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SaniPro NSB is now offering two primary services to local businesses - surface and air disinfection.

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I would like to offer a challenge to move beyond what you’ve already decided about the person you are. Instead focus on the new person you can become.

On The Cover

This beautiful picture was taken under a pier in Venice Beach by local photographer, Kevin Wright. Follow him on social media to see more of his breathtaking images.

facebook.com/theboltchaser // Instagram @capturesbykevin

ECC Current.com • July 2020 • East Coast Current
Summer is calling and so are the fairways! Florida is a land known for its rolling green golf courses. With tons to choose from, here are the locals’ top five favorite places to hit the links.

**BEST GOLF COURSE AROUND**

Each place featured below was voted as the BEST by ECC Facebook Fans. Be sure to “Like” our page to participate next month.

1st
**CYPRESS HEAD GOLF CLUB**
6231 Palm Vista Street, Port Orange 32128
(386) 756-5449
CypressHeadGolf.com
FB: @CypressHeadGC // Insta: @CypressHeadGolf
Sun - Thu: 7 am - 6 pm
Fri - Sat: 7 am - 7 pm

2nd
**LPGA INTERNATIONAL**
1000 Champions Drive, Daytona Beach 32124
(386) 274-5742
LPGAinternational.com
FB: @LPGAinternationalGolf
Insta: @LPGAinternational
Mon - Sun: 6 am - 9 pm

3rd
**SUGAR MILL COUNTRY CLUB**
100 Club House Circle, New Smyrna Beach 32168
(386) 426-5200 // SugarMillCC.com
FB: @SugarMillCC // Insta: @SugarMillCountryClub
Mon: 7 am - 5 pm; Tue - Sun: 7 am - 8 pm

4th
**HIDDEN LAKES GOLF CLUB**
35 Fairgreen Avenue, New Smyrna Beach 32168
(386) 427-4138 // HiddenLakesGolfClub.com
FB: @HiddenLakesNSB // Insta: @HiddenLakesGolf
Mon - Sun: 6:45 am - 6 pm

5th
**THE PRESERVE AT TURNBULL BAY**
2600 Turnbull Estates Drive, New Smyrna Beach 32168
(386) 427-8727 // ThePreserveAtTurnbull.com
FB: @ThePreserveAtTurnbull // Insta: @ThePreserveAtTurnbullBay
Mon - Sun: 7 am - 6 pm

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**Port Orange**
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New Smyrna Beach Area Paddling Trail Info

NSB offers a variety of water-related activities including nine paddling trails launching from four sites around the city. From backwater paddles to routes along the intracoastal waterway, these trails featured below are listed north to south according to launch points.

SLEEPY HOLLOW TO LIGHTHOUSE PADDLE:
Distance: 5 miles - Level: Advanced paddlers
Launch GPS: N 29 04' 41.37" W 80 57' 10.44"

This paddle begins at the Sleepy Hollow launch area at the intersection of U.S. 1 and Sleepy Hollow Drive. The route is recommended for advanced paddlers because of inlet currents near the lighthouse. The route crosses the Ponce de Leon Cut and the intracoastal waterway. The beginning portion of the paddle takes you through backwater stretches where you may see heron, egrets, dolphin, stingrays and other wildlife. When you reach the Ponce de Leon Inlet Lighthouse, you will find public restrooms, a lighthouse gift shop, restaurants and the Marine Science Center.

SLEEPY HOLLOW TO ROSE BAY PADDLE:
Distance: 6.48 miles - Level: Advanced paddlers
Launch GPS: N 29 04' 41.37" W 80 57' 10.44"

This paddle begins at the Sleepy Hollow launch area at the intersection of U.S. 1 and Sleepy Hollow Drive. A nice, relaxing paddle, you will traverse salt marshes and Spartina (cord) grass and may see a lot of heron and egrets. When you reach the channel, you may see dolphin. During the warmer months, manatee also may be near the channel. This route passes under the North Causeway and through the New Smyrna Beach City Marina. Watch for big boats because you will be at the edge of the intracoastal waterway. The rookeries are two mangrove islands where water birds choose to nest year-round. You may see birds on the nest during the mating season (Feb-June). Pelicans inhabit the area the rest of the year. The islands were protected by Theodore Roosevelt, a bird enthusiast, in 1908. These are the only two rookery islands in the area that are protected by Presidential order. Both islands are just east of the NSB Marina. Please use binoculars or a camera zoom lens for a closer look at the nesting birds and keep a good distance between you and the rookery.

BIRD ROOKERY PADDLE (HIGH-TIDE ROUTE):
Distance: 2.87 miles - Level: Novice paddlers
Launch GPS: N 29 02' 16.24" W 80 55' 08.36"

*See the summary above for info on this trail.

INDIAN RIVER SOUTH TOUR PADDLE:
Distance: 4.09 miles - Level: Intermediate paddlers
Launch GPS: N 29 01' 49.84" W 80 55' 01.58"

This paddle begins at the public floating docks at 162 North Causeway. Along the way, you may see a historic marker for the old wharf that was part of the New Smyrna Settlement. After passing under the South Causeway Bridge, look for a monument on the west shore at low tide. You also may see remnants of the coquina stone wharf that was the center of the settlement and later was destroyed during the Civil War.

After passing Yacht Club Island, look for an area of vegetation among docks on the right. This is known as the Gabordy Canal. Al Capone had a canal-front home here at the height of his career.

INDIAN RIVER TO SMYRNA CREEK PADDLE:
Distance: 6.55 miles - Level: Advanced paddlers
Launch GPS: N 29 01' 49.84" W 80 55' 01.58"

Before launching, check the wind and tide direction to determine if you want to start your tour in the river or on the backwaters. Either way, you will see a nice mix of birds in the backwater and dolphin (and manatee during warm months) in the main river. In Smyrna Creek, there is very little powerboat traffic except possibility at high tide. However, please be cautious of boat traffic when you get into the river.

CALLALISA CREEK PADDLE: DISTANCE:
7.27 miles - Level: Intermediate paddlers
Launch GPS: N 29 01' 46.64" W 80 54' 13.05"

Due to the length of the paddle, this trail is not recommended for novices. There is very little powerboat boat traffic and no strong current. Callalisa Creek is a great paddle on low or high tides. This is a tidal creek on the north end of the Mosquito Lagoon that includes mosquito drainage ditches built in the 1960s. You often will see a lot of coastal birds on this quiet, peaceful paddle through mangrove forest. Because the creek is shallow, dolphin or manatee sightings are unlikely.

MOSQUITO LAGOON PADDLING TRAIL (pictured top right):
Distance: 2.12 miles - Level: Novice
Launch GPS: N 29 00' 12.48" W 80 53' 15.10"

The Mosquito Lagoon Paddling Trail is a good marked trail for first-time paddlers. It’s a great way to view life in the mangrove wetland and estuarine habitats including birds, manatees and dolphins. The trail was laid out by a local Boy Scout as his Eagle Scout project a few years ago. He named it the Mosquito Lagoon Paddling Trail and included markers along the way.

Visit the NSB city website for more information on these trails.

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Volusia Real Estate Update

How has COVID Impacted the Housing Market

VOLUSIA COUNTY • Florida Governor Ron Desantis declared residential and commercial real estate, including settlement services, essential on April 1, 2020. Christopher Krebs, the nation’s Director of the Department of Homeland Security’s Cybersecurity and Infrastructure Security Agency, designated real estate services as part of the nation’s “critical infrastructure.”

Realtors, buyers and sellers are able to abide by COVID-19 health and safety practices while getting deals done. Technology and good old-fashioned creativity are helping ease into this new style of sales. Buyers are touring homes virtually, agents are hosting walkthroughs using FaceTime, or buyers can simply review video tours, which is nothing new to the real estate world.

Others are showing in-person while remaining at least six feet from their customer. During in-person showings, agents report they are wiping down door handles, spraying lockboxes with disinfectant and opening up the property, closets and everything for the potential buyers including turning on and off light switches.

According to Florida Realtors, the state’s largest trade association, many economists had forecast sales would fall in May. The market quickly hit bottom during stay-at-home orders, but then bounced back. Long-term strength is really going to depend on unemployment trends.

The New Smyrna Beach Board of Realtors, serving all of Southeast Volusia County, published the market statistics report for April and May. The report describes member activity for the association and considers all inventory including condo, townhomes, manufactured and single family homes.

In April 2020, all inventory reports a decline in closed sales compared to April 2019. Average sales price across all inventory was up 15 to 20 percent across all inventory compared to this time last year.

In May 2020, all inventory still shows a decline in closed sales, but improved compared to the previous month report. Average sale price shows a decline across all properties from April to May as well as in comparison to this time last year. May is considered the “slow season” in some communities of Volusia County, but the report shows an increase of new pending sales across all the inventory.

It looks as if the real estate market is coming back, and the April crash during stay at home orders was just a speedbump in an otherwise strong seller’s market. Some are skeptical about the recovery noting that the housing market cannot boom with an economy that has already lost 40 million jobs. Homebuyers are already facing challenges as credit tightens and prices continue to rise.

According to Freddie Mac, at 3.23 percent, the average 30-year fixed-rate mortgage is down compared to this same time last year. Recently, the 15-year fixed-rate mortgage dropped to 2.77 percent. Economists at Fannie Mae predicted last month that 30-year rates could go as low as 2.9 percent in 2021, however it’s unclear yet what effect the COVID-19 pandemic will have over the long term.

To request a copy of the current market statistics report or to find out what your property is worth, connect with a local realtor. For more information on the current mortgage rates and to find out what loans you may qualify for, connect with a local mortgage lender.

Mimi McKee is a Realtor with Ocean Properties & Management Inc. and a member of the NSB Board of Realtors. She relocated from Atlanta, GA in 2005 and is “Loving Living at the Beach.” 386-576-7722 #NSBeachLife @NSBMimi #NSB

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Seen & Heard Around Town...

**NSB Beach Lot Parking Pass Information: *COVID-19 Advisory*** - As a preventative measure against community spread of the coronavirus (COVID-19), parking applications and fine payments will not be accepted in the NSB Police Department’s lobby until further notice. Please submit applications and payments to the Online Parking Permits webpage (PermitsNSB.rmcpay.com) or via mail directly to the NSB Police Department. All new passes distributed are electronic passes and applications are to be made online; no paper passes will be issued. Parking is enforced daily from 9 a.m. - 5 p.m. at the city’s five beachfront parks. To avoid a fine, vehicles parked in the lots during these hours must have a New Smyrna Beach parking pass or must purchase a daily pass at the lot. Daily fines for vehicles without passes are $35. Non-Volusia County residents must purchase an annual parking pass for $100. F.I.N.D. permits and non-resident permits must be renewed annually. The daily parking fee is $20 and is paid at the lot. Vehicles with a valid disabled parking permit are not charged to park and do not need a beachfront parking pass. Volusia County residents may obtain a FREE PARKING PASS with proof of residency. **CityofNSB.com**

**NSB Boat Ramp Parking Passes:** Please note that if you have a current NSB annual parking permit for your vehicle as a resident of Volusia County, you do NOT need a separate boat ramp permit to park at one of the three city boat ramps. Keep in mind you may not leave your trailer parked without the vehicle. Residents of Florida F.I.N.D. Districts (view eligible cities online) may apply for a free boat ramp parking permit for the following locations: North Causeway Boat Ramp - Westside, North Causeway Boat Ramp - Eastside and Swoope Boat Ramp off US 1. Passes are electronic, meaning you will not receive a paper pass. The system operates with your tag number; therefore you must update your information if there are any changes. If your tag number is incorrect, you may receive a citation that will not be waived. Parking at the boat ramps is enforced 24 hours a day, seven days a week. Daily fines for vehicles without passes are $35. The parking permit is an annual pass and expires on December 31 of each year. Permits must be renewed each year. Vehicles with a valid disabled parking permit are not charged to park and do not need a New Smyrna Beach permit. You do not have a parking permit until you are notified via e-mail that it has been activated, which may take up to five business days of submission. Apply for a boat ramp parking pass online at: PermitsNSB.rmcpay.com For more information visit the city website. **CityofNSB.com**

**Volusia County Schools Summer VPK Program Begins:** Volusia County Schools will provide a free Voluntary Prekindergarten Program this summer for families of incoming kindergartners who have not taken advantage of the state’s free Voluntary Prekindergarten (VPK) Program. Studies have shown that students who attend VPK do significantly better in kindergarten than students who do not participate in VPK. To register for the Summer VPK program, call the registrar at your zoned school Monday through Thursday, 8 a.m. to 3:30 p.m. The required documentation must be submitted upon registration. The following sites may be selected during registration: Edgewater Public School (Edgewater); and Timbercrest Elementary (Deltona). The program will operate four days per week, Monday through Thursday (days could differ depending on school), beginning Monday, June 29 to Tuesday, August 4. School hours are scheduled for 7:37 a.m. – 5:30 p.m. Although breakfast and lunch are served free to all children, transportation is not provided. To participate, a child must be 5 years-old on or before September 1, 2020; be a resident of Volusia County; and have a current, valid summer 2020 Certificate of Eligibility from the Early Learning Coalition of Flagler and Volusia Counties - (386) 323-2400, (386) 736-5010 or elcfv.org. For more information, call (386)734-7190, (386)255-6475, (386) 427-5223 or (386)860-3322, extension 33210, or visit the school district’s website. **VCSedu.org**
Heat Stroke
Know The Signs

**How to keep your dog cool on hot days**

- Restrict exercise
- Never leave in car, hot room or sun trap
- Ensure drinking water and a cool, shaded spot is always available
- Walk early in the morning or later in the evening
- Spray with cool water

**Steps to take if you're worried your dog has heat stroke**

- Move somewhere cool
- Offer small amounts of tepid water
- Using wet towels, douse with cool (but never, ever cold) water
- Place in the breeze of a fan
- Contact your vet or, out of hours, your nearest Vets Now pet emergency clinic straight away

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things you say, children will listen. Careful the things you do, children will see. And learn.” No one is born racist. Here is our chance for immediate change. Teach our little ones love, compassion, kindness and acceptance for all.

As a parent, my daughter raises her children just like I raised mine - that we are people. Period. Color of skin, looks, personalities and religious choices make us unique, but we are still just people; no one person is better than another. We all need love, family and friends, hopes and dreams, and a desperate need to feel safe.

Maybe it took this horrific moment in time to make everyone stop. Just stop. Reflect on your life, and the lives of others. Ask yourself, “What good do I bring to the table? What can I do to make this world a better place? Could I help someone breathe a little easier or sleep better tonight if I just looked around me and extended a helping hand?” Yes! Every one of us has the capability and responsibility to make a positive difference. We all share this world together.

We have a chance and a choice to be better people. We were put in lockdown not just for our safety, but maybe to get our acts together, too.

There is a better you just waiting to make an appearance. Well, guess what? It’s show time.

Life is About Feeling it All

Finding Beauty - We have all been handed so much to deal with and process in such a short amount of time. So much change. So many fears. So little direction.

If you are like me, you run the gamut of emotions on a daily basis. I am thankful that my family and I are healthy and employed. I am sad for those who are ill, jobless or have lost loved ones. I am angry that our country holds so many prejudices and ugliness in their hearts. I am happy to have so many wonderful people in my life. I am proud that so many citizens are doing what they can to make a difference for the good.

We have been given some gifts if we can allow ourselves to see them. Precious time with our families. Family should be your number one priority, yet for many, it is something they try to work in between jobs, texting, social media, etc.

Maybe it took this horrific moment in time to make everyone stop. Just stop. Reflect on your life, and the lives of others. Ask yourself, “What good do I bring to the table? What can I do to make this world a better place? Could I help someone breathe a little easier or sleep better tonight if I just looked around me and extended a helping hand?” Yes! Every one of us has the capability and responsibility to make a positive difference. We all share this world together.

We have a chance and a choice to be better people. We were put in lockdown not just for our safety, but maybe to get our acts together, too.

There is a better you just waiting to make an appearance. Well, guess what? It’s show time.

Teachers are appreciated far beyond words, as are so many other unsung heroes in our country.

A song written by Stephen Sondheim for “Into the Woods,” really hits it home and I can’t get it out of my head. “Careful the

Karin Jenkins is a Licensed Esthetician, Makeup Artist, and the author of the book, “Pageant Land and the Family Who Lived There.” She has been involved in all aspects of the beauty industry and in show business for over 30 years. Karin is the mother of two and the grandmother of three. She and her husband David co-own the local family business - Applause Salon in New Smyrna Beach - (386) 426-5454.

For more information about Karin’s book, visit: www.PageantLand.com
Volusia County Public Library Receives $2,500 Grant: Florida Humanities awarded grants to 12 Florida public libraries through Life, Liberty + Libraries, a collaborative grant program in partnership with PBS Books. The Volusia County Public Library system received a $2,500 inaugural grant, which was matched by Volusia County Council. Florida Humanities and PBS Books partnered to create Life, Liberties + Libraries, making available up to $2,500 in funding to support the purchase of democracy and civic themed books and orchestrate complementary humanities programming within the libraries. The Volusia County Public Library will use the grant to support its “Voice Your Vote” program, which will focus on sharing information with elementary school children, including mock voting in September. Spanning 12 counties, Life, Liberty + Libraries will reach over 2.1 million people by providing adults, young adults and children access to new titles in print and e-books and engaging diverse communities in new, thought-provoking ways. “Life, Liberty + Libraries provides an opportunity for a revitalization of civic engagement within communities and an important refresher for Floridians on the value of upholding democracy,” said Volusia County Library Services Director Lucinda Colee. VolusiaLibrary.org

ECHO Gallery Issues Call for Artists: Can you create a masterpiece from recycled materials? If so, the ECHO Gallery Committee would like to hear from you. Members are seeking artwork depicting the theme “Too good to be threw: Art from recycled materials” for an exhibit that will run inside the Ocean Center’s ECHO Gallery, 101 N. Atlantic Ave., Daytona Beach. Individual artists, commercial businesses, nonprofit agencies, educational institutions and government agencies are invited to participate. They may use any medium except video or sculpture. The deadline for submission is July 15, 2020. For details, contact Volusia County Cultural Coordinator Robert Redd at rredd@volusia.org or (386) 736-5953, ext. 15872. The committee will review submissions and select final works that will be displayed from September 2020 through June 30, 2021. The ECHO Gallery is open from 8 a.m. to 5 p.m. Monday through Friday and can be accessed by entering the Ocean Center from Auditorium Drive (across from the Peabody Auditorium) or from Earl Street. Thanks to a $3 million grant from the voter-approved ECHO program in 2008, the ECHO Gallery was created at the Ocean Center to display local and traveling exhibits and highlight the environmental, cultural, heritage and outdoor activities in Volusia County. Volusia.org

Watch the Weather, Wait to Water: Volusia County’s Environmental Management Division is encouraging residents who irrigate their lawns to take advantage of the summer rainy season and “watch the weather, wait to water.” From July through September, yards need no more than a half-inch to three-quarters inch of water up to two times a week. If your lawn has received enough water from rainfall, turn off the irrigation system and turn it back on when needed. The simplest way to determine if your yard needs water is to look for these visual clues: Grass blades are folded in half lengthwise on at least one-third of your yard; grass blades appear blue-gray; grass blades do not spring back, leaving footprints on the lawn for several minutes after walking on it. Follow these water conservation tips: If your yard is showing signs that it needs water, check your local forecast to see if rain is on the way; use a rain gauge to determine how much rain your yard has received; install a rain sensor on your automatic irrigation system, and make sure it's working properly; take full advantage of the rain - make sure gutter downspouts are directed into landscaped areas or lawn; install a rain barrel to capture excess rainwater. According to Volusia County’s water conservation ordinance, residents may water their lawns twice a week (if necessary) until standard time resumes Nov. 1, when the once-a-week schedule will return. Volusia.org/Water-Conservation

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Sunday: 7 AM - 5 PM

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Think military accents, green khaki, camouflage print, utility suits and combat style boots. This trend has been around for a very long time now, but this season fashion labels are “soldiered up” and on a mission to revamp the military look. It can be styled to look bold, edgy, sophisticated and even chic. I can definitely salute to this.

Danielle Napolitano is a designer and owner of Rockerbands, a 70s Rock’n’Roll inspired bikini and accessory line. Along with building her brand, Danielle is also a stylist at Jon Ric Salon and Spa in New Smyrna
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Back To School Giveaway in Edgewater: The annual EDGEfest Back to School Party is planned for Saturday, August 8, 2020 at the Southeast Volusia Family YMCA (148 West Turgot Avenue, Edgewater). This year’s event will look and feel quite different from years past since COVID-19 social distancing requirements remain in place. For the first time, the event will be drive up only. Staff and volunteers will be on hand to pass out filled backpacks to families as they remain in their vehicles. The event will begin at 9 a.m. and will last until approximately 1 p.m. This is the most important event of our EDGEfest event series as we strive to give away 500+ backpacks loaded with school supplies to our local students. Backpacks are given away on a first come, first served basis. Our local students have been through so much change during the pandemic, we hope that the distribution of backpacks and supplies will help restore some sense of normalcy as they face the upcoming school year and whatever challenges it may bring. It takes the support of our entire community to ensure our local students get back to school on the right foot. If your business, civic group, club, church or family is interested in getting involved or for more information, please call (386) 424-2400 x1340 or email SpecialEvents@CityOfEdgewater.org. CityOfEdgewater.org

Voters to Decide Whether to Renew ECHO-Volusia Forever Programs: Nearly 20 years to the day after Volusia County voters agreed to tax themselves to fund land preservation efforts and recreational, cultural and historic facilities, local voters will be going back to the polls to decide if they want the programs to continue for another 20 years. With Volusia County’s ECHO and Volusia Forever programs set to expire, the Volusia County Council decided to ask voters whether they want to renew them after hearing from supporters of the programs. The original referendum approving the programs took place on November 7, 2000, with Volusia Forever getting 61.3 percent support and ECHO getting 57.5 percent support. The new referendum to decide whether the programs will continue is slated to take place during this fall’s general election on November 3, 2020. If approved by voters, the new measures would authorize the county to issue bonds to fund future projects – up to $40 million in bonds for the ECHO program and up to $60 million for Volusia Forever. The bonds would be repaid by the programs’ dedicated property taxes. And just like in the 2000 referendum, the ballot language would require each program to have an advisory oversight committee. The council added a requirement that each program be subject to an annual audit. Volusia.org

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Shark Attacks Drop During Coronavirus Lockdown: Shark attack numbers have sunk to dramatic lows, likely a side effect of closed beaches and widespread quarantines, according to experts at the University of Florida’s International Shark Attack File. Only 18 unprovoked shark bites have been confirmed globally from Jan. 1 to June 18, down from 24 over the same time period in 2019 and 28 in 2018. Seven of this year’s bites occurred in the U.S., two in Florida waters. Three unprovoked attacks resulted in fatalities, two in Australia and one in California, an increase from last year’s total of two deaths. The ISAF experts have noted an unusual decrease in bites in recent years, with 2019’s 64 unprovoked attacks representing a 22 percent drop from the most recent five-year average of 82 incidents annually. But this spring and early summer’s numbers are an even more significant dip in the downward trend, said Tyler Bowling, manager of the ISAF. In a 20-year comparison of bites, 2020 ties 2005 for the lowest number recorded from January through May, with 15 unprovoked attacks, compared with an average of about 25. Florida, which annually tops the global shark attack leaderboard, had tallied eight bites by mid-June in 2019 and seven in 2018. This year, experts have confirmed two minor bites in the state thus far; one each in Duval and Brevard counties. Written by Natalie VanHoose. FloridaMuseum.ufl.edu
Our ancestors possessed the ability to go long periods of time without eating. Some may call it fasting; I call it survival mode. Either way, it’s nature’s self-preservation mechanism. If humans didn’t possess the ability to go durations of time without food, none of us would be here today. Think about how life was just a couple hundred years ago before there was transportation to ship food to stores at which we could conveniently buy it? Go back farther a couple thousand years ago - long before modern farming practices and storage and preservation methods were discovered. What would a late frost or a drought or a flood do to the food supply? How about an Ice Age, or parasites or wild animals? There are numerous ways that food supplies could have been devastated over large areas for long periods of time.

I’ve done many water and juice fasts - some as short as a day, others as long as a month. Aside from losing quite a bit of weight, I also get unusual waves of clarity and energy during the fast; quite an anomaly considering the lack of energy that you’d assume would occur due to calorie deprivation. As I tap into new areas of my gray matter, my intuition tells me that this anomaly is no coincidence.

Here’s my logic...If we had lived 10,000 years ago, life would have obviously been much different. Long before a short walk to the fridge or a phone call for pizza delivery existed, we would have had to work to find food. This probably would have entailed a hunt or some foraging - maybe even some tree climbing. If food was scarce and competition was fierce, this would have been challenging. If we got tired, lethargic and lazy after missing a meal or two, we would have quickly perished. I picture myself sitting under an orange tree with the fruit just out of reach - and me, too weak and too tired to even shake the fruit loose, let alone climb the tree. There I would have died, and then become a meal for the vultures and the coyotes.

My point is that the hungrier we get, the sharper our senses must become. This phenomenon helps us survive and locate food. We have to be more alert, smarter, faster and stronger than our prey. I’m also referring to fruit, too. Have you ever tried to climb a palm tree or crack open a coconut? I have, and believe me, it’s not an easy task!

In our modern society, things are much different. If we want to eat, all we have to do (in almost all cases) is pay for it. Paying for it is not always easy, especially in a tough economy. Therefore, our money-earning senses must become sharper. Have you ever heard the term “hungry for work?” I think the message implies that when someone is truly hungry, they are desperate, yet driven and determined enough to do exceptional work for the reward of...eating and surviving!

Nowadays, a healthy fast should be voluntary and self-imposed, a test of willpower. It’s a challenge, and I’m a sucker for a good challenge. After all, it’s the “fastest” route to cleansing the mind and body and shedding unwanted weight.

For those of you considering attempting a water or juice fast, I will warn you that it’s not for the weak. There are right and wrong ways to start and end a fast. If you do it wrong, the result could be the equivalent of shaking up a hornets’ nest inside your body. If you have medical conditions or are on medication, always consult your doctor.

If you’re up for the personal challenge and healthy journey, or want more info, watch “Fasting,” a documentary on Amazon Prime. You can also read my books: “Health and Happiness: An Owner’s Manual for the Mind and Body” and “Invest in Yourself: Six Strategies to Make this the Best Year of Your Life” – both are available on Amazon.

Here’s to fast-tracking your health!

Sean Donovan is a long-time health & wellness advocate who has facilitated individual & corporate wellness programs, workshops & one-on-one coaching. He is a published author of 5 books including “Health and Happiness: An Owner’s Manual for the Mind and Body” and he has helped many other aspiring authors write and publish their first books as well. Sean@SeanDon.com (386) 451-0343.
Swiss List: Don’t Gift So Close To Me

By: Katie “Swiss” Britt

2020 has put us all through the ringer so far. COVID, riots, freaking losing Kobe, and I guess murder hornets were a thing. I don’t know about you, but I am over it. Unfortunately, we can all be annoyed as we want but here we are just the same. Quarantine has changed things whether we like it or not. A lot of folks are still staying home as much as they can. Crap show or not, 2020 still has gift giving scenarios. So how do you gift shop in quarantine? Online, of course! Clearly online shopping is nothing new, but you don’t have to get everything from the same place. There are some really great places to shop online!

For Him: ManCrate - Guys can be hard to shop for. Y’all tend to not express feelings and what not. Enter ManCrate. You could pick apart something he said to figure out what he wants, or just ask. And the best part about this manly gift is that it arrives in a wooden box. There are kits and ideas in every price range and loads of options. For example, there is a knife kit and a grill master crate, just to name a few! If you want to make a guy in your life happy, ManCrate has what you need. ManCrates.com

Blinded With Science: KiwiCo - Teaching kids about science with hands-on experience? YES! They are the innovation factory. Pick a line as they are here for every age and interest, even adults! It’s a monthly sitch and they have lots of happy customers, especially since it ships in only two days. If you aren’t looking for a monthly subscription, individual kits for projects and experiments can be sent/ordered as well. They are designed to make kids, and big kids at heart, creative problem solvers. That’s definitely a useful life skill if I ever heard one. KiwiCo.com

They Do That?: Boomf - Personalized marshmallows? Yes, please! You can actually customize the flavor and the design! Also, they do greeting cards and animal balloons...All personalized! If you don’t know what to get, but you do have some cute photos, this is the right choice for you. Plus, animal balloons? Who even does that? This is so creative and I am fully behind all of the greatness here. They can personalize all sorts of cards as well. Greeting, graduation, birthday and more. The best part about these cards is that they literally pop open and can shoot out an assortment of confetti or you can even choose paper butterflies that somehow flutter right out of the card when they’re opened! No more sending boring cards, spice up your snail mail by sending one of these personalized gifts. Boomf.com

Picture Perfect: Shutterfly - These folks work miracles with pics and they are here for you on every occasion. They do drinkware, canvas prints, fleece blankets, puzzles, mouse pads, handbags and so much more. Any major life event you want commemorated - they have your back. Shutterfly is here to help you make your event gift personal and something they will remember and treasure forever. When you really care and need to show it, this is the way to go. Shutterfly.com

Sock It To Me: Face Socks - I love socks. I know I live in Florida and that makes no sense, but Lord help me, comfy socks are my weakness. And I am not a boring sock person either! I am a huge fan of fun socks with unique designs and pictures. Face Socks is here for that. Want your super cute pupper on socks? Done. Want to put you or a friend’s face on socks? It’s totally doable! Order this for yourself or for someone else. Either way it’s time to take your sock game to the next level. FaceSocks.com

By: Katie “Swiss” Britt
Q: WHAT MADE YOU WANT TO PLAY MUSIC?
A: Watching my sister play when I was a kid. She used to let me strum her guitar once, if I’d do her chores for her. Then when I was 10, a musician at my grandparents’ 50th anniversary party invited me up to “play” the steel drums with him. I had no idea what I was doing, but I found a rhythm. My whole family was outside watching and cheering and I knew I wanted to experience that feeling again. Here we are almost 20 years later!

Q: WHICH FAMOUS MUSICIANS DO YOU ADMIRE? WHY?
A: Trevor Hall for his ability to connect with the people and draw them together with his music and charisma. Jon Foreman of Switchfoot is another one of my favorite songwriters and performers. Both musicians promote a message of hope and their music has been a significant inspiration in my life.

Q: WHICH INSTRUMENTS DO YOU PLAY?
A: Guitar, bass guitar and I’ve dabbled on piano. Currently, I’m taking up the harmonica.

Q: WHERE ARE SOME OF THE REGULAR VENUES YOU PLAY AT?
A: Oh, there’s a whole long list but The Grind Gastropub, Riptides and Beachside Tavern are three of the most consistent.

Q: DO YOU HAVE ANY SONGS AVAILABLE FOR STREAMING ONLINE?
A: I have a single called Ocean Song available for streaming on SoundCloud. Hoping to have more material out this fall!

Q: WHAT HAVE YOU BEEN DOING TO STAY ON TOP OF YOUR MUSICAL GAME DURING QUARANTINE?
A: Live streaming, writing and just spending plenty of time playing and experimenting.

Q: IF YOU COULD COLLABORATE WITH ANY ARTIST THAT HAS EVER LIVED, WHO WOULD IT BE?
A: This one’s tough, but I’ll probably have to repeat my previous answer and say Trevor Hall.

Q: WHAT ADVICE WOULD YOU GIVE TO BEGINNERS WHO ARE NERVOUS ABOUT PUBLIC PERFORMANCES?
A: Breathe. And just do it! Experience is the only thing that will really cure the nerves. Once you start to play, just close your eyes and lose yourself in the music you’re making.

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Instagram: @BradfordBuckley
Takin’ it to the Streets
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Field Day Fridays
This program is designed for boys and girls ages 4-6. Space is limited- $10 per person, per session. Sign up today! Registration.port-orange.org

Drive In Movie Mania
Gates open at 7 PM for pre-movie fun, activities and concessions. FREE admission. Movie: Star Wars The Rise of Skywalker

Movies on the Halifax
Bring a lawn chair or blanket and enjoy a FREE screening of popular movies. August movie - Playing with Fire (PG)

EDGEfest Back to School Party
Celebrate the new school year with a giveaway of over 500 backpacks stuffed with school supplies! 1st come, 1st served, drive through event.

Power of the Purse
Be the Sunshine in Someone’s Storm at the annual luncheon and silent auction benefiting local programs for women and children.

Drive In Movie Mania
Gates open at 7 PM for pre-movie fun, activities and concessions. FREE admission. Movie: Toy Story 4

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I've spent my entire life as an animal lover. I’m raising our daughter, Avery, to be just as caring and loving towards animals as well. Our evenings and weekends are often spent outdoors looking for critters to study and learn from, catching toads and raising caterpillars.

When we heard about a place offering a chance to meet some animals that we have only seen from afar at the zoo or on TV, we were thrilled! Amazing Animals in St. Cloud is a privately-owned wildlife sanctuary that offers tours of the facility, with meet and greets of some of your favorite creatures along the way.

Amazing Animals, founded by Brian Braitsch, began as a small reptile rescue back in 2009 that toured schools, nursing homes and other community organizations with educational programs. As more and more animals needed their help, the rescue quickly grew and is now a 2.5-acre private facility in a rural neighborhood of St. Cloud that is home to over 100 exotic animals.

This isn’t your typical zoo where you stroll by sleeping animals and read informational signs. All of the tours are private to your group, allowing for a completely unique one-on-one experience with the animals. Tours are about 1.5 hours long and are given by Kylie Reynolds, who runs the sanctuary full-time and cares for the animals each day.

Kylie did a wonderful job with our extremely excited toddler by asking and answering tons of questions and explaining the animals in a way we could all understand. Kylie’s love for the animals shines during the tour, and she gives you insight into each animal’s personality and background. These animals aren’t just property, they are beloved family members.

The majority of the animals here have been surrendered by owners after they realized they were in way over their heads with a wild animal they thought could be a pet, or found themselves unable to care for them. Others have been retired from zoos and educational programs where they interacted with people. Some of the animals, like wild-caught boa constrictors, have been removed from the lands they are invading and rather than be destroyed, find a new life here. Many of the birds and other native Florida species have been hurt or orphaned and are deemed unable to be released by the state.

Our tour started just like the roots of Amazing Animals - with the reptiles! Avery has been absolutely in love with snakes for a long time now and went wild over this experience. Not only did we meet several snakes (all non-venomous) and a tiny baby alligator, but we got to hold and interact with a Savannah monitor and a small boa constrictor. I wasn’t surprised at all that she jumped at the chance to hold the snake and squealed with delight as it crawled in her arms. She couldn’t stop

Photos by Kelsey & Scott Walters
giggling when it crawled over my shoulders and through my hair. While Scott is also an animal lover, he’s not so much on-board with the reptiles. He prefers to save the holding and petting for soft and fuzzy creatures, so he sat this one out. If you feel the same about creepy crawlies, don’t worry! This is just the start and there is so much more to meet.

Our tour continued with marmoset monkeys, and brown greater galagoes. We pet a three-banded armadillo and met a very sassy mountain coati mundi. We watched with delight as Kylie played with a small Geoffroy’s cat, the most common wild cat in South America but only around five pounds when full grown. Kylie explained that this facility features animals they hope the public will fall in love with just as much as she and Brian have, and thus have a vested interest in protecting the animals and their vital habitats in the wild.

While other sanctuaries in Florida specialize in larger animals and big cats (sorry, no Tiger Kings here), an Amazing Animals tour gives you facetime with creatures that aren’t already getting the world’s attention for funding and conservation, even though they need it just as much. Both Brian and Kylie have extensive backgrounds in exotic animal care, including training dolphins and consulting and managing other zoos. Some animals, like those that are susceptible to human diseases and ones that may bite or scratch aren’t available for petting. Don’t worry though, you are in for a ton of exciting interaction with plenty of furry and scaly creatures.

Scott’s favorite stop (and my close second) on the tour was our encounter with the capybara, the world’s largest rodents. Weighing in around 100 pounds, these goofy things resemble massively overgrown Guinea pigs, but behave much like silly puppies. We had a blast rubbing their bellies, scratching their chins, feeding them snacks and watching them get the zoomies all over their yard and drag their water hose around to squirt each other in the Florida heat.

Keep in mind that while you’ll feel like you’re visiting an exotic land with all of these beautiful creatures, you’re still in the hot Florida sun, so dress appropriately and slather on the sunscreen. Tours happen rain or shine, so come prepared and be ready to get down and (a little) dirty with the fun-loving animals.

The highlight of the tour for me was our stop with the sloths. I very much identify with any beastie that spends its time napping and snacking. You may think that sloths are boring given that they move slowly, but this couldn’t be further from the truth. We spent quite a bit of time with Lilly and Luke, who gleefully ate our lettuce snacks, posed for selfies and loved being pet.

We all learned loads of interesting information about some of our favorite critters as well as a look into their adorable personalities and behaviors. For me, this trip felt like a once-in-a-lifetime experience that I would gladly sign up for all over again, and one that we won’t stop talking about anytime soon.

Amazing Animals
4235 Rambler Avenue, St. Cloud 34772
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AmazingAnimalsInc.org
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Info@AmazingAnimalsInc.org
$40 per person – reservations and $40 deposit required. Email or call for reservations.

Kelsey Walters is the publisher and one of the co-owners of East Coast Current, a professional photojournalist with a BS in Photography from the University of Central Florida. Her work focuses on travel and documentary photography.

Scott Walters is Kelsey’s husband of three years and Avery’s proud father. He is originally from Connecticut and has lived in Florida since he was 11 years old.

Avery Walters is Kelsey and Scott’s 2-year-old daughter. She loves to tag along on their monthly adventures throughout the state and play with her dog, Kodi.
**Summer Vegetable & Sausage Pasta**

Find More at TheCrumbyKitchen.com

**Ingredients:**
- 8 ounces rigatoni pasta
- 1 tablespoon salt
- 1 medium zucchini, sliced
- 1 medium yellow squash, sliced
- 1 cup yellow onion, diced
- 2 tablespoons olive oil, divided
- 1 teaspoon ground black pepper
- 2 teaspoons herbes de Provence
- 12 oz fresh mild Italian sausage, sliced
- 1 cup grape tomatoes, halved
- 1 1/2 cups pasta sauce
- 4 tablespoons Parmesan cheese, shaved
- 2 tablespoons fresh basil, coarsely chopped

**Preparation:**

Bring 2 quarts of water to a rolling boil and add 1 tablespoon of salt. Add rigatoni; boil uncovered for 8 - 12 minutes, stirring frequently, until al dente. Drain and set aside. While pasta is boiling, combine sliced zucchini, squash and onions in a bowl with 1 tablespoon of olive oil, pepper and Herb de Provence. Toss vegetables in oil and set aside. Preheat a large pan on medium-high for 2 - 3 minutes; heat remaining oil in pan and add sausage; cook about 5 minutes or until no pink remains. Remove sausage from pan. Add zucchini mixture to pan; cook 4 - 5 minutes, until vegetables begin to brown and become tender. Reducing heat to low, stir in tomatoes, pasta, sausage and pasta sauce; simmer, covered, for 2 - 3 minutes or until thoroughly heated. Sprinkle with basil and Parmesan. Serve and enjoy!

**Nutrition:** Calories: 166.5kcal | Carbohydrates: 2g | Protein: 5.3g | Fat: 15.2g | Polyunsaturated Fat: 1.7g | Fiber: 0.3g

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**Keto Summer Sausage Cucumber Bites with Cream Cheese Mousse**

Find More at TheKetoQueens.com

**Ingredients:**
- 3 oz. full-fat organic grass-fed cream cheese at room temperature
- 3 tablespoons organic grass-fed heavy cream
- 12 1/4-inch thick slices organic uncured turkey or beef summer sausage
- 12 1/4-inch thick slices seedless cucumber
- 1 tablespoon minced fresh chives

**Preparation:**

Beat the cream cheese with a handheld electric mixer in a medium bowl until smooth. Beat the heavy cream to stiff peaks in a separate medium bowl. Beat 1/4 of the whipped cream into the cream cheese mixture until smooth. Use a rubber spatula to fold in the remaining whipped cream 1/4 at a time. Cover the mousse and refrigerate for 10 minutes. To assemble the bites, top each slice of sausage with a slice of cucumber. Pipe the cream cheese mousse on top, and sprinkle on the chives. Now you are ready to serve.

**Nutrition:** Calories: 166.5kcal | Carbohydrates: 2g | Protein: 5.3g | Fat: 15.2g | Polyunsaturated Fat: 1.7g | Fiber: 0.3g

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Across
1. Zeus’ wife
5. Changed direction, as a ship
10. Indian Ocean vessel
15. Mr. Zola
16. Scottish island
17. Horizontal fabric threads
18. Truman-era military policy
20. Alternative to “ja”
21. Bus. entity type
22. Extraterrestrials
23. Type of checking
25. 102, in old Rome
26. Simmered
28. Wildly foolish acts
33. Eggs Benedict ingredient
34. Desert on Africa’s southwest coast
36. Classic TV Western
37. Swedish retail giant
39. Gin partner
41. Run through
42. Budget ___-Car
44. Coffee for late at night
46. Parisian summer
47. “Body Heat” actress Turner
49. Earlier
51. On the ___
52. Had better, with “to”
53. ___ cabinet
57. Santa’s California
58. Acapulco affirmative
61. Like someone’s first job, often
63. High time of day
64. Getting ___ years (aging)
65. Half ___ (small milk order)
66. Additions
67. Drenches
68. Rice field
69. Exam for jrs.

Down
1. Chopped
2. Robert ____ (Civil War general)
3. Polish
4. TV ad directive
5. Raised one’s voice toward
6. Missed by ____ (was way off)
7. Spineless guy
8. Quarterback Manning
9. Hold back
10. “What ____ do to deserve this?”
11. Basin or valley
12. Putting ____ act
13. Big fights
19. A biblical name for God
24. Marshland
25. Like dice
26. Avoid work
27. Words before “number” or “breather”
28. ____ closet
29. Trigonometry abbr.
30. Objective aims

JUNE 2020 Answers
FRAN PASHA B MWS
LIPO ABAFT LARA
OPPS SANCTIONED
PARA HBS ATTEND
ALL MY BCC
M A I T A I R E H A B B E D
EPS KNEAD NOONE
TOAD ALBOM KNOB
ELLIN ABABL EKU
R O S S E T T I HERMIT
BYE KOREA
CLOVER BAG ARMS
H AVANA CUBA CRAP
EMUS NYLON TOGA
FAME TABBY SWIT

Find the answers to this crossword puzzle in next month’s issue.
Q: What inspired you to open this family-runned business?
A: This was my hobby while I was in the restaurant business for 20+ years. I decided to do some jobs in my free time. Then I realized I can do what I love, not work nights, weekends or holidays and make money.

Q: When did you first open your doors?
A: We opened in 2003.

Q: What sets you apart from other paver and stonescape companies in our area?
A: The details and the little things. I tell my awesome staff all the time, “It’s the 100 little things we do that makes us a success, there is not one big thing.”

Q: You are so much more than a place to buy pavers. What are all the services you offer?
A: Our core business is Design and Build. We can come up with some pretty amazing designs and ideas. Then close your eyes and a week or two later your dreams do come true! The DIY centers developed over the years. We would stock lots of extra products so when a homeowner added something we didn’t have to stop a job and wait for material. Then other contractors would start buying from us, then homeowners wanting to do their own products. That lead to being a Gold Star Green Egg dealer. We now also sell sheds, pottery, bird houses, wall block, travertine, coping, etc.

Q: Do you offer delivery? What areas will you deliver to and what is the cost?
A: We have a third party company that will deliver inside Volusia County. The cost depends on the load being delivered.

Q: Do you have a minimum order or can someone with a small project purchase what they need directly from you?
A: We have a minimum for our Design Build side but not the DIY. You can buy one paver at a time if you like. Also, keep in mind, we sell all commercial grade products cheaper than the big box stores sell their residential products.

Q: Can your crew build custom outdoor kitchens and fireplaces or do you only offer the material?
A: We Design and Build lots of outdoor kitchens and fireplaces. All of those are built 100 percent out of concrete materials. Not only are they amazing to look at and use, they will last as long as the house does.

Q: If someone is interested in creating a beautiful outdoor space on their property
or business, but don’t know where to start, what do you recommend that they do first?
A: Easy, pick up the phone, call us at (386)957-4102 and speak to one of our many full-time office staff. They will ask a few questions and get an estimate set up for you. It is free for us to come out.

Q: Do you have an online portfolio of finished projects for potential customers to look at before coming into your showroom?
A: Yes, we have that available on our Facebook, Instagram and YouTube.

Q: With everything going on right now a lot of businesses are adjusting the way they operate. Have you had to make any drastic changes due to COVID-19 and do you feel like social distancing has made an impact on your business either positively or negatively?
A: Besides our office staff, not much had to change in the field. We are always spread out with not much interaction. Our offices have gone to multiple wipe downs a day. Sanitizer bottles everywhere. Our phones slowed down for a couple weeks during the middle of the scare. Since May 1 though, things have been crazy. For us, we think many vacations aren’t going to happen this year and more money is going to be spent on homes. New driveways, patios, covering cracked pool decks with beautiful pavers or travertine. Although some might be upset they miss their vacation, we can all agree we already live somewhere where people would love to go on a vacation.

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1605 West Canal Street, New Smyrna Beach 32168
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TheSereneGroup.com
• New Smyrna Beach:
1607 West Canal Street, NSB 32168
• Port Orange:
5347 South Ridgewood Avenue, Port Orange 32127
facebook.com/SerenePaversNSB
Instagram: @SerenePaversGroup
Youtube: Serene Pavers
Recently there has been a lot of chatter in the news about restaurants and bars closing due to employees being exposed to coronavirus. Several restaurants in the NSB area have temporarily closed to sanitize their facilities after employees or customers contracted the disease.

However, some businesses are taking substantial proactive measures to keep their places clean, including hiring disinfecting companies such as SaniPro NSB. The company was founded about a year ago to help AirBnB owners clean up after guests. But like most businesses, SaniPro NSB co-owners, Melissa Tyo-Grooten and Jodi Hinkle, made a pivot when the coronavirus struck.

According to Hinkle, the company began by offering two primary services to local businesses - surface and air disinfection. Surface disinfection from the company utilizes green-sealed certified disinfectant hypochlorous acid at 500 parts per million, which is a hospital grade disinfectant that is prepared onsite. Their “done for you” service utilizes electrostatic sprayers, which creates more effective results. Hinkle describes this process as, “Wrapping the disinfectant around the surfaces.”

According to the company, simply spraying and wiping any disinfectant on a surface is not effective. In order for these products to work, the chemicals require dwell time to eradicate the pathogens. As part of their services this local company provides education to their client’s staff on how to appropriately apply the products.

SaniPro NSB also offers air disinfection equipment and services, using the SAM400 air purifiers, which are manufactured by Scientific Air Management in Pompano Beach. The machines use a proprietary technology that cleans air at a rate of 400 cubic feet per minute.

Hinkle stated that many of their customers use both services to ensure they are doing all they can to keep their staff and customers safe. One of the customers she mentioned is Beachside Tavern, which has hired SaniPro NSB to keep its surfaces clean on a daily basis. The Spring Hill Suites on Flagler Avenue is another important client for the business. This partnership allows the hotel to reassure their corporate clients that their meeting space is disinfected properly.

“Having a proactive stance is very important,” explains Hinkle, who stated that SaniPro NSB is primarily engaged in helping open and active businesses stay clean in order to prevent the spread of the virus. They haven’t yet been involved with any businesses which have closed due to exposures, although Hinkle said they are equipped to do so.

“Education is also an important part of mitigating risk,” Hinkle said, claiming that an important aspect of making their services effective is having a basic understanding of how pathogens spread. To sharpen these skills, the business relies on advice and guidance from experts in the healthcare industry.

SaniPro NSB not only sells these products for customers who want to use their own staff for disinfecting, but is also a distributor of SAM400 air disinfection equipment. With the exponential increase of coronavirus in Florida, it seems there will be no shortage of business for SaniPro NSB and businesses like it.

Bryson White is a writer, public servant, triathlete, and social entrepreneur. He is a graduate of New Smyrna Beach High School, the University of Central Florida, and Loyola University New Orleans. He resides in New Smyrna Beach with his wife, Megan, a teacher. His articles are featured monthly, and focus on life, art and culture.
What Do We Know about the Growth Mindset?

I am so excited about this great opportunity to share my life in words with all of the readers of East Coast Current. I am Shy Morris - a native to New Smyrna Beach, an entrepreneur, gardener, educator, community builder, wellness ambassador, lover of history, artist, small business owner and a mother of seven children. Four of these children I gave birth to naturally. Three of them are my bonus children I was blessed with via adoption of my brother’s children.

I always wanted my life to be a simple and a seamless transition, like I saw in the movies. I learned at a very young age that I would have to work extremely hard to achieve the quality of life I dreamed about as a little girl growing up in New Smyrna Beach.

Along my way I encountered a few people that changed my life forever. They are my mentors, or as I call them, my “Earth Angels.” These mentors challenged me to be a critical thinker and set me on a path to positivity forever. I am hoping with this opportunity of me being in the ECC I can share my mind with all of you.

In our daily lives there are two basic mindsets that can control the way we think, the fixed and growth mindsets. These mindsets are based on how we view our personalities. A fixed mindset can assume that intelligence and character are routinely measured by success and status. These characteristics are anchors and cannot be changed or influenced.

Growth mindset is at the opposite end of the spectrum. A person with this mindset welcomes a challenge and sees failure not as unintelligence or disappointment, but as an opportunity for growth. This mindset also supports a passion for learning instead of seeking outside for approval. In a fixed mindset there is no room for learning new things or even wanting to be open to new perspectives, people or ideas because you’ve remained fixed in your personality or perspective.

I would like to offer a challenge to move beyond what you’ve already decided about the person you are to a new person you can become. This challenge is for both mindset groups. This is the first process of changing or growing your mindset in a positive way. Find a new quote every week. Focus on the quote and apply it to your life every day. This daily affirmation could cause a shift in your life.

A quote for this month:

“When life gives you a hundred reasons to break down and cry, show life that you have a million reasons to smile and laugh. Stay strong.”

What Do We Know about the Growth Mindset?

Shy Morris, native to NSB for four generations, and a lover of all things positive. Her art has carried her around the world and her award winning STEAAM curriculum has inspired and empowered 1000s of youth in Volusia County. Shy loves everything community and loves to see kids thriving with high self esteem, great values and ready to be productive citizens.
Adventures of a Modern Pirate

I’ll never forget it.

The first crack of lightning ended the snoring, resurrecting my uncle from his slumber and into instant alertness. He glanced out at the approaching storm and froze as if something from the deepest part of his skull had come back to haunt him. In a trice, rain appeared, pelting us with stinging droplets. I glanced out to see what he was looking at and saw large black swells far out on the horizon and waves crashing along the shoreline. It was intimidating! I half expected to see the captain of the Columbia and his crew come walking out of the surf through a deluge from the heavens.

My uncle fell back into his sleeping bag as if he had made peace with whatever haunted him. He huffed and puffed and fell fast asleep. I shook my head in disbelief and wondered if I would survive the night.

The collision of waves against the beach rose to a crescendo unlike nothing I had ever heard before. It was almost deafening and the ground shuddered with the concussion of the crashing waves. I was officially scared!

Not wanting to get sand inside my sleeping bag, I crawled like a caterpillar to the nearest palm tree and nestled myself against it, hoping I could find enough comfort to sleep. I could not.

Moistness started to crawl its way inside my sleeping bag, bringing with it the first chill of the night. So much for waterproof!

I reminded myself how brutal Mother Nature was, and trying to get some shuteye surrounded by capricious ocean was not in the cards.

I was not feeling yo-ho-ho-lish.

So there I was, stuck in a lush tropical paradise with no modern amenities to help take away the sting of the rain. I thought of the warm comforts of home. I thought of the hospitality of those who entertained us along the way. I thought of a hot breakfast and coffee.

I thought of Julie’s warm smile and those affectionate eyes. I thought more and more of her, the woman who made me feel queasy on the seaplane. I felt like Humphrey Bogart in “To Have and Have Not.” So close, yet so far. It was all I could do to keep myself from thinking about the deluge I was simmering in. I thought about her until the rainy misery faded and sleep embraced me. I let go and I slipped away.

Gotta get back to my coconut concoctions . . .

* This column is part of an ongoing story of tales from the past that continues each month.

Joshua MacLeod is a NSB local and a Florida native. He is the author of Savage Tango and Chasing Latitudes. He lives with his dogs, Durango, Higgins and Oscar.
Ponce Inlet JULY Tide Chart

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SPOTTED AROUND TOWN - VOLUSIA COUNTY

Congratulations to husband and wife team, Stefanie and Andre Santiago, for the grand opening of their businesses, ANN TITUS Real Estate Brokerage & Gallery and Tiago Traders Remodeling & Design. Both companies are located at 399 Canal Street in the historic Arcade Building in New Smyrna Beach.

Local entrepreneur and make-up artist, Cori Newhook, is showing off the new wave mural that was painted at Beachside Tavern. Located at 690 E. 3rd Avenue in NSB, Beachside Tavern is an open-air venue that features different local and national musical acts nightly.

Have you noticed beautiful murals popping up all over town? Local artist and Peace Arts Project founder, Shy Morris, has been busy painting these special pieces for local businesses including Ruthy’s Kozy Kitchen and Nejma’s Boutique in NSB, various homeowners - even an elderly resident needing something nice to look at from her bedroom window during quarantine. If you are interested in hiring Shy for a mural for your home or business, contact her at (386) 631-5551 or PeaceProject1998@gmail.com.

Local photographer, Shelley Lynch, captured this happy dolphin celebrating the first days of summer in the waters surrounding NSB! Photo: Shelley Lynch. Find more of Shelley’s impressive photos of the local wildlife and scenery at ShelleyLynchPhotos.com

Sea turtle watchers rejoiced in late May when a rare Kemp’s ridley sea turtle was spotted nesting in New Smyrna Beach. This is the same turtle that was initially tagged in Daytona Beach Shores in 2016 by staff from the Marine Science Center. The Kemp’s ridley, the smallest and most imperiled of all sea turtle species, is unique among species found in Florida in that it nests almost exclusively during daylight hours. Photo: Jaymie Reneker, Ecological Associates

ECC co-owner and director of sales, Carol Court and Carrie Boynten, co-chairs of Women United’s Power of the Purse event were excited to announce this year’s theme, “Be The Sunshine In Someone’s Storm” to fellow board members. This year’s event will be a smaller, more intimate gathering held on August 21 at The Plaza Resort and Spa. This year you can buy a virtual ticket for only $25 and have access to the silent auction items.

The Daytona Beach Police Department wishes to thank Nicole, James and Tabatha for making and donating 50 bags of assorted candy for the department’s police officers as a thank you for their service. Photo: Daytona Beach Police Department
WHAT THE LOCALS ARE UP TO!

Poppy Cruz Johnston was born May 29, 2020 at 7:05 p.m. at Halifax Hospital. She was 8 lbs., 4 oz. and measured in at 20 3/4 inches. Her parents MacKenzie Smith and Jeremy Johnston are so excited to welcome her into this world! Congratulations, MacKenzie and Jeremy!

Chase’s on the beach is taking sanitizing seriously. They screen every employee before they enter work and are not permitted to enter if they have a fever or have been exposed to COVID-19. They require them to get tested and can not return to work until they provide a negative result. Chase’s has not had any positive results at this time. Every employee is wearing a mask and they do a nightly spray of sanitizer throughout the entire restaurant. Left to right: Sarah, Ashley, Joe and Gabby.

A peaceful protest was held in NSB on the corner of Wallace Rd. and SR 44 in NSB on June 14, 2020. Large crowds attended and social distancing and masks were enforced. The protest also encouraged locals to register to vote. For info on participating in further protests, follow @IAmShyMorrisNSB on Facebook. Bring a mask, or one may be provided by #SmyrnaSewingSquad who has sewn and donated over 2,000 masks, as well as signs. Photo: Shy Morris

Are you looking for a new companion... or two? Right now at Edgewater Animal Shelter (EAS), all kittens are available for adoption - two for $100! What a deal! Adoption fees help keep the shelter going and cover the cost of supplies and vetting. Single kitten adoption fees are $75. EAS is located at 605 Mango Tree Drive in Edgewater and is open Tues-Fri 10 a.m. to 4 p.m. Schedule an appointment and fill out an adoption application online at EdgewaterAnimalShelter.org.

Our local fishing expert, Patrick “Tupat” Eichstaedt, took this adorable photo of his daughter, Addy, splashing in the backwaters of NSB. Check out his monthly fishing guide on page 36.

Love is in the air on Disappearing Island, and the results are on the ground - in the form of nests. Several least tern pairs and one pair of Wilson’s plovers have been discovered nesting on the popular boaters’ paradise near Ponce Inlet. These small shorebirds have nested on the island’s sandy beaches in the past with minimal success due to disturbances. Visitors to Disappearing Island are reminded not to disturb the nests. Locals can report their disturbances to the Florida Fish and Wildlife Conservation Commission’s wildlife alerts hotline at 888-404-3922, *FWC or FWC on a cell phone, or by emailing Tip@MyFWC.com. Residents can also report unposted nests to the hotline.

Daytona Beach Mayor Derrick Henry declared June 19, 2020 as Juneteenth Independence Day in the City of Daytona Beach. The date recognizes the emancipation of slaves and has been celebrated by the African-American community for more than 150 years, including the Daytona Beach Juneteenth Festival that has taken place for the last 19 years. Linda McGee, chairperson of the Juneteenth Festival Committee, and fellow committee members joined the mayor during the proclamation. Photo: City of DB Government
With summer officially in full effect and the heat index at a blazing high, the bite couldn't be hotter. The backwaters are showing clear waters and a plethora of bait which is bringing all sorts of larger fish into the area.

The past few weeks have been some of the best topwater fishing I've ever experienced. Not only are we catching on topwater lures, but we are sight casting to our fish and watching them feed on the topwater lures. It's truly an amazing feeling with the anticipation of a huge blow up on your artificial bait.

Casey Collins (@CaseyColli, pictured below) put on a topwater fishing display like no other in the past week sight casting two slot-sized snook and a solid slot redfish. Not to mention this was all off of a Pau Hana Big EZ Angler paddleboard. If you haven't tried paddleboard fishing, I highly recommend it. I will be giving private tours this summer and fall so please contact me at tupat@mac.com for more info.

As for myself, I sight casted on this studly backwater redfish (pictured right) utilizing a Tsunami topwater that @EvanGeiselman gave me. This fish was so hungry and aggressive he literally jumped out of the water to feed.

Moving forward, expect the bite to be very hot and make sure you watch the tides as we have had the best luck on outgoing tides.

**Until next issue... Cast 'em, Hook 'em and Catch 'em!**

**BEST DAYS TO FISH IN JULY: 4 - 6, 11 - 12, 17 - 23, 26 - 28**
**Flats Boats • Bay Boats • Off Shore Models**

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Monday: 9 am - 10 pm
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Friday & Saturday: 9 am - Midnight

“My hubby and I bike here almost once a week for breakfast! Honestly, it’s the best kept secret! They have the best breakfast in town and the best homemade corn beef hash we have ever had! The prices are way better than most places and the service is always awesome and fast. We absolutely love this place and will be back in the evening for the dinner and music!” – Jen

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