

# THE RECORDER



Senior Living  
Pages 13-28

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Thursday, September 7, 2023

PonteVedraRecorder.com

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## Student chosen for national program

Nease teen first from NJROTC to attend Girls Nation

By Shaun Ryan



Hailey Pitches

In July, Nease senior Hailey Pitches was selected for the American Legion Auxiliary's Girls Nation, a first for the school's NJROTC program where she is the battalion commanding officer. Chief Warrant Officer Michael Donato said no other female cadet in the past 30

STUDENT continues on Page 11

## Running to remember and never forget

Tunnel to Towers 5k, walk set for World Golf Village

By Anthony Richards

The first Tunnel to Towers Foundation 5k run was held in New York City the year following the terrorist attacks on Sept. 11, 2001, and was done to honor Stephen Siller, a firefighter who was one of many who lost their lives that day as part of the rescue effort.

More than two decades later and the foundation has grown to have people volunteering to host similar 5ks throughout the country, including one as part of the Tunnel to Towers St. Augustine chapter.

According to event director Patty Trousdell, the event started in downtown Jacksonville but five years ago moved the site of the run to the World Golf Village.

Trousdell is happy to help with the event and knew she wanted to volunteer her time any way she could when she first got started with the organization.

"I'm a Navy brat, so anything that has to do with helping the military or those who served and sacrificed has a special place in my heart," Trousdell said. "When I was first asked if I wanted to get involved, I



Photo courtesy of Tunnel to Towers Foundation

Tunnel to Towers Foundation St. Augustine will hold its annual 5k and walk at World Golf Village to honor those who sacrificed during 9/11.

couldn't help but say yes."

The event has had its share of adversity since making the move to World Golf Village, but now it is really starting to develop its place and tradition within the community.

"We've had a hurricane and COVID two of the years that we've been here, but now we're really starting to build this thing."

One look at the schedule of events and approach to the event and it is not hard

to tell that the reason for holding such an event has never been lost over the years.

"To us, it's all about 9/11 and remembering those who lost loved ones, then it is about the run," Trousdell said. "We lost more than 3,000 lives that day, and it's important we keep their memory alive."

The race even starts precisely at 8:46 a.m., which is significant because it is the

REMEMBER continues on Page 29



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**Hugh Osteen**

COO/VP  
hugh@osteenmediagroup.com  
(904) 285-8831

**Susan Griffin**

Publisher  
susan@pontevedrerecorder.com  
(904) 686-3938

**Shaun Ryan**

Editor  
shaun@pontevedrerecorder.com  
(904) 285-8831, ext. 1202

**Anthony Richards**

Reporter  
anthony@pontevedrerecorder.com  
(904) 285-8831, ext. 1207

**Don Coble**

Contributor  
don@claytodayonline.com

**Amber Anderson**

Page/Graphic Designer  
amber@pontevedrerecorder.com

**April Snyder**

Sales Assistant  
april@pontevedrerecorder.com  
(904) 285-8831, ext. 1204

**Kristin Flanagan**

Account Executive  
kristin@pontevedrerecorder.com  
(904) 285-8831, ext. 1206

**Adele McGraw**

Account Executive  
adele@pontevedrerecorder.com  
(904) 285-8831, ext. 1208

**Chris Ratliff**

Multimedia Specialist  
chris@osteenmediagroup.com  
(704) 640-8408

**Joe Wilhelm**

Circulation Manager  
joe@osteenmediagroup.com  
(904) 300-5374

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We welcome submissions of photos, stories, columns and letters to the editor. Let us know what's happening. If you have hard copies of photos you want us to feature, feel free to bring them to our office — we'll scan them and hand them right back. E-mail submissions to [news@pontevedrerecorder.com](mailto:news@pontevedrerecorder.com) or bring them by our office at **1102 A1A N., Unit 108, Ponte Vedra Beach.**



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Plus, find the Recorder on Facebook at [www.facebook.com/ThePVRecorder](https://www.facebook.com/ThePVRecorder)

## BRIEFS

### Dredging contract awarded

U.S. Army Corps of Engineers, Jacksonville District, awarded a contract Aug. 28 for maintenance dredging of the IWW federal navigation channel in the vicinity of Matanzas inlet in St. Johns and Flagler counties. The \$5.9 million contract was awarded to Southwind Construction of Evansville, Indiana.

Dredging is anticipated to start in November and continue until February. The project calls for the dredging of approximately 375,000 cubic yards of shoaling. All dredged material will be transported for placement on Summer Haven Beach.

Dredging and placement operations will be continuous, 24 hours a day, seven days a week, until the project is complete.

For information on other USACE Jacksonville projects, programs and studies, go to [saj.usace.army.mil](http://saj.usace.army.mil).

Gig? Xfinity Mobile and Comcast Business Mobile customers from Aug. 30 to Sept. 12. To help get communities back online as quickly as possible, Comcast deployed 2,100 emergency generators to provide a temporary power solution and routed Xfinity WiFi-enabled vans to communities impacted areas.

Through the Comcast NBCUniversal Matching Gift Program, the company is matching employee donations to eligible nonprofit disaster relief organizations.

For help and information, customers can chat online with an agent, visit [Xfinity.com/](http://Xfinity.com/) response or connect with Comcast on Twitter at [@xfinitysupport](https://twitter.com/xfinitysupport).

— Compiled by Shaun Ryan

### Family seining program at GTM Research Reserve

There will be a guided family seining activity from 9 to 11 a.m. Saturday, Sept. 9, at the GTM Research Reserve Guana Dam, 505 Guana River Road, Ponte Vedra Beach. Learn about the animals and their roles in Guana Lake by pulling a seine net and collecting species of fish, crabs and other marine life.

The event is free, but parking is \$3 per vehicle. Waders and boots will be provided. Hat, insect repellent, water and sunscreen are recommended.

To register, go to [secure.lglforms.com/form\\_engine/s/r9-7Wq5N0-ZW5RMPkHS7wQ?t=1666720248](http://secure.lglforms.com/form_engine/s/r9-7Wq5N0-ZW5RMPkHS7wQ?t=1666720248).

### Palm Valley Market every Tuesday

The Palm Valley Market is held from 10 a.m. to 2 p.m. every Tuesday inside the Palm Valley Community Center, 148 Canal Road. The market offers fresh produce, baked goods, local honey, tea, seasonal treats, soap, jewelry, plants and more.

### Comcast makes donation following hurricane

Comcast NBCUniversal has announced a \$250,000 donation to support relief and recovery efforts in Florida following Hurricane Idalia. This includes a \$200,000 contribution and \$25,000 worth of advertising time for public service announcements to support Volunteer Florida's Florida Disaster Relief Fund in addition to a \$25,000 donation to Second Harvest Food Bank of the Big Bend.

In preparation for the storm and to help residents and emergency personnel stay connected during clean-up efforts, 415,000 public Xfinity WiFi hotspots throughout Idalia's path in Florida, Georgia and South Carolina were made available for anyone to use, including non-Xfinity customers, for free.

Comcast has also removed the data threshold for Xfinity Mobile and Comcast Business Mobile customers and removed data overage charges for "By the

## PUZZLE SOLUTIONS



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

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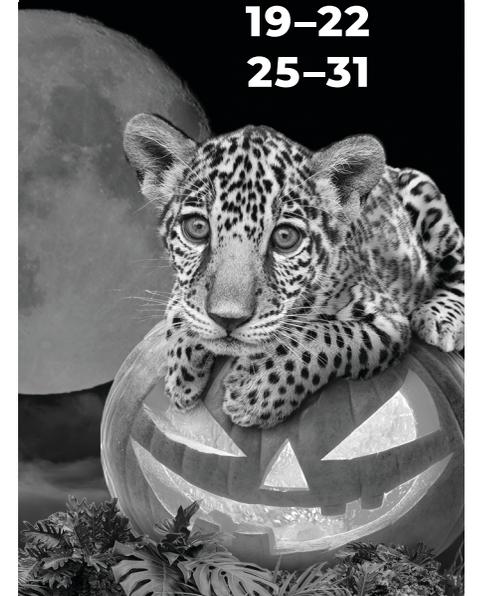


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# Surf's up for a good cause

## Sisters of the Sea surf classic set for Sept. 9

By Anthony Richards

Sisters of the Sea is a local nonprofit women's surfing organization based in Jacksonville Beach that strives to create community connection among fellow female surfers.

One of the best ways they have done

that in the past 25 years is with its annual Sisters of the Sea Women's Surf Classic Pro/Am.

This year's event will be held Sept. 9 beginning at 8 a.m. at the Jacksonville Beach pier.

Many of the area's top surfers will compete in the championship, which will consist of 10 categories, both competitive and non-competitive.

The registration cost to compete in the amateur division is \$55 and \$85 to take part

as a professional. The contest is only open to the first 166 entries that sign up and registration can be found by going to [liveheats.com/sistersofthesea](http://liveheats.com/sistersofthesea).

Live Heats will also serve as the judging platform and those attending will be able to have real time scoring and results rolling in as a result.

As a nonprofit, giving back to the community is at the basis of what they seek to do, and with this in mind, proceeds from the event will go toward helping "bo-

som buddies," which is a program at the Women's Center of Jacksonville with the goal of providing support for those dealing with breast cancer.

The partnership has been strong and has lasted throughout the event's history. As a result, Sisters of the Sea has donated more than \$130,000 to "bosom buddies" during the past 24 years.

The competition is scheduled to begin

**SURF'S UP** continues on Page 12



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**OBITUARIES**



**Margaret "Joyce" Nordberg**  
*In Loving Memory of  
 Margaret "Joyce" Nordberg  
 December 8, 1929 - August 22, 2023*

It is with heavy hearts that we announce the passing of Margaret "Joyce" Nordberg, a cherished mother, grandmother, and a resilient spirit who touched the lives of many. Joyce passed away on August 22, 2023, at the age of 93, in Jacksonville, Florida, far from her birthplace in Conception Bay South River, Newfoundland.

Born on December 8, 1929, to proud parents Henry and Wealthiness Ford, Joyce was raised in the picturesque surroundings of Conception Bay South River. She developed a profound love for the natural world and a deep-rooted connection to her family and heritage.

Joyce's life was forever enriched when she married Sidney D Nordberg. Together, they shared a lifetime of love, laughter, and cherished memories. Their love was the foundation of a happy home where they raised their three daughters,

Valerie, Diane, and Kathleen, instilling in them the values of compassion and resilience.

Throughout her life, Joyce had an insatiable curiosity and passion for cooking and spending time with her family. She shared these interests with her family and friends, creating lasting bonds and joyful memories. Her love for cooking was infectious, and she inspired others to find joy in the simple pleasures of life.

In the Jacksonville community where she spent her later years, Joyce was known for her warmth and generosity. She dedicated herself to City Hall of Jacksonville Beach, making a significant and lasting impact. Her acts of kindness and selflessness were a beacon of hope for those in need.

Joyce leaves behind a loving family, including daughters: Valerie and Diane; grandchildren: Shawn, Jen, Emily,

Andrew, Shae, Sidney, Stormi; sister: Brenda; and great grandchildren: Alexis, Benjamin, Sadie, Kalea, McKenzie, and Madison.

A memorial service to celebrate Joyce's remarkable life was held on September 6, 2023, 11 a.m., at Ponte Vedra Valley.

In lieu of flowers, the family kindly requests donations be made to charity or foundation in Joyce's name.

Margaret "Joyce" Nordberg's legacy of love, resilience, and community spirit will continue to inspire us all. May she find eternal peace.



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**DEATH NOTICES**

**Donald M. Connell**

Donald M. Connell, 89, of Ponte Vedra Beach, Florida, died Aug. 29, 2023. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100 www.quinn-shalz.com

**Laurie Lee Hughes Rainey**

Laurie Lee Hughes Rainey, 65, of Ponte Vedra Beach, Florida, died Aug. 23, 2023. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery — 904-285-1130 – www.pontevedravally.com

**Penny Waller**

Penny Waller, 69, of Ponte Vedra Beach, Florida, died Aug. 27, 2023. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www.pontevedravally.com

**Ruth Ware**

Ruth Ware, 77, of Ponte Vedra Beach, Florida, died Aug. 27, 2023. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www.pontevedravally.com



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*Keeli Scarlett is a recent graduate from Flagler College and the newest member of the team at the link in Nocatee. She enjoys working in this community and writing about interesting people.*

## Keeli Scarlett

### As told to Shaun Ryan

#### **Tell us a little about your background. Are you from this area or did you move here from somewhere else? What did you study in college?**

I'm originally from Jacksonville. I have so much hometown pride and I really wouldn't want to be from anywhere else. I recently graduated from Flagler College with a degree in strategic communication, or public relations.

#### **Your title at the link is "storyteller/communications manager," which sounds pretty cool. Tell us about your work and what you like best about it.**

In college I kind of split my time between journalism and public relations. I loved how both allowed me to tell the stories of my community, specifically of the LGBTQ+ and Black and Brown communities of Jacksonville. I love how my role at the link allows me to continue finding cool stories that are worth telling. I think my favorite story to tell so far was about Tery Spataro, a local AI artist who uses AI programs to create these really amazing pieces. People like Tery and other members of the link are why I was drawn to this job in the first place. In addition to that, I manage all of the link's social media, media and influencer relations, some internal communications and I help out wherever else I can!

#### **Is there a typical day for you, or is each day different? Take us on a small tour of your day.**

Each day is so different. I really never know what I'll be working on once I get into the office. Things move fast at the link, and that's just the way I like it. I come in with one to-do list, and as the day moves on and I go in and out of meetings, my list morphs into something completely different. I think that's one of the best things though. Each day moves completely different from the last.

#### **I see that you were beauty director with Strike Magazine. That sounds like a fun job. Can you tell us a little about what you did there?**

I absolutely loved my time at Strike! I had been a freelance makeup artist since my last year in high school, but my work hit a wall after I graduated. I was doing the same look on every client because of how the makeup changed after Covid. Everything was all about the "natural" look, and I wasn't able to be creative like I had been when I started makeup at 13. But when I joined Strike Magazine, I was able to join my love for art and fashion together to create some pretty amazing editorial looks. Whether it was crystal tears, feather lashes, or edgy chrome graphic liner, I was able to try out so many styles of makeup. I worked my way up and became the makeup director and it was my greatest accomplishment in college. I also loved being able to build my portfolio with some super talented local artists. My dream is to one day have my work on the cover of Vogue!

#### **Do you have some career goals you'd like to share?**

Right now, I really want to grow with the link. I'm getting to blend all of my favorite things together in this job, like public relations, journalism, copywriting and content creation. Being given this opportunity straight out of college has been such a blessing and I love the



Photo provided by Keeli Scarlett

#### **Keeli Scarlett is a graduate of Flagler College in St. Augustine.**

team I work with. In the future, I'd love to have my own creative agency where I can help startups with all things communications: public relations, marketing, advertising, web design, copywriting and so much more! I know that I want to keep it local so that I can have a hand in helping my community.

#### **What do you like best about living in this area?**

I love the people here. There is not a better community than in Northeast Florida and I truly mean that. Since

I'm new to Ponte Vedra, I didn't know what to expect from the people here, but I can gladly say that everyone has been so kind and they've all given me that Southern hospitality that I love so much.

#### **How do you like to spend your free time?**

I spend my free time hanging out with my friends and family and going to local community events like Art Walk. I love to have picnics, go to art museums, go dancing, do my makeup and take lots of long naps!

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**Sold** | Ponte Vedra Beach | 1299 Ponte Vedra Boulevard  
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**Sold** | Ponte Vedra Beach | 24749 Harbour View  
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**Sold** | Ponte Vedra Beach | 121 Bristol Place  
\$3,800,000 | Represented Seller



**Sold** | Ponte Vedra Beach | 141 Harbour Master Court  
\$3,200,000 | Represented Seller



**Sold** | Ponte Vedra Beach | 24717 Harbour View  
\$3,125,000 | Represented Seller



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# Celebrating the past and looking to the future

*Angelwood announces thrift store during record fundraiser*

**By Anthony Richards**

Angelwood held a huge celebration as it looked back on 30 years of serving the greater Jacksonville area during its annual Soaring Possibilities fundraiser on Aug. 19 at the Sawgrass Marriott.

However, not only was the night a special one filled with laughter and fun, but just as the nonprofit was looking back on a wonderful 30 years, they also showed a glimpse of the future with the announcement that they will be opening a thrift store in the next couple of months.

According to Damara Farwell, chief development officer with Angelwood, the store will be located at the corner of Spring Park Road and Bowden Road, just east of Interstate 95 on the southside of Jacksonville.

“The store is great because it will serve many purposes,” Farwell said. “It will be a training ground for our supported employment program and will present an opportunity for the community volunteers to work alongside those in our programs.



Photo by Susan Griffin

**Angelwood held its 30th Annual Soaring Possibilities Celebration on Aug. 19 at the Sawgrass Marriott.**

Working alongside our participants is the most meaningful and most fun.”

Since 1993, Angelwood’s mission has been to offer service and assistance to

anyone living with intellectual or developmental differences, such as autism, cerebral palsy or Down syndrome.

“It (thrift store) has been a long time

coming, and it was challenging finding the right space to do all that we wanted to

**ANGELWOOD** continues on **Page 9**

# Thank You

to our generous sponsors, donors, volunteers, and attendees for making this year’s Annual Celebration our most successful fundraiser in our 30 year history!

**2023 Annual Celebration Sponsors**

Photos by Susan Griffin



The fundraiser raised a record \$500k-plus.



“Who Rescued Who” provided the live entertainment on the night.

# Angelwood

Continued from 8

do,” Farwell said. “It’s such an exciting time because it will allow us to serve so many more that need our help. There are tens of thousands of people on a waitlist in Florida for the services we will be able to offer.”

The event’s theme was “The Family Tree,” which represented the organization’s growth over the years, which has

continually branched out in response to community need over the years, as well as honoring the many groups that make up the extended Angelwood family.

The thrift store announcement was fitting with the theme because it is just the latest example of Angelwood growing its “family” of those that it can help.

“The hope is that it will become a revenue-driven portion of the organization so that we’re less reliant on government grants,” Farwell said. “That sustainability will allow us to focus even more on the

needs of the community.”

The event had about 325 people in attendance and had its most successful year, raising more than \$500k in the process, all of which will help support its mission.

It was also announced that the annual

celebration won “best charity event” for the second year in a row in the Ponte Vedra Recorder’s “Best of the Best” contest, which was voted on by the public.

A live performance by “Who Rescued Who” was the entertainment during the night.



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# Dog Festival brings out the canine crowd

In celebration of International Dog Day, the link held a Dog Festival from 9 a.m. to 1 p.m. Saturday, Aug. 26. The event featured the SwiftPaws agility course, a doggy talent show, dog training demonstration, a dog/owner look-alike contest and several vendor booths of

interest to canine visitors and their human counterparts.

“We just wanted to have a fun day where people could celebrate dogs, celebrate our best friends,” said Keeli Scarlett, communications manager for the link. “It was amazing, absolutely amaz-

ing.”

Scarlett said the agility course, which featured a toy for dogs to chase drew a line of people, and the dogs demonstrated their eagerness to have their turn.

Visiting dogs kept cool and hydrated at the doggie beach while Tropical

Smoothie Café hosted a cool zone for dog owners.

Proceeds from the event benefitted the Sapna Foundation.

The link is located at 425 Town Plaza Ave., Ponte Vedra.

Photos by Susan Griffin



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# Student

Continued from 1

years of the program is known to have been given this once-in-a-lifetime opportunity.

Girls Nation is open to any girl who is a high school junior, not just JROTC members. Annually, it gives select young women — two from each state — first-hand experience with the workings of the federal government.

The chance of being selected is very small, but no one who knows Hailey is likely to be surprised she was chosen. A natural leader with a pronounced can-do outlook, she has attained the NJROTC's highest rank among 200 cadets.

But before traveling to Washington, D.C., to join 92 other young women, Hailey had to first be selected for Girls State. After an interview process, she joined 299 others in that program, which was held in June at Florida State University. There, participants learned about parliamentary procedure and the legislative process at the state level. They also held elections for their "city's" mayor and their "state's" governor.

Hailey ran unsuccessfully for mayor, but that turned out to be a good thing because it paved the way for even bigger success. She ran for party chair and won. Her new role running rallies and caucuses appealed to her, but there was

something she liked even more.

Because she'd had leadership experience in the NJROTC, Hailey became a kind of mentor to many other girls and even helped her mayor.

"I think that's what I loved the most about it," she said. "That mentorship portion."

When the participants were polled on who within their "city" was the most outstanding "Girls Stater," Hailey received 29 out of 30 votes. The one she didn't receive was her own; she'd voted for her mayor.

That poll turned out to be a contributing factor in the selection of two young women to represent Florida at Girls Nation. Following an interview process, Hailey was selected for that as well.

At Girls Nation, participants proposed and discussed legislation. They also ran elections for a "president" and "vice president." Once again serving as party chair, Hailey ran conventions and worked diligently to ensure party members felt valued so that they wouldn't be tempted to cross party lines during the election.

In the end, Hailey's candidates won. She said the experience helped her grow in confidence and recognize her own resiliency.

Hailey joined the NJROTC as a freshman, inspired by a friend who was a year ahead of her. But first, she had to convince her family that this was right



Photo by Shaun Ryan

Hailey Pitches is seen at Nease High School where she serves as the battalion commanding officer for the NJROTC program.

for her.

"It's a leadership-building program," she said. "That's what I saw it as."

She won the support of her family and has worked hard to get to her current rank.

"I'm a big proponent of the NJROTC program," she said. "There's nothing like it. The travel, the experience, the opportunities you get through NJROTC is just unlike anything else in high school."

And those opportunities are there for

those willing to work for them.

"It doesn't matter who you are," Hailey said. "You are equal with every single freshman who comes in, and you can get leadership if you earn it."

Hailey plans to attend one of the U.S. service academies after graduation, her top choice being the Air Force Academy. Ultimately, she hopes to be commissioned in the Space Force.

"I'd love to serve my country through the 'Final Frontier,'" she said.

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Photo courtesy of Sisters of the Sea

The 25th Annual Sisters of the Sea Women's Surf Classic is scheduled for Sept. 9 at the Jacksonville Beach pier.

## Surf's up

Continued from 3

promptly at 8 a.m. and end around 4 p.m. with an award ceremony on the beach immediately following.

A raffle will be held to help raise money as part of the fundraiser, and will include items, such as skateboards, spa and salon pampering, restaurant gift cards, jewelry, artwork and much more.

An E-bike and several surfboards will be available to win through an online raffle as well, which is currently underway at sistersofthesea.org.

The contest will be followed by a "come as you are" after party at Ink Brewery located in Jacksonville Beach, as the organization celebrates 25 years of empowering women in the water and giving back to the community.

The party will begin at 6:30 p.m. and will feature music by Contact Buzz, as well as giveaways, a food truck and a special brew by Ink.

For more information about the event, both the competition and after party, please send an email to Sam@Sistersofthesea.org or go to sistersofthesea.org.

# Temporary solution in place for Beachside High traffic issue

## County taking over construction

By Anthony Richards

The new school year raised some traffic questions for Beachside High School parents and students traveling to school in the mornings.

There was a large amount of congestion along Country Road 210 from 8 a.m. to 9:30 a.m. according to the St. Johns County official Facebook page and it led to lengthy backups and resulted in people

being late to school and work as a result.

However, as of Aug. 31 a new temporary traffic route has been put into effect, which will now direct traffic traveling east on County Road 210 to the eastern intersection of the road and Beachwalk Boulevard.

This temporary solution to the problem is only in place during the morning Beachside High drop-off hours and will not be necessary at school dismissal times.

According to the county, the route change is intended to move traffic more efficiently and safely through the area while also reducing backups.

Coinciding with the new traffic pattern, Beachside High also sent out a notice to parents of the school informing them that start, and dismissal times had also been adapted to help reduce the traffic.

Due to the traffic pattern being temporary, a more concrete future plan is still being devised, including St. Johns County public works planning to re-time the traffic signals along County Road 210 with the increased traffic flow at those times in mind.

Despite the temporary solution, it is the result of a more long-term issue and one that according to the county, they are working out with the developer of the Beachwalk community, Twin Creeks Developer.

The county states that during the past year and a half, the county has been holding firm on enforcing the developer's

obligations, which requires them to widen County Road 210 east from two lanes to four lanes to accommodate the traffic increase.

On May 2, as the last resort to enforce the developer's road widening obligations, the St. Johns County Board of County Commissioners gave the county attorney authority to take the necessary legal action against the developer to meet their obligations.

The county is proceeding to take over control of the construction because of the issues that have arisen with the developer. However, the county expects the developer to be held accountable for the costs.

The developer will be held accountable for the costs. The project will be advertised for bid in September with a completion date estimated to be 18 months from the date of the contract execution.

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# Senior LIVING



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**AND MUCH MORE INSIDE!**

THE  
RECORDER



THURSDAY, SEPTEMBER 7, 2023



Regent Ducas, co-owner of Memory Lane, stands ready to preserve customers' precious memories.



Regent Ducas, co-owner of Memory Lane, copies video onto a USB flash drive for a customer.

Photos by Shaun Ryan

# Unique business preserves memories

*Memory Lane digitizes content of outdated media, saves it in modern formats*

By Shaun Ryan

It may be a cliché, but only because it's true: Our memories are priceless.

That's why we seek to capture so many moments from our lives on film or video — to relive them, to one day share them with our children and grandchildren. But as the years pass and technology changes, we find ourselves with slides or home movies or videotapes that can no longer be viewed.

And that's where Memory Lane comes in.

This unique business has the ability to copy images, audio and video onto a USB flash drive, DVD or CD, preserving those precious moments.

"At Memory Lane, we can digitize pretty much every medium that you might have," said Regent Ducas, who with his wife Pamela, bought Easy Edit Video in December and rebranded it in March.

With an impressive array of equipment, Memory Lane can copy VHS tapes, VHS-C's, 8mm tape, mini DV's, DVDs, Hi8, Beta format video and even U-matic



Contributed photo

Memory Lane is located on Baymeadows Way in Jacksonville.

three-quarter-inch tapes. It can digitize 8mm, Super 8 and 16mm film as well as photos and slides. It can save audio from vinyl records, cassettes and reel-to-reel tapes.

It can even color-correct old slide images that have turned pink.

The only things Memory Lane does not do is restore damaged photos and work with negatives.

Memory Lane is located at 8431 Baymeadows Way in Jacksonville, but because it is the only brick-and-mortar digitizing business in Northeast Florida, people are willing to drive to access its services.

"Our customers come from everywhere," Ducas said. "We have a really good amount of people from Ponte Vedra, St. Augustine, St. Johns, St. Simons Island, Macclenny, the Beaches ... They literally come from all over."

Ducas, who has 22 years' experience working in

television, is careful to maintain his equipment, some of which is no longer being manufactured. And he encourages people to get their media digitized without delay. Videotape degenerates over time. Film also goes bad. And memories fade.

Sometimes, people will seek to digitize film or tapes they've discovered in a deceased relative's attic or garage. And though the images can be saved, there might be no one who can identify the people in them or provide other critical information.

"Do it now," Ducas said. "Don't wait."

Because it's often difficult to remember what's on a particular tape — or whether the initial recording has been taped over — Memory Lane has a comfortable preview room where people can look at their tapes before deciding what they want to have digitized. Ducas said it is a very popular feature.

Some customers make multiple copies of precious media to give as gifts. In fact, Memory Lane's workload quadruples around the holidays.

It's clear when speaking with Ducas that he thoroughly enjoys providing this unique service.

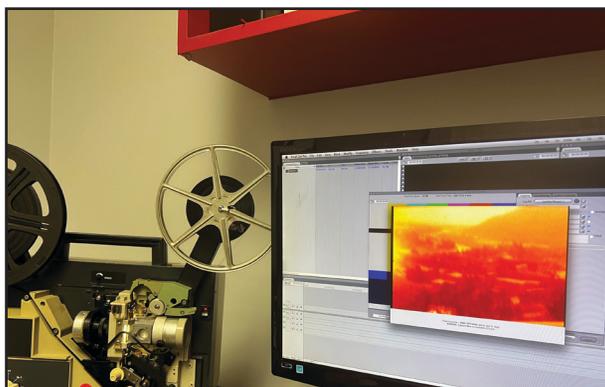
"There's such joy in this job," he said.

Memory Lane is open from 10 a.m. to 6 p.m. Monday through Friday and by appointment on Saturdays. The phone number is 904-730-9999.

For further information, go to [memorylanejacksonville.com](http://memorylanejacksonville.com).



Customers relax in Memory Lane's preview room to review video they recorded many years prior.



Film is just one of the formats from which Memory Lane can copy precious images.



Memory Lane can work with a wide variety of media.

Contributed photos

# Resident's memoir is story of adversity, faith

By Anthony Richards

For years, Barbara Katherine Gordon heard from those she comes across that her life is so interesting and that she should write a book one day.

After years of hearing it, and with God's helping hand, she finally took the advice and wrote her first book called "Growing Pains & Golden Years," which was recently published and is available to purchase on Amazon.

"It is my memoir," Gordon said. "In many ways, the book is me and what helped make me who I am today."

The process of writing the book for the 36-year Ponte Vedra Beach resident was an adventure, as some of the content was difficult for her to think about and relive in her mind and she even had to take four months off while writing because she just needed some time away to think, before picking it

back up again.

However, she found writing the book to be a soothing sense of relief at the end as it even helped her to find closure with some of the topics and situations covered in the book.

According to Gordon, it was the adversity people encounter that makes them the person they end up being and can also help grow their relationship with God.

"Sometimes you have to go through the growing pains along the way to find those golden years, and I just happened to have a lot of growing pains," Gordon chuckled. "I just hope that my book and my story can help people with whatever they're going through in their daily lives. To let them know that it's going to be all right, even when it may not seem like it."

She was born in Montreal, Quebec



Photo by Anthony Richards

Ponte Vedra Beach resident Barbara Katherine Gordon recently finished writing and published her memoir that chronicles her life's stories.

MEMOIR continues on Page 16

 An advertisement for Cypress Village retirement community. The background is a scenic photograph of a retirement community with a large multi-story building, palm trees, a lake with a fountain, and a wooden bridge. On the left side, there is a dark blue overlay with white text.
 

  
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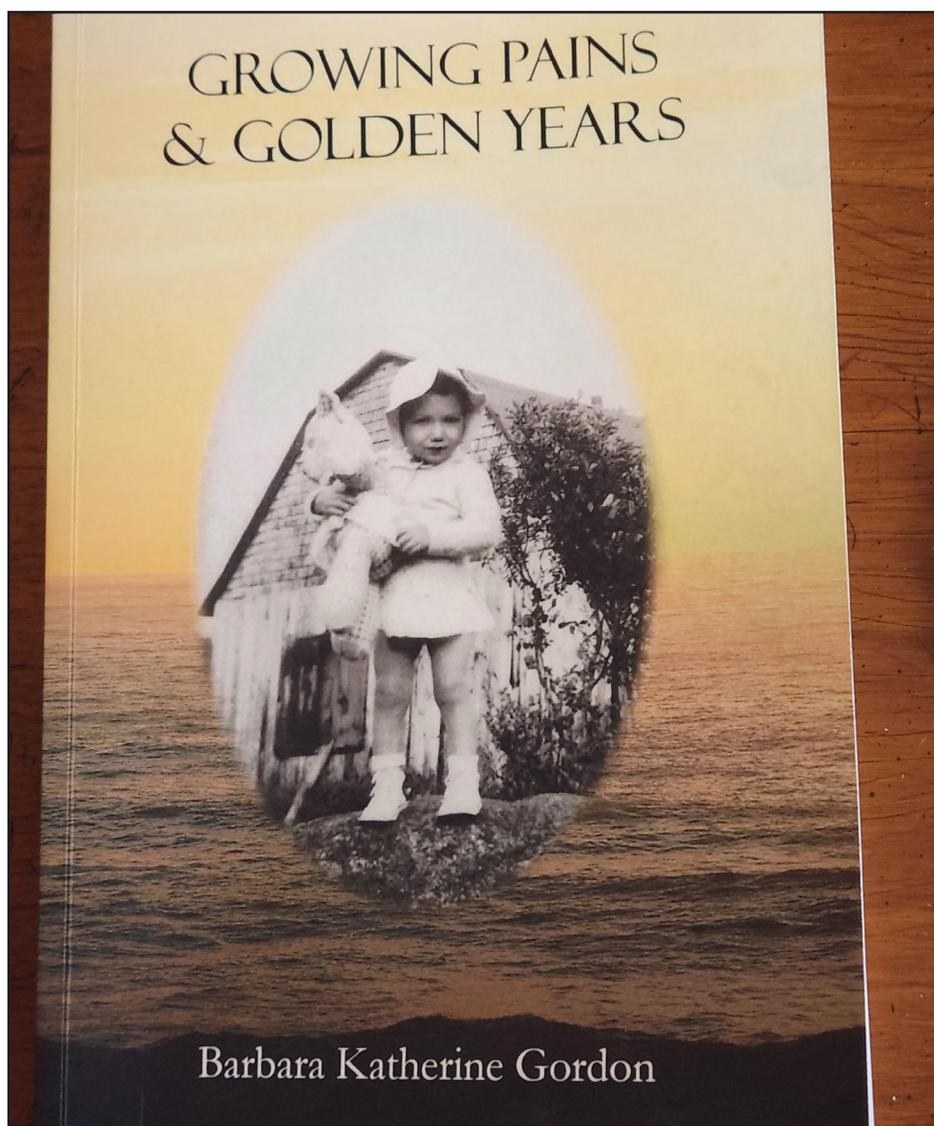


Photo by Anthony Richards

The book is a guide to overcoming the adversity that comes on life's journey.

## Memoir

Continued from 15

as a product of the World War II baby boom, but she began experiencing adversity as early as an infant, including an instance when her mom came home from working a shift and found her stepfather drunk and asleep and Gordon in the oven.

“Thankfully I don’t remember that one, because I was so young, but I heard all about it and my mom knew after that it was not safe for me so she sent me to live with an uncle and aunt in North Carolina when I was just two years old,” Gordon said.

That is just a glimpse into Gordon’s life journey, which also includes a time spent in an orphanage, growing up on a farm, having a family of her own with six children, chasing her dream job with Olan Mills Portrait Studios and spending 16 years bedridden with back issues.

“It’s a story about overcoming and how to get through the growing pains of life,” Gordon said.

She even experienced death twice, including dying and being brought back to life while giving birth to her third daughter.

“I was crossing over, and I saw a hand and kept saying ‘Jesus I’m coming,’” Gordon said. “But then they brought me back because it wasn’t my time to go yet. I still had a family to raise. It’s my faith and trust in God that has continued to guide me through all of it.”

As a result, her favorite saying that she tells everyone she meets when wrapping up any conversation is that she hopes they have a “happy Jesus day.”

“You’d be surprised how many times people light up or it just makes their day to hear that,” Gordon said. “I hope my book can really do the same and help change their lives in a positive way.”

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# Welcome to Cypress Village



Contributed photo

Cypress Village residents say they have formed lifelong bonds after connecting at some of the welcoming parties.

## Making friends for life, one party at a time

Making friends is always a daunting task no matter your age. Cypress Village residents have made it their mission to help form friends for life. The Welcoming Committee at Cypress Village has hosted numerous events. According to a resident, every welcome party creates at least one new friendship — if not more.

Welcoming parties aren't the only events hosted, and members of the committee will try to connect many of the other events in the

neighborhood with a welcoming party so new residents can be better integrated into the community. Residents at Cypress love helping form lifelong bonds and look forward to hosting many more welcoming parties and other events.

Cypress Village is a retirement care community that offers residents an outstanding standard of living with all the services and amenities. Located adjacent to the Mayo Clinic, Cypress Village has beautifully appointed homes and apartments on a 120-acre campus.

For more information on this unmatched lifestyle of comfort and convenience, call 904-223-6100.

# Pickleball continues to grow locally

By Shaun Ryan

Pickleball was invented in 1965, but it wasn't until the Baby Boom generation reached retirement age that it became a phenomenon. It seems that pickleball courts are popping up everywhere, and yet there's no shortage of demand.

According to the Global Pickleball Network, there are 24 pickleball court locations in and around St. Johns County with a total of 103 individual courts.

Most of these are not public. Nocatee, for instance, has 12 private courts, and The Yards has 12 club courts.

The largest public location is Treaty Park, located at 1595 Wildwood Drive near St. Augustine, with eight courts. It has open play from 8:30 a.m. to noon Monday, Wednesday and Saturday mornings and 6-9 p.m. Tuesday and Thursday evenings when the courts are lighted.

For those who would like to get involved in the sport, lessons are offered at Treaty Park. For more information, go to [sjcfl.us/Recreation/AdultActivities.aspx](http://sjcfl.us/Recreation/AdultActivities.aspx).

For those who enjoy competing for a good cause, the St. Augustine Sunrise Rotary's Rhythm & Ribs Festival will present The Big Dill Pickleball Classic on Oct. 14 and 15 at Treaty Park. The tournament will benefit Big Brothers Big Sisters of St. Johns County.

There will be four men's doubles events, four mixed doubles events and four women's doubles events. These are separated into different skill and age levels. Play will start at 8 a.m. and conclude at 8 p.m. each day.

To register for the event, go to <http://bit.ly/BigDillregister>.

There's also an interesting Facebook group, St. Augustine Pickleball, at [facebook.com/groups/542505075922953](https://facebook.com/groups/542505075922953).

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# COA an important part of senior life in St. Johns County

By Shaun Ryan

St. Johns County is a great place for seniors, and one of the reasons is the COA (Council on Aging), which has served the community for a half century.

COA is a private not-for-profit agency. It operates six senior community centers, delivers more than 300 Meals on Wheels each day, provides services and companionship to older residents and maintains a schedule of classes and activities.

Do you enjoy writing, exercise, art, books and movies? Are you seeking resources for caregivers or help in dealing with health challenges or information about wellness? The variety and number of services offered through COA is remarkable, and well worth checking out.

Here's a look at some of the services COA provides:

**Care Connection:** This 100% donor-funded and almost completely volunteer-run program helps independent older adults manage the more challenging demands of everyday life. Volunteers can help with monthly budgeting and minor

home repairs, provide basic lawn maintenance, install assistive devices such as wheelchair ramps and grab bars, assist with accessing services and benefits and more. For more information, call 904-209-3649.

**Community Care-Giving:** This free, confidential service for residents of St. Johns County and their families helps to improve the health and wellbeing of caregivers and their loved ones. Among the services offered are educational workshops, caregiver support groups, self-care activities and more. For information, call 904-209-3674 or email [caregiving@stjohnscoa.com](mailto:caregiving@stjohnscoa.com).

**Independent Living Services:** Fee-based and subsidized programs facilitate at-home,

independent living for adults age 60 and older. Services include care management, assistance with daily household chores, emergency home energy assistance, emergency alert response systems, home-making and more. For information, call 904-209-3700.

**Meals on Wheels:** According to Meals on Wheels America, about 10 million seniors are threatened by or experience hunger. The local program provides nutritious meals to homebound elders in St. Johns County and even pet food deliveries to pet owners who receive this service. Call 904-209-3632 for information.

**Memory Services:** COA offers screening programs, needs assessments, early memory care and more. The Integrative

Memory Enhancement Program integrates the mind, body and brain connections to improve cognitive reserve and minimize the progression of memory loss or dementia. For further information on memory care services, call 904-209-3700.

**Transportation:** The COA offers a variety of transportation services.

- The Sunshine Bus operates Monday through Saturday and has a variety of color-coded lines to get travelers where they want to go. For further information, go to [sunshinebus.net](http://sunshinebus.net).

- Paratransit provides non-emergency medical and other transportation on a door-to-door basis for ambulatory, wheelchair-bound passengers and stretcher passengers. For more information, call 904-209-3714,

- Coastal Transportation: Private bus and shuttle services for small groups, clubs and individuals. Call 904-209-3638 for information.

For more information on COA and its many services, classes, activities and opportunities, go to [coasjc.org](http://coasjc.org).



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# COA's THE PLAYERS Community Senior Center announces September events

The following programs will be held at COA's THE PLAYERS Community Senior Center, 175 Landrum Lane, Ponte Vedra Beach, beginning in September. Most classes are four weeks long and begin the first week of September. If you have any questions or wish to register, call Suzanne Duvall at 904-209-3659.

**Lunch — Tuesdays:**

From noon to 1 p.m. Registration required a week in advance. Fee required: \$5 per meal.

**Lunch — Thursdays:**

Four weeks starting Sept. 7, from noon to 1 p.m. Registration required a week in advance. Fee required: \$5 per meal.

**Hisshin Sumi-E Painting Class:**

Traditional East Asian brush painting. This class meets once a month. Fee required: \$3 per person. From 11:30 a.m. to 2 p.m. Sept. 14.

**Chair Exercise — Tuesdays:**

From 9:30 to 10 a.m.

**Chair Exercise — Thursdays:**

Four weeks starting Sept. 7. From 9:30 to 10 a.m.

**Tai Chi:**

Four weeks starting Thursday, Sept. 7. From 10 to 11 a.m.

**Canasta — Tuesdays:**

From 10 a.m. to noon.

**Canasta — Thursdays:**

Four weeks starting Sept. 7. From 10 a.m. to noon.

**Bingo — Tuesdays:**

From 1 to 2 p.m.

**Bingo — Thursdays:**

Four weeks starting Sept. 7. From 1 to 2 p.m.

**Wii Bowling:**

Four weeks starting Thursday, Sept. 7. From 10 to 11 a.m.

**Tech Help — Tuesdays:**

From 10 a.m. to noon.

**Tech Help — Thursdays:**

Four weeks starting Sept. 7. From 10 a.m. to noon.

**The Prevention Coalition of St. Johns County:**

Discussion on safe drug disposal. This presentation is filled with information everyone should know about keeping themselves and the youths in their lives safe from the harm of alcohol and drug misuse. Thursday, Sept. 7, from 11 a.m. to noon.

**St. John's County Library:**

The Ponte Vedra Beach Branch of the St. John's County Public Library System visits Tuesday, Sept. 12, from 11 a.m. to noon. Sign-up for a library card!

**St. John's County COA's Prescription Assistance Program:**

Has the high cost of medications left you trying to decide which prescriptions you can afford? Join us for an educational presentation by Tina Brophil. Thursday, Sept. 14, from 11 a.m. to noon.

**Concierge Care:**

September is Fall Prevention Month. Join Jennifer James and guests as they present tips on staying upright. Light refreshments provided. Tuesday, Sept. 19, from 11 a.m. to noon.

**Fabulous Fifties Birthday Bash with Randy Elvis!**

Happy Birthday, September babies! Dress like it's the 1950s and join us for cake and music! Thursday, Sept. 21 from 11 a.m. to noon.

**Medicare:**

Get ready for annual enrollment (Oct. 15 through Dec. 7). Chris Hoff, Medicare specialist with LINK Benefits Group visits to explain Medicare plans and answer questions. Tuesday, Sept. 26, from 11 a.m. to noon.

**St. John's County Legal Aid:**

Free lecture on the expense of nursing homes; you don't have to go broke. Megan Wall, St. Johns County Legal Aid, managing attorney. Thursday, Sept. 28, from 11 a.m. to noon.

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# COA Center at Flagler Health+ Village announces September programs

The following programs will be held in September 2023 at COA Center at Flagler Health+ Village at Nocatee, at 351 Town Plaza Ave., Suite 205, Ponte Vedra. Unless specified otherwise, register by email to [pbrunell@stjohnscoa.com](mailto:pbrunell@stjohnscoa.com) or by calling 904-819-3234. Classes are open to ages 18-plus. For more information, go to [coasjc.org/center-at-nocatee](http://coasjc.org/center-at-nocatee).

## TUESDAYS

**Bereavement Support Group:** This group is for anyone dealing with grief from the loss of a loved one. Ann Martel MSW facilitates these meetings. Meets 10:30 a.m. to noon Sept. 26. Advanced

registration is required.

**Caregiver Support Group:** All caregivers are welcome. Meets 1-2 p.m. every Tuesday. There is a trained facilitator present at every meeting to guide the group.

**Widows and Widowers:** Social group meeting the second and fourth Tuesday of every month from 11 a.m. to 12:30 p.m. Register in advance for one or both Tuesdays.

**Assisted Living, Memory Care, Long Term Care or Home Care?** A one-time program for caregivers on how to choose. A light brunch and music provided by Perfect Placement Advising and Brooks

Custom Care. Advanced RSVP is required for this free event. 10:30 a.m. to noon Tuesday, Sept. 12.

**Exercise & Dementia. The How, When & Why:** Bandi Renfro, PT, DPT, Cert DN, will inform us so we can provide a better quality of life for our loved ones living with dementia. 10:30 to 11:30 a.m. Tuesday, Sept. 19.

**Too Much Drama! Family Conflict w/ Critical Illness:** Presented by Doug Schilling from Community Hospice. Learn techniques and tips to help your family reduce the drama. 10:30 to 11:30 a.m. Tuesday, Sept. 26.

## WEDNESDAYS

**Open Art:** Bring your art or craft project to work on while socializing with new and current friends. Meets 9:30 to 11:30 a.m. every Wednesday.

**Medication Review:** Do you have questions or concerns about the prescription medications you take? Retired pharmacist Ray Lowe is here to help. Call 904-814-9407 to schedule a free one-to-one appointment. Wednesday morning appointments available.

**Mah Jongg Meet-up:** Open play for experienced players. 1-3 p.m. Wednesdays, Sept. 13, 27; and 3-5 p.m. Sept. 20.

**Meet with a SHINE Volunteer for Medicare Information:** Have questions or need help with signing up or changing Medicare plans? Open enrollment is coming up soon. Call or email to set up your individual appointment between 9:30 a.m. and 12:30 p.m. Sept. 13.

**Acupuncture, Natural Treatment for Eye Disease:** Erica Joy Siegel from Joy Vision Acupuncture will discuss the benefits and how to use acupuncture to reverse and prevent vision loss. 10-11 a.m. Wednesday, Sept. 20.

**Genealogy Group:** A genealogy expert will guide you in discovering with finding your ancestors on the third Wednesday of each month. 1-2:30 p.m. Wednesday, Sept. 20.

**Spouse in a Nursing Home? Do I Have to go Broke?** Laws can change and vary from state to state. This presentation by Megan Wall, managing attorney from St. Johns Legal Aid, will explain what you need to know to protect your family. 10-11 a.m. Wednesday, Sept. 27.

**Caregiver Needs Assessment:** Make an appointment with a qualified dementia care specialist who will set up a time to discuss your situation, one-to-one; develop an individualized education-and-needs assessment; support and guide; empower you to find solutions for those needs. Call to schedule an appointment at 904-814-9407.

## Coming in October

Medicare Open Enrollment presented by SHINE. 10-11 a.m. Tuesday, Oct. 3.



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# COA's River House announces September classes and events

The following programs will be held at COA's River House, 179 Marine St., St. Augustine, beginning in September. Classes are one to five weeks long and begin the first week of September. For questions, call 904-209-3655 (Monday-Thursday) or email [tharris@coasjc.org](mailto:tharris@coasjc.org).

For more information on courses that require registration, go to [coasjc.coursestorm.com/category/river-house](https://coasjc.coursestorm.com/category/river-house). For information on all upcoming River House events, go to [coasjc.org/riverhouse](https://coasjc.org/riverhouse).

Registration is required for the following programs, and space is limited. To review course details and to register, go to [coasjc.coursestorm.com/category/river-house](https://coasjc.coursestorm.com/category/river-house).

**Gentle Yoga:** Three weeks starting Monday, Sept. 11. From 9:15 to 10:45 a.m.

**Silhouette Picture Painting:** One day on Monday, Sept. 11. From 10 to 11:30 a.m.

**Silhouette Picture Painting:** One day on Monday, Sept. 18. From 10 to 11:30 a.m.

**Chair Yoga:** Three weeks starting Monday, Sept. 11. From 11 a.m. to noon.

**Spanish for Fun and Travel:** Three weeks starting Monday, Sept. 11. From 11:30 a.m. to 12:30 p.m.

**Beginners Ballroom Dance Group Class:** Three weeks starting Monday,



Sept. 11. From 12:15 to 1:15 p.m.

**Watercolor/Doodles:** Three weeks starting Monday, Sept. 11. From 1:30 to 3:30 p.m.

**Tap Dance for the Beginner:** Three weeks starting Monday, Sept. 11. From 1:30 to 2:30 p.m.

**Ballet:** Three weeks starting Monday, Sept. 11. From 2:45 to 3:45 p.m.

**Sea Shell Art:** One day on Tuesday, Sept. 12. From 11 a.m. to noon

**Sound Vibrational Frequency (Sound Bath):** Three weeks starting Tuesday,

Sept. 12. From 2:30 to 3:30 p.m.

**Chair Yoga:** Four weeks starting Thursday, Sept. 7. From 9 to 10 a.m.

**Beginner Bellydance Technique for Fun and Flexibility:** Four weeks starting Thursday, Sept. 7. From 9:30 to 10:30 a.m.

**American Sign Language for Beginners:** Four weeks starting Thursday, Sept. 7. From 10:30 to 11:30 a.m.

**Card Making:** Four weeks starting Thursday, Sept. 7. From 10:30 to 11:30 a.m.

**Sassy Skirt Dance for Everyone!** Four weeks starting Thursday, Sept. 7. From 10:45 to 11:45 a.m.

**Colored Pencil Art:** Four weeks starting Thursday, Sept. 7. From 1:30 to 3:30 p.m.

**A Journey into the Multi-sensory Universe:** Four weeks starting Thursday, Sept. 7. From 2 to 3:30 p.m.

**Tap Dancing Level 2:** Four weeks starting Thursday, Sept. 7. From 2 to 3 p.m.

## OPEN PROGRAMS

Open programs are free and, where noted, may require registration. Go to [coasjc.org/river-house](https://coasjc.org/river-house) for more information.

**Help with Medicare Questions:** Second Monday of each month from 9 a.m. to noon. Reserve a spot with a SHINE volunteer by calling 904-209-3655.

**Mahjong Open Play:** Bring your mahjong game and play. Mondays from 1 to 3 p.m.

**Fraud Prevention:** This program will address common frauds. What to look for and how to avoid them. On Monday, Sept. 18. From 1:30 to 2:30 p.m.

**COA Travel Club:** Monday, Sept. 11, at 2 p.m. Go to [coasjc.org](https://coasjc.org) for more details.

RIVER HOUSE continues on Page 23



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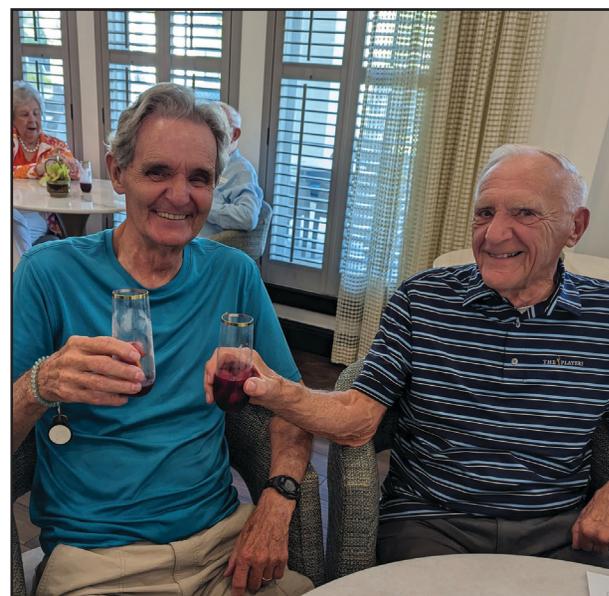
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# Fun was the theme for Starling at Nocatee August events

Starling at Nocatee Independent Living held an array of fun and festive events during the month of August, including a visit to the Classic Car Museum of St. Augustine; a special beer tasting courtesy of Bold City Brewery; a dessert wine tasting event; and a monthly meet and greet with games and Spanish Sangria.

Photos courtesy of Starling at Nocatee Independent Living



# Author Elizabeth Randall to speak

Acclaimed author Elizabeth Randall has an affinity for St. Augustine. As a freelance writer with seven books published, three of her works are set in and about St. Augustine. Randall has been invited to speak at an event on Saturday, Sept. 30, from 2 to 4 p.m. at the St. Johns County Public Library's Southeast Branch, 6670 US 1 South. She will share stories from her books set in St. Augustine and reveal a bit about her eighth book, currently being written and slated for a March 2024 release.

"I love visiting and writing about St. Augustine," said Randall. "When you walk around the city, take in the architecture, hear the stories, it gets under your skin. You start talking to the locals and you hear these same themes over and over again. The stories are always a little different, but you start keying in on hotspots, places where strange and wonderful things happen. The city's energy is so inspiring, and I just knew I had to share its amazing tales. Each time I visit, I find something new to write about!"

"Haunted St. Augustine and St. Johns County" features ghostly stories based

on historical events throughout St. Johns County. "Women in White: The Haunting of Northeast Florida" focuses on the female specters who inhabit the historic buildings and properties of Northeast Florida. "Murder in St. Augustine: The Mysterious Death of Athalia Ponsell Lindsley" tells the story of a wealthy local woman murdered on the steps of her mansion. It's an infamous mystery steeped in local lore, as it has never been solved.

Randall's other works include "Fire is the Test of Gold," "Historic Orlando" and "An Ocklawaha River Odyssey." Her entire catalog will be available for purchase at the event.

"I'm thrilled to speak with residents and visitors alike about my books," said Randall. "I've never quite been able to leave my teaching roots behind. As much as I love researching and writing, connecting with my readers and sharing my stories first-hand is so fun and rewarding. And it's exciting to give everyone a sneak peek into my newest work, "100 Things To Do in St. Augustine Before You Die."

## River House

Continued from 21

**Healing Hearts:** A group for grieving a loss. Meets the second and fourth Tuesdays of each month from 9:30 to 10:30 a.m.

**One-on-One Tech Help:** One-on-one help for your smart phone, tablet or laptop questions. From 10 a.m. to 2 p.m. Tuesdays, Sept. 12, 19 and 26; and Thursdays, Sept. 7 and 21. Call 904-209-3655 to reserve a one-hour spot.

**Happy Hookers:** Join this social group as they crochet, knit, etc. Tuesdays from 10 a.m. to noon.

**Widow to Widow:** Widows support group. Wednesdays from 11:45 a.m. to 12:45 p.m.

**Open Board Game Play:** Bring

your own or use one provided. Wednesdays from 1 to 4 p.m.

**STA Strong BHO (Bone Health & Osteoporosis Foundation) Education Group:** This group meets bimonthly to learn about prevention, diagnosis and treatment of osteoporosis. The next meeting is on Wednesday, Sept. 13, from 1:30 to 2:30 p.m.

**Open Card Play:** Bring your deck of cards and socialize over a friendly card game of your choosing. Every Thursday from 12:15 to 3:15 p.m.

**All You Need to Know About Cremation Pre-planning:** Thursday, Sept. 7, at 12:30 p.m. This is a lunch-and-learn seminar, so pizza and drinks will be provided.

**Spouse in Nursing Home? Do You Have to Go Broke?** with Megan Wall of Legal Aid on Friday, Sept. 22, from 10 to 11 a.m.



## WHERE ARE YOU SPENDING THE WEEKEND? **PAR 5 OR AISLE 4?**

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# Registration open for Florida Senior Games

Florida athletes, age 50 and older, can now register for the 2023 Florida Senior Games, presented by Humana.

The 32nd Annual Florida Senior Games will be held Dec. 1-10 in Florida's Sports Coast/Pasco County. The 2023 Games is the second of a three-year commitment in Florida's Sports Coast where visitors can experience exciting outdoor activities, award-winning dining and breathtaking natural beauty. It's the perfect place to complete your bucket list and score once-in-a-lifetime memories.

Registration for the 2023 Florida Senior Games will be open until Nov. 14. Visit the individual sports pages at [floridaseniorgames.com/sports](http://floridaseniorgames.com/sports) for entry fees, competition and registration information.

Athletes who have previously registered online for the games can go directly to the registration site at <http://florida.fusesport.com/registration/1847/FSG>.

A total of 20 sports will be held in the 10-day period in December, with 18 being held in Pasco County area. Racquetball will be contested at the David Posnack Jewish Community Center and table tennis will be held at the Legacy Park Recreation Center in Alachua.

The 2022 Florida Senior Games, held in Pasco County, featured more than 2,500 athletes, age 50 and older, in competition.



## 2023 Florida Senior Games dates and locations

*Schedule Subject to Change*

- Archery, Saturday, Dec. 2, Wiregrass Ranch Sports Campus, Wesley Chapel
- Badminton, Sunday, Dec. 3, Location TBD
- Basketball Shooting, Saturday, Dec. 2, Wiregrass Ranch Sports Campus, Wesley Chapel
- Basketball 3 on 3, Saturday, Dec. 2, Wiregrass Ranch Sports Campus, Wesley Chapel
- Bowling (Individual), Saturday, Dec. 2, and Sunday, Dec. 3, Pin Chasers, Zephyrhills
- Bowling (Team), Saturday, Dec. 2, and Sunday, Dec. 3, Pin Chasers, Zephyrhills

yrhills

- Cycling (20K/40K), Saturday, Dec. 2, San Antonio Elementary School, Dade City
- Cycling (5K and 10K Time Trials), Sunday, Dec. 3, Florida Polytechnical University, Lakeland
- Golf, Monday, Dec. 4, Lake Jovita Golf and Country Club, South Course
- Horseshoes, Friday, Dec. 8, Clearwater Horseshoe Club
- Opening Ceremony, Friday, Dec. 1, Sarah Vande Berg Tennis and Wellness Center, Zephyrhills
- Pickleball, Wednesday, Dec. 6, to Sunday, Dec. 10, Sarah Vande Berg Tennis and Wellness Center, Zephyrhills
- Powerlifting, Saturday, Dec. 9, Hyatt Place Hotel, Lutz
- Power Walk and Race Walk (5000 meter), Friday, Dec. 8; (1500 meter) Sunday, Dec. 10, Cypress Creek High School
- 5K Road Race, Saturday, Dec. 9, Location TBD
- Racquetball, Saturday, Dec. 2, and Sunday, Dec. 3, David Posnack Jewish Community Center, Davie
- Shuffleboard, Saturday, Dec. 9, and Sunday, Dec. 10, Zephyrhills Shuffleboard Club
- Swimming, Saturday, Dec. 2, and Sunday, Dec. 3, Temple Terrace Family

Recreation Complex

- Table Tennis, Monday, Dec. 4, and Tuesday, Dec. 5, Legacy Park Sports Complex, Alachua
- Tennis, Friday, December 1 – Thursday, Dec. 7, Sarah Vande Berg Tennis and Wellness Center, Zephyrhills
- Track and Field (Field Events), Friday, Dec. 8, and (Javelin throw), Saturday, Dec. 9, Cypress Creek High School, Lutz
- Track and Field (Running Events), Sunday, Dec. 10, Cypress Creek High School, Lutz
- Volleyball, Saturday, Dec. 2 (Women), and Sunday, Dec. 3 (Men), Wiregrass Ranch Sports Campus, Wesley Chapel

More than 3,000 athletes have already qualified for the 2023 Florida Senior Games by competing in one of nine Local Senior Games Qualifiers, held between January and April 2023. Athletes needing a qualifying performance have the opportunity at 12 Local Senior Games Qualifiers being held between September and November, beginning with the Gainesville Senior Games and Pensacola Senior Games on Sept. 8.

For a listing of the upcoming Florida Senior Games Local Qualifiers, go to [floridaseniorgames.com/all-sports-schedule](http://floridaseniorgames.com/all-sports-schedule).



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# Assisted Living Locators, Grasons unite for cross-brand franchise

In an unprecedented move, Assisted Living Locators, a national leader in senior placement and referral services, and Grasons, a respected estate sales and business liquidation service, have joined forces to launch their first cross-brand franchise in St. Augustine. This innovative collaboration aims to provide a comprehensive solution for families during the often-complex process of senior living transition.

Co-owned by Victor and Kelly Burke, with Kelly leading as the senior care adviser, the new franchise aims to create a seamless service experience for families in St. Augustine, Palm Coast and surrounding St. Johns and Flagler counties. Assisted Living Locators, renowned for offering a comprehensive, no-cost service to families seeking high-quality assisted living and in-home care options, now augments its offering with the downsizing and transition services provided by Grasons.

Kelly Burke, a licensed certified occupational therapy assistant, brings her substantial health care and wellness expertise to the helm.

"In my career, I've seen the necessity for a comprehensive and supportive solution for individuals navigating senior care decisions," she said. "By bringing together Assisted Living Locators and Grasons, we offer a holistic solution that spans from assessing care needs to handling property downsizing and estate sales. This dual

approach simplifies the transition process and reduces the stress often associated with such significant life changes."

The array of services offered includes:

- An easy-to-use online assessment tool
- A comprehensive intake interview to better understand needs
- Tours of meticulously vetted home health, hospice, assisted living, memory care and adult family homes
- Regular updates on visitation policies and move-in acceptance for assisted living communities and skilled nursing facilities
- Collaboration with a network of regional home care agencies to provide home care support
- Estate sales and business liquidation services to aid in downsizing and transitions
- Guidance throughout the entire decision-making process.

"Our goal is to act as trusted advisors for seniors and their families during what can be an overwhelming time," said Kelly Burke. "With this combined service approach, we can assess a senior's needs fully, from care to estate matters, and recommend a plan that covers the full spectrum of care and transition requirements."

For more information about Assisted Living Locators and Grasons' joint services for seniors and their families, call Kelly Burke at 904-417-3292 or go to [assistedlivinglocators.com/st-augustine](http://assistedlivinglocators.com/st-augustine).



## Mission-Based Quality Care

River Garden has a storied history as a not-for-profit, mission-driven community agency at the heart of which is the Fifth Commandment. Our faith-based foundation guides our decisions, placing focus squarely on the best interests of those we serve.



To find out more about our programs, services and resources, call (904) 260.1818 or visit [RiverGarden.org](http://RiverGarden.org)

# Baptist Health heart program recognized

Baptist Health was named to Becker's Hospital Review's 2023 list of "100 hospitals and health systems with great heart programs."

According to Becker's, the programs on the list "are renowned for their exemplary heart care, patient outcomes and leading technologies. Most also perform research that leads to innovative breakthroughs in the field of cardiology."

Baptist Health is a leader in cardiovascular services in the region. Highlights of the program include:

- Home to the area's only freestanding center for heart and vascular care, Baptist Heart Hospital
- Recently awarded the highest rating for coronary artery bypass grafting (CABG) procedures from The Society of Thoracic Surgeons
- Over 40 board-certified cardiologists and cardiothoracic surgeons throughout the region to make access to care easy for patients

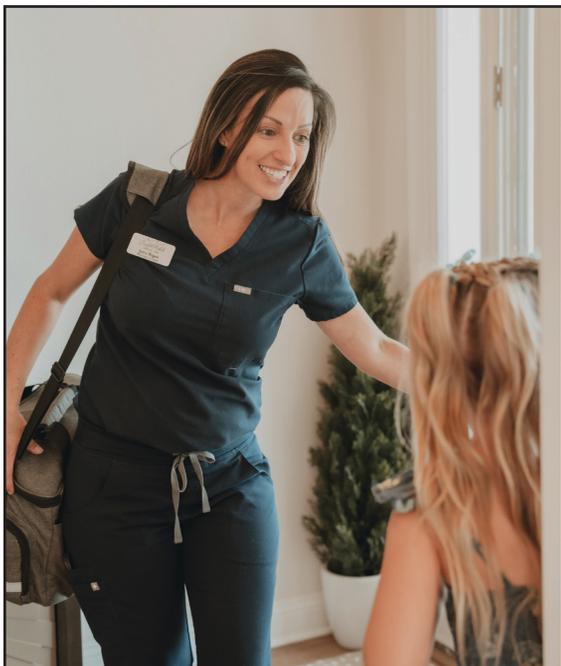
• A new facility dedicated specifically to the diagnosis and treatment of heart rhythm disorders, like Afib

- The highest volume structural heart program in the region
- 34 open cardiovascular clinical trials to bring the latest innovations and treatment options to patients as early as possible

"From prevention to intervention, the heart program at Baptist Health is designed to provide the full spectrum of services to patients needing any level of care for their heart," said Timothy G. Groover, M.D. "We're honored to be recognized for the growth, strength and quality of our program."

To select programs for the highly regarded list, the Becker's team assessed rankings and awards from reputable organizations such as U.S. News & World Report, Healthgrades, CMS, The Leapfrog Group and more. The team also accepted nominations for this list.

Photo credit: Trident Media



Coastal Mobile Medical Care is bringing back the house call.



Coastal Mobile Medical Care offers wellness treatments like IV therapy and vitamin injections.



Jarica Thigpen and Robyn Reaves, co-owners of Coastal Mobile Medical Care.

# Coastal Mobile Medical Care's goal: convenience

In the not-so-distant past, it was completely normal and expected that medical practitioners made house calls to their patients. Care was rendered at the bedside or on a job site, without moving or transporting the patient. Coastal Mobile Medical Care recognizes the value of offering urgent, preventative and wellness care services in the comfort of one's

home or office. Their new mobile medical care service does just that, from Neptune Beach south to Nocatee, Jacksonville Beach west to the St. Johns Town Center and southwest to Durbin Crossing as well as the San Marco and Mandarin areas.

"Who wants to go anywhere when you're feeling under the weather?" said Jarica Thigpen, co-owner and physi-

cian assistant. "If you or your child or other family member are sick, it's really better for them to remain where they are comfortable. With our mobile medical services, we do the traveling. It's so practical for anyone sick, busy or just looking to care for their health. At-home care is especially convenient for those with children – going to urgent care can

be stressful for a child that's already not feeling great. Instead, they're in their safe space and we can join them there."

Coastal Mobile Medical Care specializes in providing one-on-one medical care in the comfort of the home or office. When you schedule a home visit, one

**CONVENIENCE** continues on **Page 27**

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## BRIEFS

### Learn latest on Alzheimer's in Zoom seminar

Alzheimer's Association Chief Science Officer Maria C. Carrillo, Ph.D., will present cutting-edge science from this year's Alzheimer's Association International Conference and share insights during a Zoom presentation, set for 2-3 p.m. Thursday, Sept. 7.

To register online, go to [https://alz-org.zoom.us/webinar/register/WN\\_TiZiUUtDRCmbtwfS3OMu1Q](https://alz-org.zoom.us/webinar/register/WN_TiZiUUtDRCmbtwfS3OMu1Q) or call the Alzheimer Association's 24X7 Helpline at 800-272-3900.

### Learn more about essential tremor

Alaine Keebaugh, Ph.D., will offer a presentation on essential tremor (ET) at 11 a.m. Oct. 3 at Baptist Healthplace at Nocatee, 400 Colonnade Drive, No. 130. ET is an involuntary shaking of hands, legs, face, and/or voice. It's not Parkinson's Disease but has similar characteristics. Keebaugh will discuss the hereditary aspect of ET; will your children and your children's children have it as well? RSVP Jan Kary at

[jkary@verizon.net](mailto:jkary@verizon.net) or 202-438-6750.

### Program to benefit Council on Aging, other local nonprofits

Throughout September, members of the public can support Council on Aging's work just by dining at the Columbia Restaurant in downtown St. Augustine, or at any of the locations of the 1905 Family of Restaurants. Through their month-long Community Harvest program, now in its 26th year, the company donates 5% of all diners' checks to charities selected by the guests.

Simply dine at the Columbia restaurant and choose Council on Aging from a ballot provided with the check. The restaurant calculates the 5% and provides the charity with gift certificates that may be used at any of their associated restaurants for up to 12 months. There is no additional cost to the guest.

The Columbia Restaurant is located at 98 St. George St., St. Augustine. To view their menu and for reservations, go to [columbiarestaurant.com/historic-district-st-augustine](http://columbiarestaurant.com/historic-district-st-augustine).



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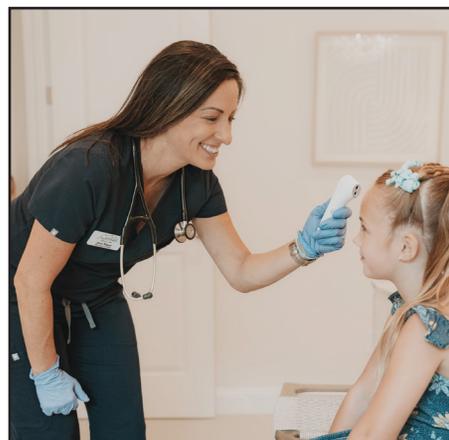
**Robyn Reaves, co-owner and nurse practitioner with Coastal Mobile Medical Care helps a young patient.**

## Convenience

Continued from 26

of their providers will give you a call to learn more about symptoms and complaints. Then within 30 minutes, the provider arrives at the patient's home or office for care. Their mobile medical services cover various ailments, including fever, cold, infection, RSV and vomiting, minor injuries and cuts, physical exams, sports physicals and wellness treatments like IV therapy and vitamin injections. They also offer separate telemedicine visits for easier-to-treat conditions that don't require in-person care.

"Our IV therapy is wonderful for replenishing vital nutrients after an illness or as a preventative measure," said Robyn Reaves, co-owner and nurse practitioner. "We offer a wide range of IV therapies that can help fight dehydration, headaches, stomach bugs and low energy. We also just kicked off an



**Jarica Thigpen, co-owner and physician assistant with Coastal Mobile Medical Care, helps a young patient.**

employer membership program for small businesses that can't quite afford health insurance for its employees but want to offer a great supplemental health care option. Our providers offer concierge urgent care visits, telemedicine visits and annual wellness assessments to help keep your employees healthy."

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**For additional information visit [chsfl.org/chefs](http://chsfl.org/chefs)**

# Remember

Continued from 1

time that the first tower was struck.

More than 300 people participated in last year's event, which Trousdell stated was the biggest turnout it has had so far.

The route used is the designated 5k course on the World Golf Village grounds.

"There's tons of parking, and it's a really nice run," Trousdell said. "Most people are there to show their support and reflect on it. We can't forget these events that took place."

Trousdell was able to take part in the New York City event last year and she encourages everyone to consider making the trip north to attend.

Siller had been assigned to Brooklyn Squad 1 and he had just finished a shift and was on his way to play golf with his brothers when he received word about the

attacks over his scanner, so he called his wife to tell her that he was going back to the station to get his gear and go help.

He drove his truck to the entrance of the Brooklyn Battery Tunnel, but it had already been closed as part of the safety protocol, but he was determined to help so he strapped his 60 pounds of gear to his back and raced on foot through the tunnel.

According to Trousdell, the New York City 5k allows participants to go along the actual path Siller took in the tunnel on that fateful day.

"You can run in the footsteps he took on that day," Trousdell said.

Registration for the St. Augustine 5k and walk can be found by going to runsignup.com and typing in St. Augustine in the search box.

Awards will be handed out after the event for several categories, including "fastest firefighter in gear."



Photo courtesy of Tunnel to Towers Foundation

This year's 5k and run will begin at 8:46 a.m. on Sept. 9. The time is unique because it was the exact time when the first plane struck the World Trade Center on that fateful day.

# Benchmarks of Success

A look at major career changes in the area.



**Thue-Jones joins NAI Hallmark as vice president**

NAI Hallmark, the largest locally owned full-service commercial real estate brokerage and property management firm in Jacksonville, has announced the firm's continued growth by expanding its team with the appointment of Dylan Thue-Jones as vice president.

Thue-Jones has been active in real estate since 2007. Prior to NAI Hallmark, he worked at 2EJ Real Estate & Investments after four-plus years of working as the director of real estate for a national retail developer. In those roles he managed

both high-growth new store expansion and existing store portfolios. Thue-Jones has spent years traveling the Southeast region of the United States, working in numerous markets and counties with experience in site selection, entitlement and permitting.



**Cathedral Arts Project names teaching artist fellow**

The Cathedral Arts Project (CAP) has announced the appointment of Ashlee Collins as the Petway Teaching Artist Fellow in Visual Arts, a full-time position providing arts education programs for school-aged children. She begins her new role with the organization on Aug. 15.

Collins previously served as an arts educator at Riverside Presbyterian Day

School, Charter Schools USA and Duval County Public Schools. In her new role as a teaching artist fellow she will provide visual arts-based education and arts integration instruction in multiple schools and community sites throughout Duval County. In addition to curriculum development and implementation, Collins will also develop experiential learning opportunities for students such as guest artist workshops and field trips.

**Baptist Health leaders featured on list of 'up-and-comers'**

Becker's Hospital Review has named two Baptist Health leaders to its list of "up-and-comers" in IT health and revenue cycle management for 2023: Sara Meinke, senior director of IT ambulatory network innovation, and Steven Kos, senior director of revenue cycle application support.

The list includes individuals "leading

the charge at hospitals, health systems and health care companies across the nation" who bring "a deep understanding of health care's changing landscape and help their organizations adjust accordingly," according to Becker's.

**CBK Advising expands with new hire**

Jacksonville-based Karen D. Nutter, a published author, professional coach and corporate trainer through her business, CBK Advising, recently expanded her organization to include key areas of business with the expertise of Katie McCollum as the firm's strategic sales and leadership adviser.

Nutter and McCollum will focus on providing professional services for existing clients and developing new partnerships with individuals who are committed to advancing a thriving organizational culture.

BENCHMARKS continues on Page 32



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## Hardage-Giddens hosts Chamber after hours

The St. Johns County Chamber of Commerce Ponte Vedra Beach Division hosted an after hours event at Hardage-Giddens St. Johns hosted on Aug. 23. The evening included networking opportunities as well as food and drinks available.



Photo courtesy of St. Johns County Chamber of Commerce

The St. Johns County Chamber of Commerce hosted an after hours event at Hardage-Giddens St. Johns on Aug. 23.



Photo by Susan Griffin

Holly Nieves with Hardage-Giddens spoke during the after hours event.



Photo by Susan Griffin

Members of the Chamber were on hand for the networking event.



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## New dental office coming soon to St. Augustine

Ted Hightower DMD will soon be offering dental services to the community of St. Augustine at his new office, Dental Care at Treaty Oaks. The full-service, state-of-the-art family dental practice is set to open on Sept. 22.

Dental Care at Treaty Oaks will be fully equipped with the latest products and equipment available in the dental industry, offering Hightower and his dental team the opportunity to provide the most up-to-date procedures and services to their patients. From routine cleanings and simple fillings to more in-depth restorative and cosmetic services, patients can expect individualized care to help them keep their teeth for a lifetime.

“We are excited to be joining the St.

Augustine community to offer high-quality dental services to families and individuals of all ages,” said Hightower. “Our mission is to provide exceptional experiences to each patient who walks through our doors.”

“Dental health is vital to overall health, so we want to help our patients make the best decisions for their care,” Hightower added. “We plan to educate patients on the importance of dental care and encourage them to adopt an ongoing preventative care routine.”

Dental Care at Treaty Oaks is located at 50 Fulkerson Way in St. Augustine. The office is now accepting new patients. Appointments can be made by calling 904-770-4580 or going to [DentalCareAtTreatyOaks.com](https://DentalCareAtTreatyOaks.com).



Chef Brian Whittington, Ben Zimmerman and Anthony Quintieri, pictured from left.



Chop Shop SilverLeaf has quickly become a welcome addition to the SilverLeaf neighborhood.

# Chop Shop Artisan Butcher opens Silverleaf location

Before the advent of supermarkets and commercial meat processing, communities relied on the expertise of local shops, where their butcher would source and hand-select the finest cuts. When James Beard-nominated chef and owner Brian Whittington opened his flagship Chop Shop on Anastasia Island in 2018, it quickly became the place for St. Augustinians to go to for quality products curated by trained chefs and staff. He is now bringing that experience to the growing community of SilverLeaf in northern St. Johns County.

“It is hard to believe that I’ve already been in the restaurant/hospitality industry for 25 years,” said Whittington, who recently closed his popular high-end eatery, Preserved Restaurant, which was named one of “The South’s Best New Restaurants” in 2016 by Southern Living magazine.

Whittington wanted to shift gears and focus on the Chop Shop brand while also creating more family time for himself and his team.

Although starting from humble beginnings as a dishwasher at South Beach Grille in Crescent Beach, Whittington also spent time at Alinea in Chicago,

which was named the “Best Restaurant in the World” by Elite Traveler as well as lead chef at Restaurant Orsay in Jacksonville for four years.

“Our community craves and expects real food experiences, not just in a restaurant but in their homes,” he explained. “The home cook should have access to the freshest and highest quality products. That’s what Chop Shop is about – providing the best ingredients we can find.”

Whittington and his managing partners, Ben Zimmerman and Anthony Quintieri, favor the quality of a product over the locality. The team sources the most sought-after products in the Southeast, working with a selection of hand-picked farms.

Chop Shop at SilverLeaf offers custom cuts of beef, lamb, pork, chicken and duck, house-made sausages, and fresh and prepared seafood like shrimp, scallops, crab cakes and seaweed salad. Farm-fresh fruit, vegetables, greens, herbs and specialty grocery items, like charcuterie, pickles, sauces, rubs, oils and spices are displayed to provide a well-rounded meal.

Busy locals will enjoy the prepared items like soups, chowders, stocks and sauces. House sommelier Christof Bauer has carefully-curated an elevated beer and



Photos by Melissa Marcarelli

Chop Shop at SilverLeaf offers custom cuts of beef, lamb, pork, chicken and duck.

wine selection to accompany any meal perfectly.

“It all comes down to the team, and I’m so proud of this one,” said Whittington. “Anthony and Ben both have a long, heavy-hitting history of hospitality in this area. We’re all passionate about good, quality ingredients, and we can’t wait to

be that familiar place in this community where everybody knows your name and favorite cut!”

Chop Shop Artisan Butcher has locations at 600 Anastasia Blvd. and 50 Silver Forest Drive, Suite 103. Both locations are open Tuesday through Saturday from 9:30 a.m. to 6:30 p.m.

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# Daniel Ernst honored with DAISY Award at Flagler Hospital

Daniel Ernst, RN, a nurse in the Medical Intensive Care Unit (MICU) at Flagler Hospital, has been honored as the hospital's DAISY Award recipient for the second quarter of 2023. He was honored for his compassionate care toward an 87-year-old woman as she came to the end of her life.

The DAISY Award is an international program that rewards and celebrates the extraordinary compassion and skill nurses provide daily. Ernst was nominated by the patient's family after they were comforted by him in their loved one's final days.

"Daniel took care of our mother the last two days of her life," wrote Linda Smoyer on behalf of her family. "It was so frightening to us all as we watched her struggle to live. Daniel eased our fears. He was so kind, compassionate

and caring not only with our mother but with the family as well. He would talk to our mom like she was his own family. There was some confusion with hospice, so Daniel made sure he got clarification and explained all the details to us. Daniel made sure at all times that our mother was comfortable.

"He knew our mother wanted to live; we wanted her to live. Sadly, her body was weak and she could not win the fight. I received a call from Daniel that Mama didn't want dialysis anymore and that she was depending more and more on the BiPap machine for air. He called down to security in the ER to let us come early. We rushed there, and we were relieved to know that Daniel was Mama's nurse for the day. We, as a family, nominate Daniel in MICU as an Extraordinary Nurse. He went beyond the normal call

of duty. Thank you, Daniel."

Daniel's nomination was among 51 recognitions submitted by patients, their families and Flagler Health+ team members this quarter.

"Being a nurse means so many things," said Carlton DeVooght, president and CEO of Flagler Health+. "It means serving the health needs of their patients, but also their emotional needs and those of their families. Daniel helped comfort this family and guide them through a difficult time. He is a well-deserved recipient of the DAISY Award and is the epitome of what Flagler Health+ represents to our patients and community."

In recognition of this honor, Ernst received a stone-carved "Healers Touch" trophy, a DAISY winner's pin, a gift basket and a \$250 bonus.

"It adds a whole other level of fulfill-

ment, trying to emulate the values of the DAISY Award," said Ernst. "Then to have it recognized is overwhelming. Wow. Wow, is definitely the word."

The DAISY Award for Extraordinary Nurses is part of The DAISY Foundation's program to recognize the superhuman efforts nurses make every day. The not-for-profit DAISY Foundation, based in Glen Ellen, Calif., was established by J. Mark Barnes and his family in memory of his son J. Patrick Barnes, who died at 33 in 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little-known autoimmune disease.

The nursing care he and his family received while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and families.

# Baptist Health's chief information security officer honored



Becker's Hospital Review has included James Case, vice president and chief information security officer at Baptist Health, in its 60-strong list of Hospital and Health System CISOs and CPOs to Know for 2023.

Becker's commended the cybersecurity leaders for helping their organizations "not only survive but thrive."

Further, the publication noted that its list is comprised of individuals who have leveraged years of experience in IT cybersecurity to safeguard patient and administration information in addition to launching new initiatives, establishing novel technologies and building

talented IT teams.

Case has worked in IT within the health care industry for nearly 30 years. His tenure at Baptist Health began in 2005 when he served as a senior product manager for two years. Throughout his career, he has held information security roles both within Baptist Health and outside of the organization.

In 2021, he assumed his current senior leadership position, where he is responsible for leading day-to-day operations for information security, including incident response, the education of team members, vulnerability management, risk assessment and intrusion

prevention.

He is also tasked with protecting clinical information and the confidentiality of patients, as well as with delivering an effective cybersecurity program.

"Cyber threats are a very real concern for many industries, and health care is no exception," said Aaron Miri, senior vice president and chief digital and information officer at Baptist Health. "James' continued commitment to safeguarding our systems allows our team members to focus on our mission of providing excellent health care to those in the region."

## Benchmarks

Continued from 29



**Karen D. Nutter**

The company's use of scientific assessments helps to develop the ability to perceive, use, understand and manage emotions and find cohesive communications during challenging times.



**Katie McCollum**

Nutter and McCollum are certified to train clients in a myriad of professional and personal categories with TTI Success Insights' DISC — TTI Assessments For Hiring, succession planning, team development and leadership development.

McCollum brings more than 12 years of experience in sales and sales leadership mentoring, coaching and developing new and veteran professionals. She has expertise in technology sales, human capital

management and software as a service while partnering with small to medium-sized businesses and global enterprise organizations.

Nutter is a Certified Emotional Intelligence Analyst and a Certified Master Coach. She has received top producing member awards in Business Networking International affiliates.

### Jimenez named Engineer of the Year

Eric M. Jimenez, PE, vice president and director of Southeast Operations of Ardmore Roderick, was awarded the 2023 Engineer of the Year Award by Florida Engineering Society (FES). The Engineer of the Year Award is given annually to a member of FES who best exemplifies the ideal image of the professional engineer in recognition of establishing a record of consistent quality over a long period. The candidate also has a well-rounded record of achievement in education, employment and professional and public service activities.

Jimenez joined Ardmore Roderick in 2018 to expand their design and construction services in Florida. He has been responsible for more than \$1 billion in

design and construction services for various clients, including Lockheed Martin, Northrop Grumman, Osceola County, Dart Interest and Greater Orlando Aviation Authority.



**Luis Villarroel**

### Villarroel joins real estate business

Luis Villarroel has joined Berkshire Hathaway HomeServices Florida Network Realty.

With a distinguished career spanning diverse fields, Villarroel has solidified his reputation as a paragon of excellence in real estate. Combining his experience as a retired FBI special agent and former U.S. Marine Corps helicopter pilot, he contributes dedication, integrity and expertise to the world of real estate.

For more information, call him at 609-731-3111 or email him at Luis.Villarroel@FloridaNetworkRealty.com.

The Ponte Vedra/Nocatee office, located at 333 Village Main St., Suite 670, Ponte Vedra Beach, is managed by Holly Hayes, who can be reached at 904-802-0432 and

Holly.Hayes@FloridaNetworkRealty.com.



**Brittainy Stalvey**

### Stalvey joins real estate business

Brittainy Stalvey has joined Berkshire Hathaway HomeServices Florida Network Realty.

Stalvey comes to the real estate business from The Hospital Corporation of America FL Orange Park Hospital, where she works in anesthesia as a vice chief CRNA. She has a master's degree in nursing from the University of North Florida. As a proud resident of Northeast Florida for 35 years, Brittainy has a wealth of knowledge about the area.

For more information, she can be reached at 904-982-3090 and Brittainy.Stalvey@FloridaNetworkRealty.com.

The Ponte Vedra/Nocatee office, located at 333 Village Main St., Suite 670, Ponte Vedra Beach, is managed by Holly Hayes, who can be reached at 904-802-0432, Holly.Hayes@FloridaNetworkRealty.com.

— Compiled by Shaun Ryan

# In the Arts



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THURSDAY, SEPTEMBER 7, 2023 · PAGE 33 www.PonteVedraRecorder.com

## BOOK REVIEW

# Young author's book inspires readers

By Banks Vadeboncoeur

“Sheltering Hearts” is an uplifting story penned by 17-year-old author Ricky Circelli, a senior attending Ponte Vedra High School. This remarkable book truly showcases the power of kindness and the unwavering resilience of humanity, serving as a beacon of inspiration.

The plot revolves around Charlotte, a lively girl with a natural sense of joy and care. Charlotte stumbles upon Mr. Harrison, a homeless man sitting alone under a tree. What unfolds is a beautiful narrative of compassion and understanding as Charlotte befriends Mr. Harrison and listens to the ups and downs of his life’s journey.

Ricky’s storytelling ability shines through as he builds a story of both generosity and companionship between Charlotte and Mr. Harrison. Readers learn from their exchanges that life’s path is often unpredictable, and that even the most unexpected friendships can bring immense joy and insight.

Ricky discussed what inspired this book: “During my years volunteering at Mission House Jax, I was constantly surrounded by countless stories of resilience, hope



Photo by Banks Vadeboncoeur

**Author Ricky Circelli holds up a copy of his book, “Sheltering Hearts.”**

and humanity.” His desire to share these stories with young readers was driven by an intense connection with real-life homelessness, which ultimately highlights the value of compassion.

Ricky beautifully captures the essence of these lessons in Mr. Harrison’s words: “The most special gift, my dear, you will find, is to treat every person with love, oh so

kind.” This phrase serves as a guiding light for Charlotte and the readers. Ricky’s vivid descriptions paint a picture of a town bound together by a common goal, where empathy serves as an agent for positive change.

One of the most pivotal moments of the book is when Mr. Harrison’s hidden talent, his beautiful singing voice, is discovered. This realization inspires the creation of a wonderful concert that brings the entire town together, displaying how acts of generosity can ripple through a community, improving lives.

Ricky’s words resonate with genuineness and authenticity throughout the course of the story. He expertly captures the core of his characters’ emotions, exhibiting a strong understanding of the importance of empathy.

“Sheltering Hearts” is not just a story; it’s

a call to action. Simple acts of kindness, no matter small, have the capacity to promote a world of belonging and goodwill. Ricky’s words carry a powerful message that will stick with readers well after they close the book.

“I wanted children to understand the importance of empathy and compassion, and the best way I knew was through the magic of storytelling,” Ricky explained. His extraordinary talent as a young author shines through on every page of “Sheltering Hearts,” for his ability to weave this touching story is nothing short of remarkable. As made clear in the book, age is never a barrier to changing the world for the better. Both children and adults should read “Sheltering Hearts,” as it reminds us all of the transformative power of love and understanding.

## All-Beethoven concert opens Florida Chamber Music Project season

Florida Chamber Music Project (FCMP) will open its 11th season on Sept. 17 at the Beaches Museum Chapel at the Beaches Museum at 505 Beach Blvd., Jacksonville Beach, with an all-Beethoven concert.

The program will show the contrasts between Beethoven’s early quartets and his middle period. The program includes String Quartet, Opus 18, No. 5 and String Quartet in E flat Major, Opus 74, “The Harp.”

“Beethoven quartets are backbone pieces of the quartet repertoire,” said Artistic Director Susan Pardue.

“In this concert we will explore the differences and similarities between an early Beethoven quartet and a quartet from his middle period, when he wrote much of his famous music.”

Joining the FCMP for this concert will be Jacksonville Symphony violinist Igor Khukhua.

Season tickets for the six-concert season are still available and cost \$162. There is also a three-concert flex ticket purchase for \$81. Season tickets and flex passes can be purchased through FCMP’s website, flchambermusic.org. Single tickets are \$30. All tickets are available for purchase through Eventbrite. Single tickets are also available for purchase at the door.

Beaches Museum Chapel is wheelchair-accessible and has free parking along Pablo Avenue near 4th Street North of Beach Boulevard. All concerts begin at 3 p.m.

The Florida Chamber Music Project was founded 11 years ago by violist Susan Pardue. Members include violinists Patrice Evans and Ann Hertler and cellist Laurie Casseday. All are members of the Jacksonville Symphony.

For advance tickets online, go to flchambermusic.org.



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# Sing Out Loud Festival returns for seventh season

The Seventh Annual Sing Out Loud Festival began Friday, Sept. 8, in St. Augustine.

This month, the Nation's Oldest City hosts more than 100 artists with a mix of free and ticketed shows at the festival. This year's Francis Field Showcase welcomes the Black Keys, Mumford & Sons, Lord Huron, Maggie Rogers, Yola, War Hippies, Elle King, Amos Lee, S.G. Goodman, Yonder Mountain String Band, Railroad Earth, Keller & Keel to perform at the festival.

The Sing Out Loud Festival is committed to amplifying local artists and venues. And festival organizers donate a portion of ticket sales to local charities. Since 2016, Sing Out Loud has raised more than \$300,000 for local organizations and nonprofits. This year's beneficiaries are the St. Johns County School District and the First Responder Project.

The festival's Local Showcase has placed hundreds of the region's singers, songwriters and musicians into the spotlight. With genres ranging from indie rock to bluegrass, hip hop to country, and comedy to spoken word, the Local Show-



case is also a chance to feature the iconic venues local musicians call home.

The Local Showcase features shows every Friday, Saturday and Sunday through Oct. 1. Featured artists include Pecha Kucha Night with Amy Hendrickson, comedian Jake Ricca, Billy Buchanan & His Rock 'N Soul Revue, Ramona & The Riot and many others. The free performances will take place at Dog Rose Brewing Company, Colonial Oak Music Park, The Beacon Listening Room, Trade Winds Lounge, Spinster Abbott's, Sarbez!, Shanghai Nobby's, Jimmy Hula's, The Lightner Museum, Prohibition Kitchen and The Waterworks. A full listing of concerts and locations is

available online.

The Gamble Rogers Showcase takes place every Sunday, Sept. 10, 17 and 24 at the Colonial Oak Music Park. Entry is free, and food and drinks will be available for purchase.

The Lincolnville Porch Fest is a full day of musical performances from the front porches of historic homes in the Lincolnville neighborhood. Twenty-five bands, poets and comedians perform on five porches on Saturday, Sept. 16, from noon to 5 p.m. Porch venues can be found online.

Artisan shopping and live music take center stage at the St. Augustine Amphitheatre Night Market on Tuesday, Sept. 19. The Night Market is from 5 to 9 p.m. and features live music, handmade arts and crafts, goods and local food trucks. Find out more about this free event.

On Friday, Sept. 22, the Francis Field Showcase will welcome headliners The Black Keys, a Grammy Award-winning American rock duo, along with indie rock band Lord Huron, English singer-songwriter Yola, and country music duo War Hippies. General entry begins at. The show starts at 5:20 p.m.

On Saturday, Sept. 23, the Francis Field Showcase will welcome headliners British folk-rock band Mumford & Sons along with American singer-songwriter Maggie Rogers, blues rock musician Elle King, folk soul-rocker Amos Lee, and Southern songwriter S.G. Goodman. General entry begins at 2 p.m. The show starts at 3:40 p.m.

Select tickets are still available for the main event, The Francis Field Showcase. One-day General Admission, two-day General Admission (GA) and General Admission+ (GA+) tickets are still available. One-day GA tickets are \$125 each for Friday or \$155 each for Saturday, two-day GA is \$235 each and two-day GA+ for \$395 each. Platinum tickets are sold out. Tickets are available online only.

Also on Saturday, Sept. 23, Yonder Mountain String Band, Railroad Earth and Keller & the Keels will perform at The Backyard Stage at the St. Augustine Amphitheatre. This performance benefits the Gamble Rogers Folk Festival Inc. Tickets are \$15 and may be purchased online or in person at the St. Augustine Amphitheatre or Ponte Vedra Concert Hall.

On Sunday, Sept. 24, from 11 a.m. to 5 p.m. at the St. Augustine Amphitheatre, music lovers can expand their collections at the St. Augustine Record Fair. Presented by ToneVendor Records, this free event is one of the area's largest fairs featuring limited-edition vinyl, '90s tour posters, vintage rock T-shirts, and even cassette tapes record players and so much more.

For the final weekend of the Sing Out Loud Festival, Friday, Sept. 29 through Sunday, Oct. 1, The St. Augustine Songwriters Festival takes a deep dive into the craft of music and songwriting. Writers and musicians share their creative process and reveal the stories that inspired them. Songwriters include Matt Dragstrem, Rob Williford and Halfway to Hazard. These free concerts take place at Colonial Oak Music Park, Trade Winds Lounge and Prohibition Kitchen. Check out the full list of performers and venues online.

Sing Out Loud Festival is produced by St. Johns County Cultural Events, which curates and operates The St. Augustine Amphitheatre and Ponte Vedra Concert Hall in partnership with the St. Johns County Tourist Development Council. Guided by its core values of music, community and philanthropy, Sing Out Loud Festival has welcomed more than 1,300 musicians from around the world while raising more than \$300,000 for local nonprofit organizations.



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# Tale Tellers to serve up tasteful stories

Experience “Delicious — Food Adventures,” a Tale Tellers of St. Augustine production, at 2 p.m. Sunday, Sept. 17 at The Waterworks, 184 San Marco Ave., St. Augustine. Enjoy tasty tales of culinary adventure through personal stories by Natalie Beltrami, Kathy Duffy, Kathy Kniery and Debra Weller. For further information, call 904-540-0402. Admission is \$10.

The show encompasses a broad range of talent and expertise. Beltrami is an artist, actor and storyteller who believes stories are the threads that create the fabric of our lives; Duffy is an accomplished teller with stories that span the lighthearted to the dark and scary; Kniery is a historic interpreter and teller of personal and traditional tales; Weller, a storyteller with guitar and song, has performed in many states and internationally.

The Tale Tellers of St. Augustine is a performing guild devoted to the advocacy of storytelling as an art form and entertainment medium. The organization is currently celebrating its 30th anniversary. It is a Florida not-for-profit corporation with a 501(c)(3) designation. Learn more at [taletellers.org](http://taletellers.org).



Storyteller Natalie Beltrami prepares a culinary yarn.

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# Sports



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## WEEK 3 FOOTBALL PREVIEW

Photos by Anthony Richards



Junior Maddux Spencer exploded with 14 receptions for a school record 302 yards through the air in week two against Creekside. He looks to continue that moving forward.



The Sharks enjoy a well-deserved bye week following a dramatic last-second victory on the road against Florida State University High last week.

### Panthers become road warriors, while Sharks enjoy bye

By Anthony Richards

It will be a relatively quiet week for football in the area as the Ponte Vedra Sharks have a bye week, while the Nease Panthers travel down to Davenport to take on Ridge Community.

Although week three may seem early to have a week off, it could actually not have come at a better time for the Sharks (1-1), as they are fresh off a statement 23-22 victory on the road against Florida State University High.

The resiliency was there for a second straight week, but this time around the Sharks took care of business and learned from week one by finishing the deal and scoring the game-winning touchdown in the final 10 seconds.

That growth from one week to the

next is exactly what head coach Steve Price and the coaching staff wants to see, and the Sharks surely proved something to themselves as well as the rest of the state with the win over the Seminoles, who are regarded as a state finalist contender in Class 2S.

A week off following such an emotional win and long road trip is just what the Sharks ordered, as they can now refocus for what will be eight consecutive weeks of football on the horizon.

For the Nease Panthers, it is now their turn to go on a lengthy road trip as they take the more than two-and-a-half-hour journey south of Orlando to play Ridge Community on Friday night at 7:30 p.m.

The Bolts (1-1) present an interesting test for the Panthers (1-1), because they are a hard team to figure out at

times, as they won their season opener over Celebration 40-0 but then lost to a highly regarded Lake Wales team, 40-6 in week two.

Although the competition was different both weeks, it is difficult to get a read on which team is more of an example of this year's Bolts' squad.

The Bolts finished 5-4 one season ago and always seem to be in the hunt for a playoff spot at the end of each year, which demonstrates consistency within the program.

One of the more interesting stats the Bolts had last season was that they finished the year with 282 points both scored and allowed.

The Panthers will be looking to bounce back after their first loss of the season, but one of the positives that

came from the contest against Creekside was the emergence of Maddux Spencer, who fully emerged onto the scene with a performance that included 14 receptions for a school record 302 yards through the air.

It will be interesting to see what he can do for an encore and how the coaching staff continues to find new and inventive ways to get the ball in his hands.

Defensively, despite surrendering 51 points, the Panthers' secondary showed that they have some ballhawks flying around back there with multiple interceptions in the contest.

As the offense continues to find the perfect balance of what works, especially with running back Cam Smith still out, it is up to the defense to help allow them the time they need to figure it out.



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# COUNTY RIVALRY SQUARE OFF

The Nease Panthers hosted the Creekside Knights on the gridiron in week two of the 2023 high school football season. The Knights defeated the Panthers 51-23, as both teams now have records of 1-1 on the season.

Photos by Anthony Richards



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**Public Notice**

**MUNICIPAL SERVICE DISTRICT OF PONTE VEDRA BEACH, FLORIDA NOTICE REGARDING MEETING LOCATIONS FOR SEPTEMBER 11, 2023 BOARD MEETING**

The Municipal Service District of Ponte Vedra Beach, Florida ("MSD"), gives notice of the locations of its Board of Trustees ("Board") meetings on September 11, 2023. As previously noticed, the MSD Board will meet at 5:30 p.m., to conduct a public hearing on its draft budget and tentative millage for FY 2023-2024 at the Ponte Vedra Branch Library, 101 Library Boulevard, Ponte Vedra Beach, Florida 32084. Following adjournment of the public hearing on its draft budget and tentative millage, the Board will reconvene at 6:00 p.m. on September 11, 2023, or as soon thereafter as the public hearing is concluded, at Our Lady Star of the Sea Catholic Church, the Church Cultural Center, 545 A1A North, Ponte Vedra Beach, Florida 32082, to conduct its regular monthly meeting.

In accordance with the Americans with Disabilities Act, persons needing a special accommodation for this meeting should contact Ann Jurenovich, District Secretary at [pvmisd@comcast.net](mailto:pvmisd@comcast.net).

**Public Notice**

**NOTICE OF A SPECIAL MEETING OF THE ST. JOHNS COUNTY AIRPORT AUTHORITY**

The St. Johns County Airport Authority will hold a Special Meeting on Tuesday, September 19, 2023, at 10:00am in the meeting room at the Airport's Conference Center – 2nd floor, located at 4730 Casa Cola Way, St. Augustine, Florida 32095. The purpose of this Special Meeting is to meet with the Master Plan Committee.

Notice to persons needing special accommodations and to all hearing-impaired persons: In accordance with the American Disabilities Act, persons needing a special accommodation to participate in this proceeding should contact (904) 209-0090 or Florida Relay Service: 1-800-955-8770, no later than five (5) days prior to the date of the meeting.

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By: Jaime R. Topp  
Interim Executive Director

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	51								52	

**ACROSS**

- Second sight
- Standard electrode potential
- Type of gibbon
- John Joseph \_\_: American industrialist
- Manning and Whitney are two
- Abrupt
- Baroque musical instrument
- Post-burning residue
- When you hope to arrive
- Sign up (Brit. Eng.)
- Sun up in New York
- Employee stock ownership plan
- Where people live
- Method to record an electrogram
- Angry
- No longer living
- Simple
- Swiss river
- Portion of a play
- It's under the tree
- Wood sorrels
- No (Scottish)
- Dialect of English
- Former Steelers' QB
- Popular beer
- It can make you sick
- Tropical tree and fruit
- Company officer
- Contact lens term
- Your consciousness of your own identity
- "Ghetto Superstar" singer
- Piece of turf

- Containing salt
- Reasoning or knowledge: a \_\_
- Car mechanics group
- Leave a place
- Southern Colombian capital
- Old English letter
- Tide
- Walk heavily
- Chemical compound (abbr.)
- Artificial openings
- Luteinizing hormone
- Unit of energy
- Circular movement of water
- A way of holding
- Popular book of words (abbr.)
- States' group

- Dashes
- Body part
- Electronic countermeasures
- Consumed
- Small bird
- Unhappy
- Football's big game (abbr.)
- Valued object offered in good faith
- Wild goats
- Precede in place
- Small edible fish
- Notice of death
- Body cavity of a metazoan
- Partner to cheese
- Not around

**SUDOKU**

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	8	6					4	
			9			8		
		8						5
	2		8			7		
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		3			4			
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Level: Advanced

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<p><b>2019 LAND ROVER RANGE ROVER</b></p>  <p>SALE PRICE <b>\$54,120</b> 46,185 MILES   STOCK# KA831572</p>	<p><b>2022 CADILLAC CT5-V</b></p>  <p>SALE PRICE <b>\$99,430</b> N/A MILES   STOCK# N0860424</p>	<p><b>2017 LEXUS GX 460</b></p>  <p>SALE PRICE <b>\$33,420</b> 72,462 MILES   STOCK# H5166412</p>	<p><b>2020 CADILLAC CT4</b></p>  <p>SALE PRICE <b>\$34,988</b> 9,857 MILES   STOCK# L0139264</p>	<p><b>2013 CADILLAC ESCALADE</b></p>  <p>SALE PRICE <b>\$19,880</b> 105,291 MILES   STOCK# DR125487</p>
<p><b>2012 CHEVROLET CORVETTE</b></p>  <p>SALE PRICE <b>\$32,288</b> 39,253 MILES   STOCK# C5104389</p>	<p><b>2020 LEXUS RX 350</b></p>  <p>SALE PRICE <b>\$37,530</b> 33,025 MILES   STOCK# LC158865</p>	<p><b>2017 MERCEDES-BENZ E-CLASS</b></p>  <p>SALE PRICE <b>\$28,280</b> 31,570 MILES   STOCK# HA104945</p>	<p><b>2017 CADILLAC XT5</b></p>  <p>SALE PRICE <b>\$31,660</b> 17,468 MILES   STOCK# HZ235034</p>	<p><b>2021 CHEVROLET MALIBU</b></p>  <p>SALE PRICE <b>\$17,488</b> 60,124 MILES   STOCK# MF049781</p>



**(904) 479-3389**

4700 Southside Blvd, Jacksonville, FL 32216 | [www.randymarioncadillacofjacksonville.com](http://www.randymarioncadillacofjacksonville.com)