe UV rays, so it’s imperative that people take UV protection seriously. The following are some of the many ways to protect yourself while still enjoying sunny days outdoors.

■ Go out at the right times of day.

The ACS notes that UV rays are at their strongest in the middle of the day between the hours of 10 a.m. and 4 p.m., so staying inside during these hours can protect your skin. This is especially important in the spring and summer, as the ACS says UV rays are stronger during these seasons than other times of year.

■ **Employ the shadow test when going outside.** It may not seem especially scientific, but the shadow test is a simple way for anyone to gauge how strong UV rays from the sun are at any given moment. According to the ACS, if your shadow is shorter than you, that means the sun’s rays are at their strongest. This simple test can help people immediately determine how strong the sun’s rays are, compelling them to be extra cautious if necessary.

■ **Apply sunscreen early and reapply often.** The ACS recommends using sunscreens with broad spectrum protec-



Photo provided by metrocreativeconnection.com

tion that protect the skin from both UVA and UVB rays, and applying them before leaving the house and reapplying often while outdoors. When choosing a sunscreen, choose one with a minimum sun protection factor, or SPF, of 30. Understanding SPF can help people recognize the importance of reapplication. When an SPF 30 product is applied correctly, a person gets the equivalent of one minute of UVB ray exposure for each 30 minutes he or she spends in the sun. So one hour in the sun wearing SPF 30 sunscreen is the same as spending two minutes totally unprotected. Reapplying SPF 30 sunscreen often can ensure you are protected at all times.

■ **Wear a hat.** Hats with a brim that is at least two to three inches all around protects vulnerable areas such as the eyes, forehead, nose, ears, and scalp. Choose a hat with a dark, non-reflective underside, as such a hat can lower the amount of UV rays that reach the face from reflective surfaces such as water.

Sun protection is important year-round, and especially so during spring and summer.

Did you know

WHAT IS SPF?

When shopping for sunscreens, consumers will no doubt notice each bottle lists its SPF number. Numbers tend to be as low as 4 or as high as 100. But what is SPF? And what does it have to do with protecting the skin from the sun’s harmful rays? According to the Skin Cancer Foundation, SPF, which stands for sun protection factor, is a measure of a sunscreen’s ability to prevent the skin against ultraviolet B, or UVB, rays from the sun. The Skin Cancer Foundation notes that SPF works in a way that might surprise even the most devoted of sun worshippers. If it takes 20 minutes for unprotected skin to start reddening, then a sunscreen with an SPF of 15 will theoretically prevent reddening for 15 times longer than that — or about five hours. While that’s impressive, the Skin Cancer Foundation notes that the SPF model does spark some concern. For example, no SPF sunscreen, regardless of its number, should be expected to remain effective for longer than two hours without reapplication. In addition, reddening of the skin is a reaction to UVB rays alone and indicates little about any damage caused by ultraviolet A, or UVA, rays. To protect themselves against both UVB and UVA rays, the Skin Cancer Foundation recommends consumers use only broad-spectrum sunscreens with an SPF of 15 or higher. Wearing protective clothing, staying out of the sun between the hours of 10 a.m. and 4 p.m. and reapplying sunscreen after sweating or going into the water are other ways to protect the skin from the sun’s harmful rays.

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Prevent and repair seasonal hair damage

Summer is a great time to get outdoors, but summer sun can be hard on hair. Days spent diving through the waves at the beach, submerged in the backyard swimming pool or lying out in the hot sun can be particularly damaging to tresses.

As summer draws to a close, men and women find that their hair needs a boost to repair the damage that has accumulated over the last few months. It is important to note that hair that is split or broken has experienced permanent damage and cannot be repaired entirely. There are products that can help smooth hair or make it appear thicker, but such products will not repair the hair shaft. The only option in such instances is to cut hair shorter (if possible) and wait for new, healthy hair to grow in, according to the experts at Good Housekeeping's Beauty Lab.

A proactive approach to preventing hair damage all year long is a great way to avoid summer sun from wreaking havoc



Photo provided by metrocreativeconnection.com

on hair. Here are some steps to take.

■ **Speak with a stylist.** Make an appointment with your stylist to discuss your hair quality and what can be done. He or she likely knows of products or techniques that can mitigate any existing damage and what may prevent future issues. Seek out expert advice if damage may have been the result of do-it-yourself chemical treatments.

■ **Lay off of heat and chemicals.** Let hair recover by skipping chemical treatments like coloring, perms, straightening, and other services for the time being.

HAIR DAMAGE continues on **Page 18**

Men's home grooming solutions

Many men are not content with emerging from the shelter-at-home experience looking like Tom Hanks in "Castaway." As a result, such men are navigating at-home grooming — sometimes with mixed results.

Thanks to the internet, there are scores of video tutorials that can do everything from explain barber terms to help you clip hair from the comfort of home. At-home men's grooming can be customized to align with how far men are willing to take the plunge.

GROW IT OUT

Many men have taken to social media to showcase their "Quarantine Mustaches" and "Corona Beards." Mustaches take conviction to pull off because they're far less popular today than during peak mustachioed glory of the 1970s and 1980s when Freddie Mercury, Burt Reynolds and Tom Selleck had mustaches as famous as the stars themselves. Jeremy Kirkland, who hosts a menswear-focused podcast, suggests that men treat mustaches like they're no big deal and not to draw attention to them. Eventually, the mustache will be accepted as part of the new you.

Beards have been trendy for years and can be ideal ways to give faces a break from constant shaving. With

work-at-home restrictions deemphasizing grooming requirements, there may never be a better time than now to try a beard. Brickell Men's Products says to make sure to wash and clean facial hair two to three times a week, clip it to tame hairs and trim your neckline to ensure proper hygiene.

HOME HAIRSTYLES

Men's hairstyles tend to be much shorter than women's, so hair that has begun to grow out can become much more noticeable, and more quickly. Any guy who has flirted with a do-it-yourself haircut may want to consider buzzing it all off. Going buff, or very short, is the most goof-proof home haircut to try. Begin with a longer trimmer guard and gradually shorten to what feels comfortable. Unless you're experienced, it's best to leave fades and other tricks of the trade to the professionals when barbershops reopen.

Men also can grow out their hair and embrace the "flow" style. This medium- to long-length style has been a look for surfers, skaters, preppy guys, and baseball players for some time. Men's Hairstyle Trends says this style is easy to manage. Natural texture adds to the look, and it's great for guys with wavy or curly hair.

NOMINATE YOUR FAVORITES NOW!



IT'S THAT TIME AGAIN!

The Ponte Vedra Recorder is holding its 2nd annual **BEST OF THE BEST OF PONTE VEDRA** contest.

Readers will have the chance to nominate their favorite businesses in various categories online. Online voting will begin once nominations are complete.

www.pontevedrarecorder.com/bestof2020

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Methods to hydrate, refresh dry skin

Dehydrated skin is among the many causes of facial wrinkling, which also can be caused by smoking, environmental factors and UV exposure. Aging skin doesn't produce as much collagen and elastin, which allows skin to spring back into place, as it once did. Conditions like dry, dehydrated skin may make wrinkles appear worse. Treating dehydration and dryness may reduce wrinkles and refresh dry skin, giving it a more youthful appearance.

Those who want to treat dry, dehydrated skin must understand the difference between hydration and moisturizing as it applies to skincare. According to Annemarie Gianni, a skincare aesthetician and creator of Annemarie Skin Care, hydrating skin means increasing its water content by increasing the amount of water contained in skin cells. This can result in a healthy, plump complexion. Skin that is properly hydrated will keep fine lines and wrinkles from being overly apparent.

Moisturizing skin involves applying a lubricant that mimics naturally produced lipids and oils in the skin that will protect and soothe.

Hydration and moisturizing often work hand-in-hand. In addition to drinking plenty of water to hydrate the skin from the inside out, individuals can use products that contain hyaluronic acid, glycerin and sodium hyaluronate. These are known as humectants. In addition, the National Center of Biotechnology Information says that aloe can improve water content in the skin. Once water is bound to the skin, a moisturizer will prevent the water from leaving it. Look for moisturizers with natural oils and butters to help retain moisture, like cocoa butter.

The following are some additional methods to maximize hydration and moisturize skin.

- Take warm showers, as hot water can strip the natural

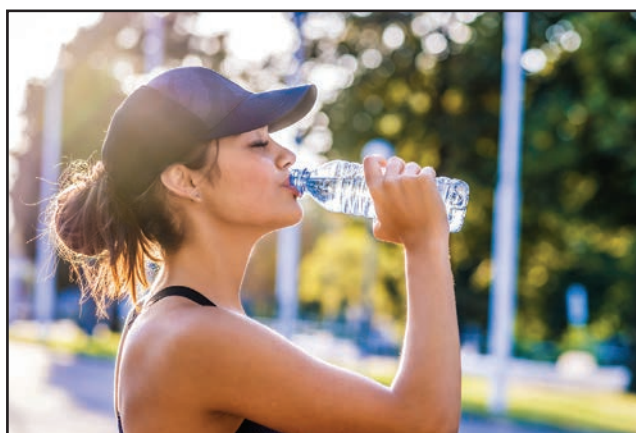


Photo provided by metrocreativeconnection.com

lipids from skin and cause dryness.

- Avoid too many alcoholic beverages. Alcoholic drinks are diuretics that can cause the body to lose water, advises WebMD.

- Use a humidifier indoors to amp up the moisture level in the air.

- Enjoy water-rich foods, like watermelon, cucumber, grapes, and other succulent fruits and vegetables.

- Drink the recommended amount of water per day, and limit your consumption of caffeinated and sugary beverages.

- Work out to improve blood flow and oxygenation in the skin.

- Try a facial essence. Facial essences are a principle of Japanese beauty regimens and contain fermented ingredients that support skin penetration and hydration.

Anyone concerned about dehydrated or dry skin can get further advice about treating the problem by speaking with a qualified dermatologist or aesthetician.

Hair damage

Continued from 17

Limit coloring to simply touching up roots, if possible. Similarly, let hair air dry whenever you can, and keep heat-based styling tool use to a minimum.

- **Minimize yanking or pulling.** Hair is delicate, especially when wet. Always use a gentle hand when drying, combing or brushing to reduce breakage. Use hair accessories that are covered in fabric so they do not damage tresses.

- **Opt for leave-in conditioners.** Leave-in conditioners can replenish emollients stripped from the hair shaft, helping to repair damage caused by the sun, chemicals or heat damage. Bimur Aral, Ph.D., a beauty and hair expert, says conditioners can coat hair when wet and make it easier to untangle, leading to less damage. Again, speak with your stylist to gauge how frequently to use conditioners and other treatments.

- **Use a sunscreen for hair.** Invest in products that help block UV damage on hair much in the way you use sunscreen to protect your skin.

- **Remove green hues.** Metals present in swimming pool chemicals can leach into porous hair shafts and lead to a green tint that becomes more noticeable over time. The experts at Livestrong.com say to use a special swimmer's shampoo that contains chelating ingredients that break down and remove metals from your hair.

Repairing hair and preventing future damage can take some effort, but it's worth it for beautiful tresses.

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Wolfson Children's Hospital reminds parents of importance of childhood wellness appointments, vaccinations during pandemic

By Mobeen Rathore, M.D.
Chief, Pediatric Infectious Disease and Immunology,
Wolfson Children's Hospital of Jacksonville

Numerous events have been canceled or rescheduled as a result of the COVID-19 pandemic, but it shouldn't keep anyone from going to the doctor.

Families are encouraged to bring their children back into the doctor's office, and to get their vaccinations before school re-opens in the next few months. It is safe to schedule well-child visits and important to stay up-to-date with regularly scheduled vaccines.

Vaccines are the best thing in medicine because they can prevent infection. Without vaccination, your child is vulnerable to disease.

Immunizations provide maximum benefit to children before they become at-risk for diseases such as polio, chicken-pox, measles, mumps and rubella, which are preventable with routine childhood immunizations. Without vaccination, there could be a resurgence of vaccine-prevent-



Photo provided by metrocreativeconnection.com

able diseases. Immunizations also prevent deadly diseases from spreading to others.

Vaccines undergo extensive safety testing and are held to the highest safety standards. The Centers for Disease Control (CDC)/American Academy of Pediatrics (AAP) childhood immunization schedule

is based on scientific research and data. The number of doses of vaccines and the timing of the vaccination have been planned for maximum benefit.

While leading researchers predict we are still a year away before we have access to a COVID-19 vaccine, children of

all ages need other vaccinations to stay healthy. Since the beginning of the pandemic, the AAP reports a significant drop in well-child checkups and vaccination delays. These missed visits could impact a child's health.

Well-child visits often find medical or developmental problems at an early stage in time to resolve them. Vaccines provide important protection against infections and diseases, and keep children safe from many serious illnesses.

As the situation with COVID-19 continues to evolve, all Wolfson Children's facilities have additional guidelines in place to care for patients in a safe manner without exposing them to the risk of infection. These include prescreening and screening at the door, limited entry points, social distancing, requiring masks and frequently cleaning common areas. More information is available at wolfsonchildrens.com/safety.

Wolfson Children's Hospital has been named year after year by U.S. News & World Report as one of the best children's hospitals in the country.

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THEME: THE HUMAN BODY

ACROSS

1. It's often breaking
5. Pilgrimage to Mecca
8. Bog deposit
12. Mine entrance
13. *Blood fluids
14. Sinbad the Sailor's home
15. Delhi dress
16. Ball of yarn
17. On the radio
18. *Brain's "fear factory"
20. Gulf War missile
21. Monkeys, in Spain
22. "____ Elise"
23. Capital of Tasmania
26. Unlike Pinocchio
29. Be mistaken
30. Meteorologist's line
33. Radiant light
35. Popular horse breed, pl.
37. VIII predecessor
38. Lit test format
39. Prima donna
40. Like meters and kilograms
42. Step on it
43. a.k.a. association football
45. ____ Hood and Christopher ____
47. *Result of UV exposure
48. Southern chicken stew
50. Staff leader

52. *The smallest bones
56. Social media button
57. Mangle carrier
58. Plumber's sealant
59. Fuzzy fruit, pl.
60. a.k.a. The Islamic State
61. Antioxidants-rich berry
62. Tolstoy's Karenina
63. Grazing spot
64. Country singer-songwriter Loretta

DOWN

1. "For the Benefit of All" org.
2. Cheese in red casing
3. Lean like an athlete
4. Bad rep
5. Address to Kitty
6. A in A=ab, pl.
7. *Location of strongest muscle
8. *Part of both digestive and endocrine systems
9. Genesis twin
10. Like a desert
11. Used to fix a leaky roof
13. Limit in quality
14. Same as boat-swain
19. "Pillow Talk" (1960) star
22. Same as #22 Across, in English

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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.

23. *It loses 80% of body heat
24. Root of iris
25. Music to a performer's ears
26. *Fastest growing tissue
27. Popular Japanese dish
28. Orient Express, e.g.
31. Walkie-talkie word
32. *The teeth did it
34. "The ____ have it"
36. *Gut dwellers
38. *One of #36 Down
40. Males

41. Van Gogh's famous flower painting
44. Coffee shops
46. * ____ cavity, a.k.a. mouth
48. Aplomb
49. Harbor city of Ancient Rome
50. *Humans are the only animals that have it
51. Field of grass
53. Having lace
54. Zeal
55. *The largest organ
56. Reggae precursor
57. mL

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Business Weekly

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Column: Don't fall into the "average return" trap when it comes to investments

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A ceremonial 'first dig' was held Thursday, June 25, at the future site of The Link. From left are 121 Financial Credit Union Vice President of Business Services Peter Hayes, St. Johns County Commissioner James Johns, Gurpreet Misra, St. Johns County Chamber of Commerce President and CEO Isabelle Renault, Wired2Perform founder and CEO Raghu Misra, Matt Taylor of the project's general contractor The Angelo Group, state Rep. Cyndi Stevenson and architect Mike Koppenhafer.

Unique facility will serve entrepreneurs, families

By Shaun Ryan

The next step in the evolution of working will make its debut next summer at Nocatee Town Center.

On Thursday, June 25, Wired2Perform founder and CEO Raghu Misra hosted a ceremony to mark the commencement of The Link, a coworking space and innovation incubator that follows a new concept in balancing

career, family and recreation.

On the surface, The Link will be a 22,500-square-foot hub for tech entrepreneurs to launch their companies and then flourish. But the emphasis on lifestyle, energy conservation and the health and safety of its occupants sets the enterprise apart from other commercial sites.

LINK continues on Page 22



Photos by Shaun Ryan

Entrepreneur Raghu Misra refers to artistic renderings of The Link during a presentation Thursday, June 25, at Trelor Park Restaurant.

Bogey Grille to close after 16 years

By Don Coble

When the lights and television are turned off Friday night and the doors are locked, Bogey Grille will be closed.

One of the most-popular restaurants and focal points of Ponte Vedra Beach became another financial victim of the COVID-19 pandemic, general manager Julie Cooper said.

"We've haven't had a single month where we've had nothing but red ink," she said.

Like many local businesses, Bogey Grille counted on thousands of visitors during last March's THE PLAYERS. The tournament was shut down after the first round out of concern for the novel coronavirus. Not only did the tourists leave, locals were asked to shelter in place.

Within days, Gov. Ron DeSantis closed all restaurants.

"We never recovered from COVID," Cooper said. "We never had our TPC. You have months where you're in the red [reporting losses], but you count on

big events to make up the difference. We didn't get a chance to make it up."

And it only got worse as the grill slowly got back in business with a take-out menu, followed by gradual openings of 25% and 50% occupancy limits.

Many residents, however, still weren't willing to take chances, Cooper said.

"Even when we reopened, business has been slow," she said. "People are still scared."

BOGEY continues on Page 24

Work to achieve your financial independence



Karsten Jacobson
Columnist

During the past few months, just about everyone has felt the loss of some type of freedom, whether it's being able to travel, engage in social gatherings or participate in other activities we previously took for granted. Still, as we

prepare to observe Independence Day, it's comforting to realize all the freedoms we still have in this country. And taking the right steps can also help you achieve your financial independence.

Here are some moves to consider:

- **Build an emergency fund.** It's a good idea to create an emergency fund consisting of three to six months' worth of living expenses, with the money held in a liquid, low-risk account. With this fund in place, you can avoid dipping into your long-term investments to pay for short-term, unexpected costs.

- **Keep your debts under control.** It's not easy to do, but if you can consistently minimize your debt load, you can have more money to invest for the future and move closer toward achieving your financial liberty. One way to keep your debts down is to establish a budget and stick to it, so you can avoid unnecessary spending.

- **Contribute as much as possible to your retirement plans.** The more money you can save for retirement, the greater your feelings of financial independence. So it's essential that you contribute as much as you can to your 401(k) or similar employer-sponsored retirement plan. At a minimum, put in enough to earn your employer's match, if one is offered, and every time your salary goes up, boost your annual contributions. Even if you participate in a 401(k), you're probably also still eligible to contribute to an IRA, which can help you build even more funds for retirement. And because you can fund

JACOBSON continues on Page 22



Photos by Susan Griffin

A "linking ceremony" symbolizes the elements that people are bringing to a unique facility planned for Nocatee Town Center.

Link

Continued from 21

One thing it is not, Misra said, is a real estate venture. "The moment somebody says, 'What is the cost per square foot?' I feel like hanging up, because that's not the business that I'm in," he explained.

In fact, the \$7 million project's uniqueness actually hindered Misra's ability to acquire funding. The banks he approached were interested in one thing: Has this type of project worked elsewhere?

"I said, 'That's not me, because if it is working somewhere else, what's the point in doing it?'" Misra said.

Eventually, he did get the funding he needed through 121 Financial Credit Union of Jacksonville.

The Link will offer entrepreneurs not only a place to start and grow their businesses, but also a place for their children to engage in recreational and educational activities. An activities director will tailor activities to whatever the members want.

That idea came to Misra at a time when he and wife Gurpreet were driving their son half an hour each way to his taekwondo lessons. During the hour-long class, the Misras waited in the car updating their Facebook pages.

"I felt it was silly for wasting two hours of our time," Raghu Misra said.

He wanted a way to reduce the two hours to one and to make that one more valuable.

For members, The Link will mean an end to this kind of unnecessary commuting.

"We wanted to find one place where we could do everything for a family, and everything a family needs to learn, play, think and do," Misra explained to those gathered for Thursday's presentation, which was held at Trelor Park Restaurant adjacent to the Link site.

The building itself will be something of a marvel.

It will employ the latest strategies and special sensors to



An artistic rendering of The Link's exterior

hold its energy use to as near net-zero as possible.

In addition, technology will benefit occupants' health and security.

Robots will sanitize surfaces against contagions like COVID-19. A high efficiency particulate air system will mean a healthier interior environment. Also, the building will use contact tracing technology to keep occupants abreast of potential vectors of infection. Should a security issue arise, the building will contact authorities immediately.

Isabelle Renault, president and CEO of the St. Johns County Chamber of Commerce, predicted that The Link would be "one of the best places to work in our area."

The project has been in the works since 2018. Misra said he hopes construction will begin within a couple of weeks. A number of companies have already inquired about possible membership.

"I want this to be a life-changer for everyone from the amount of positivity that, hopefully, this will bring," said Misra.

Underwood's COO elected president of American Gem Society Board of Directors

The American Gem Society, a nonprofit trade association dedicated to consumer protection, education, and ethics recently elected local Jacksonville businessman Michael Richards as president of the American Gem Society Board of Directors. Richards brings to the position a wealth of knowledge and rich experience in the jewelry industry.



Michael Richards

Richards has worked at Underwood Jewelers for over 30 years, beginning his career as a store manager and rising to vice president and then chief operating officer. For the last 12 years, he has served on the board of directors of the American Gem Society. He has also served as the chair of both the Education and the Gemological Sciences Committees before joining the

Executive Committee, where he served as secretary, then president-elect before being elected president on June 1. Richards also currently serves on the AGS Laboratories Advisory Committee, the executive committee of the Jewelers Vigilance Committee and serves as the treasurer of the board of directors for Theatre Jacksonville.

Underwood has four locations in Northeast Florida, including shops at The Shoppes at Ponte Vedra and the Avenues Mall.

"I'm very excited about the challenges I will face over the next two years," Richards said. "Membership in the American Gem Society has been an extremely important part of my career, and the chance to lead the board of directors will certainly be a highlight."

"I'm looking forward to partnering with Michael," said Katherine Bodoh, CEO of the American Gem Society and AGS Laboratories. "He is dedicated to the AGS core values of consumer protection, integrity, education, and setting and maintaining high standards of business ethics. He has demonstrated his commitment to those ideals through his service to AGS and through his work at Underwood Jewelers. He truly cares about developing his team, which allows them to provide unparalleled service, knowledge, and gemological expertise to the Jacksonville community. We are fortunate to have Michael's vision and strategic guidance over the next two years." To learn more about Underwood Jewelers, go to www.underwoodjewelers.com. To learn more about the American Gem Society, go to www.ags.org.

Jacobson

Continued from 21

an IRA with virtually any type of investment, you can broaden your portfolio mix.

■ Explore long-term care coverage.

One day, your financial independence could be threatened by your need for some type of long-term care. It now costs, on average, over \$100,000 for a private room in a nursing home and more

than \$50,000 for the services of a home health aide, according to Genworth, an insurance company. Most of these costs won't be covered by Medicare, either, so if you want to reduce the risk of seriously depleting all your financial resources — or burdening your adult children with these heavy expenses — you may want to consider some type of long-term care insurance. You could choose a traditional long-term care policy — which can cover a nursing home stay, home health care, or other services — or a hybrid policy,

which provides long-term care coverage plus a death benefit.

■ Manage withdrawals carefully.

Once you retire, your financial freedom will depend a great deal on how skillful you are in managing the money in your retirement accounts. Specifically, you need to be careful about how much you withdraw from these accounts each year. If you set a withdrawal rate that's too high in your early years of retirement, you might eventually risk outliving your resources. So, set a withdrawal rate

that reflects your age, assets, retirement lifestyle and other factors. You may want to consult with a financial professional to establish an appropriate rate.

As you can see, working toward your financial independence is a lifelong activity — but it's worth the effort.

Karsten L. Jacobson, CFP, is a financial advisor for Edward Jones at 2208 Sawgrass Village Drive in Ponte Vedra Beach. For information, call (904) 285-9898. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.



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LET'S SUPPORT
Our Local **RESTAURANTS**

Note: Many area restaurants are currently allowing indoor and outdoor dining on the premises in accordance with the reduced capacity standards, as well as offering takeout and delivery. Contact the restaurant for more information on hours and onsite dining policies.

View the local restaurant takeout and delivery guide at pontevedrarecorder.com

Woody's Bar-B-Q preps for 40th anniversary celebration

Ponte Vedra restaurant offering smokin' deals this holiday weekend

After opening its doors to hungry barbecue fans on July 1, 1980, at 1638 University Blvd. South, The original Woody's Bar-B-Q has served as a Jacksonville landmark in all the years since.

Now, with more than a dozen franchise locations in Florida and one Northern representation in Huntingdon, Pennsylvania, the founders of the classic Southern BBQ chain want to say "thank you" to their fans.

"We are truly thankful for the many patrons who've made Woody's Bar-B-Q a favorite among their family dinners, corporate events or gatherings with friends," said Mills-Mawman. "This has been particularly true this year throughout the pandemic. The show of support from our neighbors has been nothing short of incredible. As thanks, we ran a 20% off special on dine-in and take-out orders for the week after our dining room reopened and the response was so positive and heartwarming. We hope to create a festive atmosphere at our corporate University Boulevard and Ponte Vedra Beach locations on the day of our company's birthday, so our guests know how much they mean to us."

But the good news doesn't stop there. The weekend after the 40th Anniversary Celebration encompasses the 4th of July, a time when BBQ reigns supreme. From Friday, July 3 through Sunday, July 5, the Corporate Woody's Bar-B-Q locations at University Boulevard in Jacksonville



Photo provided by Woody's Bar-B-Q

and Solana Road in Ponte Vedra Beach will feature the return of the July 4th Ribtacular showcasing All-You-Care-To-Eat Smokin' Spare Ribs, plus two sides and garlic toast for a special low price of just \$14.99.

To view the menu, shop the online store, place an online order, learn how to become a Woody's Bar-B-Q franchisee and peruse the list of Woody's Bar-B-Q locations, prospective patrons and future owners are encouraged to go to www.woodys.com.

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Bogey

Continued from 21

Bogey owner Derek Prince told employees last Monday his intentions to close. He plans to leave the artifacts and sports-theme novelties behind with hopes another owner will carry on the sports bar theme. He also hopes a new owner will keep the restaurant's name.

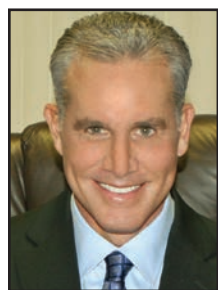
"Derek wanted to thank everyone for 16 great years," Cooper said. "It was a difficult decision but you can't go months without making money."

Bogey Grille has an outstanding reputation in Ponte Vedra Beach. It won awards for Best Wings and Best Sports Bar last year in the Ponte Vedra Recorder's Best of the Best of Ponte Vedra.

Prince hopes to sell or lease the building. Cooper said she had been working in a teacher program for Pilates.

"Now it seems like it's presented itself," she said. "Maybe that's my next step."

The average return: well known, little understood



Harry Pappas
Columnist

Would you be interested in learning a magic trick that could potentially save you a handful of money? Allow me to set the stage for the attraction.

Many investors consider past results (stated in average rate of return)

as their primary rationale to employing an investment strategy. Countless studies conclude that reviewing past results remains the single most motivating factor for almost all investment decisions; yet many people innocently do not realize exactly how rate of return calculations actually function.

Often times, prior performance statistics that we rely on may not be indicative of the bona fide past results! It is true and my example (magic trick) will prove it. While some say it is indeed magic, others say it is deceitful and misleading.

To underscore how historical performance is repeatedly a poor indicator of future results, a study was performed entitled "Dumb Money." The authors of the experiment were professors at University of Chicago and Yale University, who discovered that between 1983

Year	Market	Starting Balance	Ending Balance
1	+ 100%	10,000	20,000
2	- 50%	20,000	10,000
3	+ 100%	10,000	20,000
4	- 50%	20,000	10,000

The example above is for illustrative purposes only. It is not possible to invest directly in an index.

and 2003 the most desired mutual funds, those experiencing the greatest inflows of money, performed notably worse than mutual funds that investors were dumping. Sounds like the proverbial buy high and sell low phenomenon, which regularly torments investors resulting from "chasing the dot," (see my Nov. 1, 2012 column).

Nevertheless, let's take a look at this hypothetical example. On January 2, Harry invests \$10,000 in the stock market (S&P 500). At the end of the first year, the market advanced 100%. Therefore, Harry's \$10,000 is now worth \$20,000. The next year, the S&P 500 drops 50%, which leaves Harry's value at \$10,000. The year three, the market makes another 100% advance, so Harry's greenbacks are back to \$20,000. However, the following year, the market heads south by 50%. In

the end, after an incredibly volatile four years, Harry's "Benjamins" are the same value as he started; \$10,000. (See illustration above.)

I believe that we agree that Harry's investment return is zero. However, here is where it gets disturbing for many, and that includes me! In other words, what was the average annual return for the market (S&P 500) during the four years?

How about 25% a year!

Yep! It is true!

Don't believe me? Do the simple math. $100\% - 50\% + 100\% - 50\% = 100\%$. Now divided by four years to get to an average annual return of 25%! Regrettably, financial industry often uses the average return to make past returns look a little better than they actually were. Although my investment delivered on its assurance of an average return of 25% a year over four

years, you actually made no money!

Yes, your average return was 25% a year, but your actual return was zippo! The moral of the story:

Math is math. Money is money. Don't succumb to the proverbial "average return" trap!

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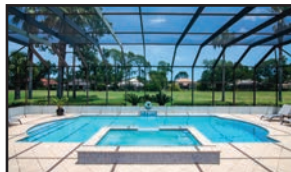
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Local artist's focus: Rediscovering nature

By Shaun Ryan

Nature figures prominently in the paintings of local artist J. Lacey Taylor. They draw the viewer in and reveal the wonders of the plant kingdom that many people pass by every day with little notice.

Ginger plant blossoms cascade down their stem. Light plays across a philodendron leaf showing off its ridges and valleys. An array of sea grape leaves enfolds the viewer in rich colors and patterns.

Taylor hopes that her work inspires people to better appreciate the natural world around them. Coming from an artistic family whose members have also enjoyed growing things, Taylor brings these interests together in her acrylic paintings.

These works, collectively known as her Green Series, have their roots in a fateful visit she made several years ago to Fort Myers, where she had lived as a child.

After moving around Florida and settling in Jacksonville, she returned to the Lee County community for a visit. Having been away for some time and with all of her friends having moved away, she found that everything had changed — or nearly everything. The aqua blue water was still there. And the dolphins.

But what moved her most was something simple and easily overlooked: sea grapes.

“They were just so beautiful, it was like, ‘Oh, I’m home again,’” she said.

The experience inspired the first of her Green Series paintings.

“I thought, ‘I’ve got to keep doing this, because these plants are just talking to me,’” she said.

The paintings, she found, brought her a sense of peace.

Taylor, who earned a degree in graphic design from the University of North Florida, has built a career in digital design. But her business was forced to hit the pause button amid the recent COVID-19 shutdowns.

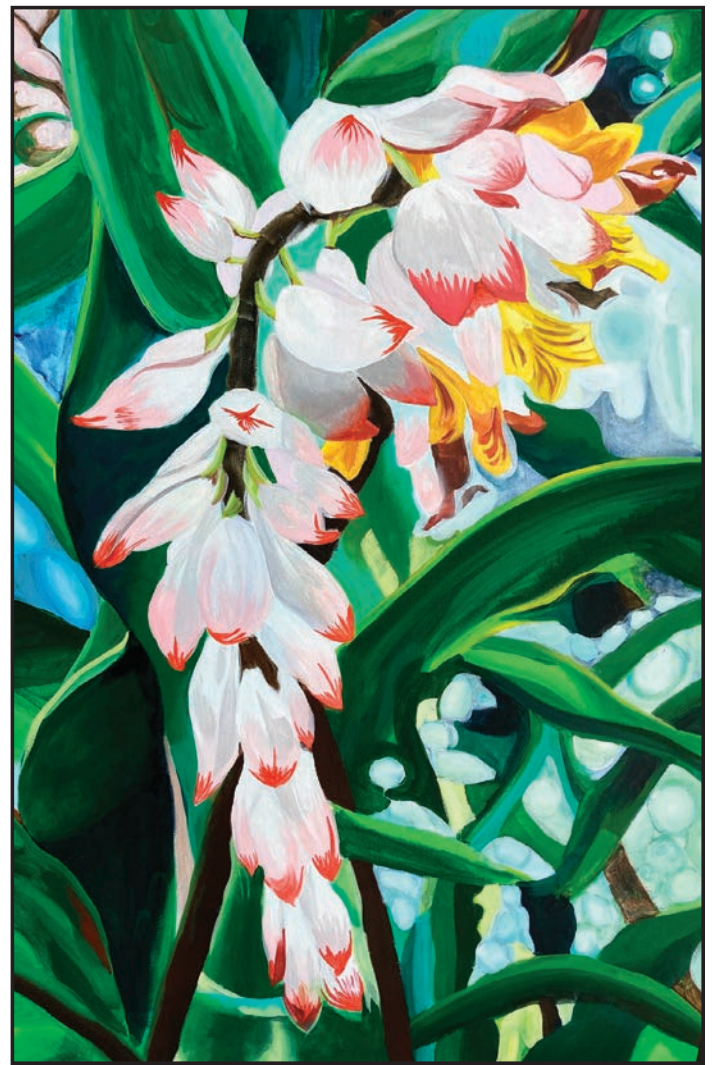
“I pivoted, as they say,” she said.

Though she had always painted, her talents now provided a new opportunity. Prints of her work are available for purchase at www.saatchiart.com/account/artworks/1142460. Originals may be purchased by calling her at (904) 878-0881.



Photos provided by J. Lacey Taylor

Artist J. Lacey Taylor celebrates nature with her Green Series.



Taylor's painting of sea grape leaves began her series on plants.

At a time when people seem tethered to their electronic devices and tension over ongoing issues pervades daily life, Taylor says appreciation of nature is important.



Taylor's paintings help the viewer to see the plant life often overlooked.



“I’m hoping that my paintings encourage people to not take what we have for granted,” she said. “Get outside and enjoy our public parks and go to the beach and

just take it all in. Appreciate something new.”

Go to jlaceytaylor.com/paintings for more information.



Photo provided by Colonial Oak Music Park

Colonial Oak Music Park reopens

Colonial Oak Music Park has resumed live solo/duo acts from 5-8 p.m.

Colonial Oak staff will be checking the temperature of each attendee at the door, and requiring that patrons wear face masks, except when seated.

Adhering to Phase 2 of the governor's reopening plan for Florida, all patrons will be required to be seated during performances. No gathering or milling around will be permitted.

The management of Colonial Oak Mu-

sic Park will ask that everyone adhere to the CDC's social distancing guidelines while in all Colonial Quarter establishments.

Tentative schedule of artists: Ramona on July 10, Kyra Livingston on July 11 and Robbie Litt solo on July 17.

For any questions or concerns, contact the Colonial Oak Music Park by phone at (904) 342-2857 or through its Facebook page www.facebook.com/thecolonialoak.

Cultural Center to showcase master painter Susanne Schuenke

The Cultural Center at Ponte Vedra Beach recently announced a retrospective of available works from master painter Susanne Schuenke, which will be on exhibit from July 6-Aug. 7.

In the exhibition, “Stories with a Brush-Inside the Mind of a Painter,” the viewer gets an inside glimpse of the mind of the painter, why certain subjects and colors are chosen, and what they represent. This is a rare view of not only the physical reflections of her paintings, but the psychological ones as well.

“It is my aim to connect the observer with the intrinsic beauty dwelling in the colors and forms, simultaneously presenting to his/her intellectual inquiry a rich offering of the representational intentions,” Schuenke said.

Other events at the Cultural Center:

■ **Loving Beethoven – July 6-Sept. 25 in the Scene Gallery:** An interactive music installation in celebration of Beethoven’s 250th birthday. In partnership with MIMMA, (Interactive Music Museum in Malaga, Spain), this world



Photo provided by the Cultural Center at Ponte Vedra Beach

Artist Susanne Schuenke’s work will be on display at Cultural Center at Ponte Vedra Beach July 6-Aug. 7.

premiere is in in Ponte Vedra Beach.

■ **Art with a Heart in Healthcare – July 6-Aug. 7:** Pediatric patients’ artworks by patients of Wolfson Children’s Hospital. This exhibit celebrates the healing power of the creative process.

The Cultural Center, which is located at 50 Executive Way in Ponte Vedra Beach, is open Monday through Friday from 10 a.m.-4 p.m.



Photo provided by Ponte Vedra Concert Hall

Legendary soul group Tower of Power to return to Ponte Vedra Concert Hall

The Ponte Vedra Concert Hall welcomes the return of legendary soul group Tower Of Power on Wednesday, April 28, 2021. Tower of Power’s April 2020 performance was canceled due to the COVID-19 crisis. Tickets for Tower of Power live at the Ponte Vedra Concert Hall are currently on sale.

For more than 50 years, the legends of soul, Tower Of Power, has delivered its own brand of funky rhythms and driving grooves to fans across the world. With a soaring horn section, soulful vocals and one of the tightest

rhythm sections in the business, the funk-soul outfit is renowned as a must-see act. Combining R&B classics with jazzy hits, Tower Of Power performs a spectacular concert for intergenerational music lovers. More than four decades ago the group dropped the hit “What Is Hip?” And today, they still have the answer.

Tickets for Tower of Power are available for purchase at the Ponte Vedra Concert Hall and St. Augustine Amphitheatre box offices and all Ticketmaster outlets.

Janet E. Johnson, P.A.

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-Hubble® 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



THURSDAY, JULY 2, 2020 • PAGE 28

Send your sports news to
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www.PonteVedraRecorder.com

Troy Smith named THE PLAYERS 2021 Tournament Chairman

Marc Hassan joins volunteer leadership team as newest vice-chairman

THE PLAYERS Championship announced last Tuesday several updates to its volunteer leadership team. Troy Smith has been named the 2021 Tournament Chairman (Red Coat), succeeding Andy Carroll. In addition, Marc Hassan is the newest volunteer vice-chairman (Blue Coat), joining First Vice-Chair Matt Welch and vice-chairs Houston Bowles, Lee Nimnicht and Tyler Oldenburg.

The Red and Blue Coats lead the team of 2,000-plus volunteers that makes the PGA TOUR's flagship event possible.

Smith Entering his 11th year as a volunteer at THE PLAYERS. Smith has held leadership positions on multiple committees, including: General Parking, Ecology, Commissary, VIP Parking, Benefactor and Volunteer Shuttle.

Smith is a partner at the law firm Burr & Forman, where he is a member of the firm's Construction and Project Development practice group, focusing on complex commercial litigation within the construction industry. He is a Florida Bar Certified Construction Attorney and has been named a Florida and Top 100 Super Lawyer, Florida Trend Legal Elite attorney and was recently named one of the Best Lawyers in America for Construction Law.

Smith received his undergraduate degree from the University of Florida and his juris doctor degree from Stetson University College of Law. In addition to his involvement with THE PLAYERS, Smith is a board member at Palmer Catholic Academy and has previously served on several other boards in Northeast Florida, including Learn to Read 2 Jacksonville, the Juvenile Diabetes Research Foundation and president of the Jacksonville Bar Association's Young Lawyers Division as well as president of the Jacksonville Bar.

He lives in Ponte Vedra Beach with his wife, Jenni, and their six children.

"THE PLAYERS is in great hands with Troy leading our team of 'Golf's Greatest Volunteers,'" said Andy Carroll, 2020 Tournament Chairman. "He brings a positive, team-oriented approach to every task he undertakes and inspires everyone around him to do the same. I wish Troy and the team all the best as they help bring THE PLAYERS to new heights in 2021."

"I would like to thank THE PLAYERS and its team of

past tournament chairmen for entrusting me with the job of leading our volunteers," said Smith. "This is a responsibility I don't take lightly, and I promise to continue the incredible work of the Red Coats before me so that we can deliver a world-class championship and positively impact more lives in Northeast Florida."

Hassan, a Jacksonville native, graduated from Bishop Kenny High School and then went on to earn undergraduate and graduate (MBA) degrees from Jacksonville University. Hassan currently serves as President, Sole Owner and qualifying Florida Licensed Real Estate Broker of Spectrum Realty Services, LLC (SRS), a Jacksonville-based residential and commercial real estate brokerage and property management firm.

Hassan is married to his high school sweetheart, Meghan, also a Jacksonville native. The couple reside in Jacksonville with their three children.

Hassan first joined THE PLAYERS' volunteer team in 2014 and has helped lead various committees, including General Parking, Tournament Support, and Admissions. Most recently, he served as 2020 Chair of the Birdies for the Brave Patriots' Outpost presented by United Rentals, the hospitality venue for military members, veterans and their families.

In addition to his volunteerism with THE PLAYERS, Hassan is active in other Northeast Florida organizations, including the Rotary Club of Mandarin and past positions with the City of Jacksonville's Taxation, Revenue and Utilization of Expenditures "TRUE" Commission (2010-2018), San Jose Catholic School Board (2011-2013) and Jacksonville Youth Soccer Club (2010-2014).

As the newest vice-chairman of THE PLAYERS, Hassan will oversee the Volunteer Services division, which supervises apparel, credentials, volunteer dining, office personnel, photography, supply, VIP parking, information, off-site shuttle and volunteer personnel.

"We are thrilled to name Marc as our newest Blue Coat," said Smith. "His commitment, enthusiasm and passion for this championship, as well as his work ethic and selfless demeanor, make him the perfect addition to our volunteer leadership team." "It is an honor to join THE PLAYERS Championship volunteer leadership team and represent the 2,000-plus volunteers, who



Troy Smith



Marc Hassan

PLAYERS continues on Page 29

Ponte Vedra's Finn Larkin makes Saint Michael's lacrosse roster

Former Ponte Vedra High student Finn Larkin was introduced as one of 18 new players for the Saint Michael's College men's lacrosse team. The Purple Knights will have 26 underclassmen in 2020, head coach Alex Smith said.

"We have recruited 18 outstanding student-athletes to be a part of the Saint Michael's College men's lacrosse

Class of 2024," said Smith, who enters his fourth year with the program. "This group represents our most geographically diverse class since I've been here, which speaks to the national — and international — appeal of Saint Michael's College and the excitement around our program as we continue to build. We will have 33

first-years and sophomores on next year's team, so there is a great opportunity for these young men to shape their destiny and write their stories in the history books of Saint Michael's College as they pursue greatness in the classroom and on the lacrosse field."

Finn was signed as a defensive specialist.



Photo by JAGA

2020 JAGA Scholarship Recipients are Hannah Stevens (from left), Apryl Parker, Alex Caliel, Sam Harrell and Elliott Wright.

Wright, Stevens among 7 to earn JAGA scholarships

Elliott Wright and Hannah Stevens were among seven high school seniors who earned scholarships from the Jacksonville Area Golf Association.

Wright, who plays at Sawgrass Country Club, and Stevens, who plays at TPC Sawgrass, will be given \$1,000 for each semester of the 2020-2021 school year. Scholarships are renewable each semester based on meeting certain criteria, including a minimum grade-point average.

“For the 46th year, JAGA is proud to support these excellent young men and women through the Scholarship Trust program,” said Scholarship Trustee Ken Hicks of Deerwood Country Club. “We wish our recipients all the best as they enter a very exciting and important time in their lives. They follow in the footsteps of nearly 400 others who have come through the program and taken full advantage of it. On behalf of the JAGA Scholarship Trust, I extend a sincere thank you to JAGA member clubs and all those JAGA supporters who made so many valuable contributions over the course of the last year.”

Currently there are 27 scholars who are receiving \$1,000 per semester, for a total

of eight semesters from JAGA. Since the JAGA Scholarship Trust was formed in 1974, JAGA has awarded approximately \$1.8 million to more than 375 deserving young students.

Current trustees of the Trust are Wayne St. Clair (Chairman/Jacksonville G&CC), Michael McKenny (Vice Chairman/Timuquana CC), Steve Booma (Secretary/The Plantation at Ponte Vedra), Allen Witham (Hidden Hills GC/Treasurer), Joe Grippi (Deerwood CC), John Tancredi (Marsh Landing CC) and Hicks.

Applicants for scholarships must be sons, daughters or grandchildren of a member of a JAGA member club or an employee of a member club who resides in JAGA’s North Florida region.

Wright went to Ponte Vedra High and will continue his education at Florida Atlantic University, while Stevens went to Fletcher High and will continue her education at Flagler College.

Other recipients include: Lacey Tucker of Atlantic Beach, Sam Harrell of Jacksonville Beach, Alex Caliel and Donarld Branske, both of Jacksonville and St. Augustine’s Apryl Parker.

SAWGRASS CC DONATES \$13,030 TO JAGA SCHOLARSHIP FUND



Photo by JAGA Jeff Adams

Sawgrass Country Club made a \$13,030 check presentation to Jacksonville Area Golf Association’s Scholarship Trust. Annually, SCC is one of the largest benefactors of the Trust. They made a similar contribution last year. JAGA is very appreciative of the club’s support. JAGA has a charitable arm that manages a scholarship program which currently provides college funding for 27 area students. Since 1974, the program has generated approximately \$1.8 million in financial aid to approximately 375 students. Included in the presentation were: (from left) Tom Tomlin, Elliott Wright, Randy Nader, Gregg Deiboldt, Ray Gottschalk, Wayne St. Clair and CW Cook.

PLAYERS

Continued from 28

make this championship possible,” said Hassan. “Having been born and raised in Jacksonville, THE PLAYERS holds a very special place in my heart. It is

Northeast Florida’s signature event, and I look forward to playing a role in its continued growth and charitable impact in the years to come.”

THE PLAYERS 2021 is set for March 9-14, 2021. Information regarding volunteer registration will be available in the coming months.

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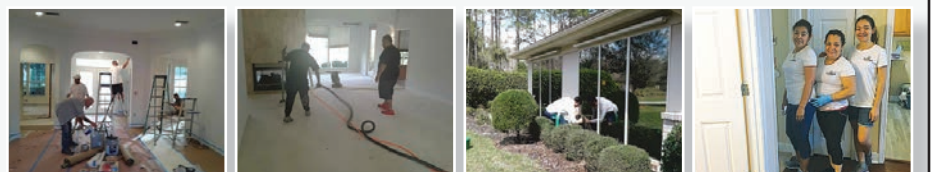


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