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## Tebow hosts star-studded weekend



Photo by Fran Ruchalski

Duck Dynasty's Jase Robertson interviewed Tim Tebow on Friday night at the Tim Tebow Foundation Annual Charitable Gala and 6th Celebrity Golf Classic, hosted at TPC Sawgrass. The Friday night gala raised money to help fund the foundation's seven areas of outreach. The next day, celebrities took to the course for a golf classic. The Tim Tebow foundation aims to bring faith, hope and love to make dreams come true for children with life-threatening illnesses. **Page 4**

### ALL ABOUT PETS

Take your dog for a romp at a dog park, learn about companions for military members and more

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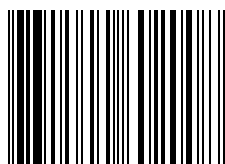


### THE GIFT OF GIVING

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## Send us your news

We welcome submissions of photos, stories, columns and letters to the editor. Let us know what's happening. 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 [pvrecorder@opcfla.com](mailto:pvrecorder@opcfla.com) or bring them by our office at **1102 A1A N., Unit 108, Ponte Vedra Beach.**



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## PUZZLE SOLUTIONS

C	A	R	G	O	B	I	Z	R	A	M	P	
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I	D	I	O	M	S	A	L	T	S	A	M	E
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6	4	8	1	5	9	2	7	3				
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1	5	9	2	4	8	3	6	7				
8	6	4	9	7	3	5	2	1				

Solutions correspond to last week's puzzles.

## What's this?



Do you know what this is?

Email your answer to [kelly@opcfla.com](mailto:kelly@opcfla.com) by Tuesday at 5 p.m.

We'll throw all the correct answers in a hat and choose the winner with a random drawing. If we receive no correct answers, we'll award four Jacksonville Zoo tickets (two adults, two children) to the best wrong answer we receive.

Thomas Dempsey was randomly selected from the people who correctly identified Dr. Fishman's pediatric dentistry sign. Thomas, please pick up your zoo tickets!



Better luck this week, guessers! And don't forget — incorrect but entertaining guesses might also be rewarded with a trip to the zoo.

## Adoptable pets at the St. Johns County Pet Center

### CAT OF THE WEEK

Hi my name is Scarlett and I am a 4 year old female cat who is looking for a new home. I was brought to the Pet Center as a stray. I love to nap in the sunlight and get tons of love and attention from my new owners. Please come visit me here at the Pet Center! #29950



### DOG OF THE WEEK



Hi there! I'm a 6 year old mixed breed who is looking for a new home. I was abandoned by my owners and left on the side of the road, thankfully some nice person brought me to the Pet Center to have a second chance. I love to be snuggled and given treats all the time! I'm a super well behaved pup who just wants your love and attention; please come visit me and make me the happiest dog ever! #30413

All cat adoptions at the Pet Center are \$20 for males and \$30 for females. Dog adoptions are \$35 for males and \$50 for females. The fee includes neutering/spaying, rabies vaccinations and shots. The Pet Center is located at 130 N. Stratton Road. Hours are Tuesday-Friday, 9 a.m.-4:30 p.m., and Saturday, 9 a.m.- 4 p.m. For more information, call (904) 209-6190.



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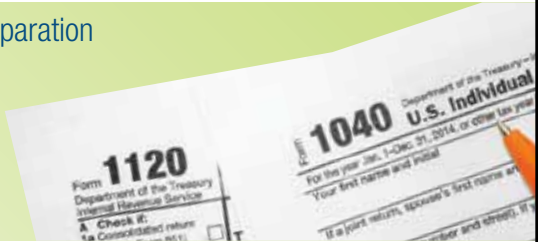
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Children's Art Event "Save the Date" Kidney Cancer Awareness, March 24th from 5:30-7:00pm at the Watson Ponte Vedra Beach Office. Dr. Winston Tan, MD., a physician at Mayo Clinic will discuss the latest research towards kidney cancer treatment.

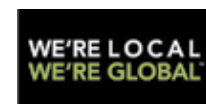




Photo by Nancy Beecher

Last weekend the Tim Tebow Foundation hosted its 6th Annual Celebrity Golf Classic at TPC Sawgrass.

## Tim Tebow hosts gala, golf to benefit children

Great weather, atmosphere welcomes enthusiastic crowd, players and celebrities

### Mike Bonts

It must be March, the Tim Tebow Foundation (TTF) hosted its Annual Charitable Gala and 6th Celebrity Golf Classic last weekend at TPC Sawgrass.

A celebrity filled weekend included Paul Azinger, Chris DiMarco, Billy Horschel, and Zach Johnson. Heisman Trophy winners Marcus Allen, Archie Griffin and Danny Wuerffel were also in attendance as well as Jerry Cantrell, Javier Colon, Hugh Freeze, Chipper Jones, Justin Martin, Urban Meyer, Jase and Missy Robertson, Al and Lisa Robertson, Kristy Lee Cook and Ashely Greene.

The Friday night Gala raised money to help fund the foundation's seven areas of outreach. The Band Perry performed at the Gala held in the TPC Clubhouse. Retired major league outfielder Gary Sheffield auctioned off a vacation at his home in the Bahamas.

Saturday's Celebrity Golf Classic, played under almost perfect conditions, serves as TTF's signature fundraising

event. Before play began, the crowd, players and celebrities heard a prayer from Duck Dynasty's Jase Robertson. Then from Tebow who thanked everyone for making the weekend a success.

Finally, the microphone was given to Daniel Gulbransen. Going down on one knee he proposed to TTF staffer Eliza Lewis. She said yes.

"This is a chance to see a group of people, of a like mind, get together to celebrate the wanting to do good for other people is awesome," shared Tom Rinaldi, Gala emcee and ESPN reporter.

Fans who are unable to be at the tournament were still able to participate in the Helicopter Golf Ball Drop. Each golf ball sponsored by a \$15 donation was dropped by helicopter onto a target on the TPC Sawgrass practice range.

Bobby Boaz won the golf ball drop grand prize sponsored by Coastal Spine and Pain Center. The grand prize was two tickets to the 2017 Gala and tickets to the 2017 golf classic.

Jockey and ALE Solutions were elite sponsors in addition to American Residential Services (ARS), a national provider of HVAC and plumbing services. Since TTF's inception in 2009, ARS has been a platinum sponsor of the foundation's annual marquee fundraiser.



Photo by Nancy Beecher

Tim Tebow greets the crowd before the 6th Annual Celebrity Golf Classic at TPC Sawgrass gets under way.

"Each year our executive team has participated in the TTF Celebrity Gala & Golf Classic. Last year alone, this event raised 1.5 million dollars for TTF's outreach programs. Now we are encouraging all our employees to get involved in supporting the foundation through NTS," said Don Karnes, CEO of ARS.

The foundation aims to bring faith, hope, and love to make dreams come true for children with life threatening illnesses. The organization builds playrooms in children's hospitals, provides life changing surgeries to children in the Philippines through the

Tebow CURE Hospital. TTF's "Night to Shine" is a nationwide prom for people with special needs. They also provide care for orphans in four countries and adoption aid grants for families.

"You can always expect to have a lot of fun, see a lot of great people... But, it's about stories, being able to minister to the incredible kids, that's what keeps me going and keeps me believing in everything that we are doing," Tebow said in a pre-event statement.

For more information on the Tim Tebow Foundation, visit [www.timtebowfoundation.org](http://www.timtebowfoundation.org).

## LETTER TO THE EDITOR

### Where's the money from Amendment 1?

This month, I had the opportunity to have a conversation with a Florida Fish and Wildlife Conservation Commission official whom I won't mention.

I was calling him about the possibility of the state approaching a wealthy land owner in the Ponte

Vedra Beach area.

The FWC shows this parcel on their 15 year land acquisition list.

I had a very nice conversation with this gentleman however he informed me that no land acquisition funds have flowed down to the FWC.

In my opinion the leaders in Tallahassee mislead the public about the use of Amendment 1 funds. It was

intended to purchase land for conservation.

Instead, the shady powers in the capital have siphoned millions for pet sewer projects or other projects and the portion for land acquisition is very small.

This is just very wrong but so typical of our leader.

I say hands off!

Use the money as it was intended before all our native forests are plowed under for condos and housing developments.

I hope everyone will contact their state representatives about this misuse.

Gary Coulliette  
Master Naturalist  
Ponte Vedra Beach



# New menswear store opens in Sawgrass Village

## John Craig offers upscale brands

**Kelly H. McDermott**

Sawgrass Village, a shopping center on A1A in Ponte Vedra, has been seeing major upgrades since Jacksonville-based planning, architecture and landscape firm, ELM, began a project to revamp the property in early 2015. In addition to keeping many of the well-loved local retailers who have inhabited the stores of Sawgrass Village for years, there are new restaurants and retailers coming to the area. One of these is Winter Park-based men's clothier John Craig Clothier. John Craig Clothier will open its doors to the public tomorrow, on March 18.

"We couldn't be more excited to expand our presence in the Jacksonville area," said company owner Craig DeLongy.

The shop is no stranger to Ponte Vedra, and in addition to personal ties, DeLongy has had a shop at the Ponte Vedra Inn & Club for almost three years. The location was their fifth, while the Sawgrass Village store

will mark their ninth location. John Craig Clothier also has locations in Jupiter, Naples, Orlando, St. Petersburg, Bonita Springs and Winter Park.

We sat down with DeLongy this week to talk about what it's like to operate nine locations and what locals can expect from the new store.

### What is your connection to Ponte Vedra?

My wife, Suzanne, began coming to the Ponte Vedra Inn when she was a little girl. To continue the tradition we have been bringing our children here for more than 30 years. Our son liked the area so much he attended UNF and played on the golf team.

### What makes John Craig a good fit for the area?

May 2013 we opened at the Ponte Vedra Inn & Club. We were very successful there with the members and resort guests. We offer a Florida lifestyle look in all of our stores. We also interject a sophisticated, sartorial look as well. If we do anything well, we show men how to dress to match their lifestyle.

### What is a typical day like for you?

First of all no day is typical when you have nine stores! I have an old 1920s apartment as my office above our store in Winter Park. There with my Border Collie, Harper, we begin our day by checking sales at all eight stores for the previous day. Week and month to date. From there the list gets long. Respond to e-mails, place orders, communicate with the stores. My daughter Blair is Vice President of Operations and handles marketing, social media and selected buying. Blair is based at our location in the Ritz-Carlton Naples. We speak multiple times a day but no business calls or text messages are allowed after 7:30 p.m. — her rules.

### How do you evaluate whether or not a brand will be sold at the store?

I turn down brands consistently because they do not fit into our store image. When traveling to market, I look for everything from high end Italian vendors to more casual lifestyle looks. In particular I look at quality, brand recognition, sizing and how it will merchandise in with our mix. Although not a major problem, since we

are the dominant distribution for most vendors, I see what other retailers carry the product. In any case, every store gets its own mix based upon clientele and location in the state. For example buying for Winter Park and Ponte Vedra Beach would be similar, while Jupiter and Naples would be similar.

### What are you looking forward to in this location?

The "new" Sawgrass Village is going to be the exciting epicenter of Ponte Vedra Beach. We are looking forward to being more accessible to the Ponte Vedra community now that we are in Sawgrass Village. Also, from the feedback we received at our location in PVI, I know there is a market for us here. Our extensive inventory will be a big change for shoppers to see in this area.

We look forward with the ambience of the new store and the selection of clothing and sportswear to becoming the place for men to shop in Ponte Vedra Beach.

*John Craig Clothier will be open seven days a week. For more, visit [www.johncraigclothier.com](http://www.johncraigclothier.com).*

## DeSantis awards service academy nominations

On March 13, Rep. Ron DeSantis (FL-06) presented 29 candidates with nominations to the four United States Service Academies: the United States Military Academy, the United States Naval Academy, the United States Air Force Academy and the United States Merchant Marine Academy. Nine students were also presented with certificates of appointment.

The service academy candidates and their families, the nominating board, Junior Reserve Officers' Training Corps instructors, school officials and other community members joined the Congressman at the ceremony, hosted at Pedro Menendez High School in St. Augustine.

"The United States Service Academies are prestigious places of learning with a demanding application process, and it was an honor to present these remarkable young men and women with nomination certificates," DeSantis said. "As an officer in the U.S. Navy reserve, I am so proud of our students and immensely respect their desire to serve our country. I wish them all the best of luck!"



Local nominees included Michael Moon Begun (Nease High School – IB, Military Academy), Dylan John Granuzzo (Nease High School, Military Academy), Miles Polivio Silva (USMAPS, Ponte Vedra High School graduate, Military Academy), Justin Paul Swicegood (ERAU, Nease High School – IB graduate, Naval Academy), Daniel James Donovan (Nease High School, Air Force Academy), Jonathan Michael Magiske (Ponte Vedra High School, Air Force Academy), Landon David Taucher (Ponte Vedra High School, Air Force Academy) and Francis Zachary Wawrzyniak (MMI, Ponte Vedra High School graduate, Merchant Marine Academy).

— **Compiled by Kelly H. McDermott**

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***Patrick L. Basile, M.D.**, just opened his plastic surgery and wellness practice in Jacksonville Beach this month. Basile lives in Ponte Vedra Beach with his wife Shannon and their children. The couple are the proud parents of six children, ranging in age from one year to 20 years old. So, it's no surprise that Basile describes himself as very family-oriented. He's hoping that family feeling will translate to his practice, where he wants patients to feel at ease in a relaxing environment. "I'm very family oriented," Basile said. "This is also the type of feeling we want to give our patients — that they are part of our family and they'll just be excited to share their experience with others and want to help our family grow and touch as many people as we can," he said. For more, visit [www.patrickbasilemd.com](http://www.patrickbasilemd.com).*

### **Where are you from originally?**

I was actually born in Bogotá, Colombia. I was in an orphanage and was adopted as an infant by a family from New York and was brought to the United States. After five years, I went to the New York Supreme Court, raised my hand and became a citizen. I grew up on Long Island. The big thing about that for me is that had I not been adopted, my circumstances might be very different. So for me, every day is a gift and something that I never take for granted. I met my wife after our freshman year at Boston College, and I've been together with her for 22 years.

### **Tell me about your medical background.**

I went to medical school in what's called the Health Profession Scholarship Program through the Department of Defense, the Navy. So I had a Naval scholarship. After I did my training in New York, I went active duty right at the start of the Afghani war conflict. While I was at the National Naval Medical Center, which then became named the Walter Reed National Military Medical Center, I was the Assistant Chief of Plastic Surgery there and the Director of Microsurgery for five years and then when we finished our active duty time, we decided to move back here, which is where my wife is from. She's from Orange Park. So that's how we ended up back here; we moved here in August of 2014.

### **What did you enjoy about your time with the Navy?**

I've had the ability to travel around the world and teach; I still do. I'm also heavily involved in giving back and doing humanitarian missions — that's going to be something that we eventually do out of our practice. In the military, I ran the Department of Defense's cleft palate and cleft lip mission, so every year I would go to the Dominican Republic and do mission work on people who didn't have access to medical care and had these congenital deformities. So that's really something that's important to us. As a practice, as our family, we want to give back and continue that.

### **What types of services will your practice offer?**

It's pretty much the gamut: everything from surgical to minimally invasive to non-invasive plastic surgery. Our wellness portion is dealing with nutrition and overall health. It's a big part of plastic surgery that I think gets overlooked. Our ideal is to help the inside as well as the outside, and if we can match those together, I think you get an optimal outcome — whether it's reconstruction or it's asthenic work. Plans include offering fitness instruction such as Pilates and yoga, nutritional coaching, and skincare. Shannon, my wife, has a background in fitness and Pilates, so ultimately, as part of the wellness portion of the practice.

— Carrie Resch/ The Recorder



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## Restaurants, volunteers break Tips for Kids' Sake record with \$70,000

**Kelly H. McDermott**

Volunteers tied on their aprons and took to their feet for a special program last month for a good cause.

The 21st Annual Tips for Kids' Sake fundraiser was a big success for Big Brothers Big Sisters of St. Johns County. Local celebrity waiters earned big tips and raised over \$70,000. This year's event had a record number of participating restaurants — 26 throughout St. Johns County, prompting organizers to split the event into two nights for a South Tips and a North Tips. According to event organizers, the funds raised will help maintain and expand the program.

"Having a successful Tips like this means being able to continue the level of services we provide and reach out to more kids" says Teresa Andrews, Development Director. Organizers are thankful to the many hundreds of patrons who went out to dinner on Tips for Kids Sake night and are especially grateful to the over 150 celebrity waiters who participated this year (another record!).

"Our celebrity waiters really are who make this a success, we are so appreciative of all their hard work," Andrews said.

It was a record night both for the BBBS event and for some of the teams participating.

This was the tenth year that members of the Rotary Club of Ponte Vedra Beach participated in the event, this year serving at Bogey Grille. This year accounted for both the strongest participation among members of the club and the highest amount raised for BBBS by the club, totaling about \$3,090. Those participating included Will Montoya, Clare Berry, Ronald "Doc" Renuart, Adam Petrus, Jack Parker and Richard Hana, with Bruce Barber and Vickie Cavey acting as greeters that night.

"Bogey Grille was packed by Rotarians, their guests and families," said Rotary member Ken Smith.

"It's always fun to support our club's initiatives," said long-time Rotary member Clare Berry. "In past years, I've participated as a diner, which was fun. This year, I decided to go for more of an impact on our club's support of BBBS by hitting the floor, providing excellent service and asking for the patrons' support of the cause. It was fun to tell the story of why we were there, and to get buy-in from the patrons."

"For me, it was an eye opener to how much these waitresses and waiters have to do to keep their customers happy," said club president Will Montoya.

Many who participated this year are already looking forward to the next event.

"It is a fun way to engage the community to help our young boys and girls," said Richard Hana. "Anyone with a caring upbeat attitude will walk away feeling enthused helping such a worthy cause. I'm looking forward to next time!"

North Tips included three Ponte Vedra restaurants: Aqua Grill, Bogey Grille and Lulu's Waterfront Grille.

BBBS is a mentoring program serving St. Johns County in the community and schools. Mentoring has been proven to be a substance abuse prevention strategy as studies show that children who are mentored are less likely to experiment with drugs or alcohol.

For more information on Big Brothers Big Sisters, call (904) 829-9986 or visit [www.bbbsstjohns.org](http://www.bbbsstjohns.org).

**For a gallery of pictures from the event, visit [www.pontevedrarecorder.com](http://www.pontevedrarecorder.com).**

## COMMUNITY BRIEFS



Patty and Reagan Darrah

### Local to compete at 'Olympics of Irish Dance'

Reagan Darrah, 15, of Ponte Vedra will be representing the United States at the World Championship of Irish Dance in Glasgow, Scotland next week.

"This is the 'Olympics of Irish Dance,' where the top one percent of Irish Dancers around the world will compete," said Darrah's mother and Director of Legacy Irish Dance Academy, Patty Darrah.

When Reagan Darrah takes the stage at the event, she will be following in her mother's Irish Dancing shoes. Patty Darrah was five-time World Championship qualifier, but was never able to make the journey to the competition due to the expense. Reagan Darrah is the only Irish Dancer in her age category from the state of Florida to qualify.

Legacy Irish Dance Academy is located at 110 Cumberland Park Dr., Unit 104, in Jacksonville.

### Advanced Disposal hosts free shredding event

St. Johns County residents are invited to show their com-

mitment to a cleaner and safer environment by bringing confidential, personal, banking and other secure information documents for immediate destruction and recycling at a free event sponsored by Advanced Disposal. All residents within St. Johns County are invited. No business or commercial documents will be accepted.

The event will be hosted rain or shine on March 26, 9 a.m. to 1 p.m. at the Anastasia Square Shopping Center, on the corner of SR-312 and A1A.

Acceptable items for shredding include all personal documents, white or colored papers, stapled or paper-clipped documents, file folders and file hangers. Unacceptable items include three-ring binders and cardboard. For more information, call Advanced Disposal at (904) 827-1005.

### World Golf Hall of Fame opens The Museum Café with new chef

The World Golf Hall of Fame and Museum announced this week the grand re-opening of The Museum Café — formerly Fairways Café — with a new, healthy, golf-inspired menu. The inspiration behind the renovation came from the café's newest addition, Chef Chris Yacavone, who reinvented the dishes to more accurately reflect the Hall of Fame.

A sampling of The Museum Café's menu includes a "Hole-In-One Burger," the "On The Green Burger" — the vegetar-

ian version of the Hole-In-One option — "The Slice BLT," and an assortment of salads, most notably of which is the Tomato Salad. Additional options include the Chef's Seasonal Soup of the Day, Steak or Chicken Philly and a Traditional Club among others.

"The food at The Museum Café really speaks for itself," Chef Chris Yacavone said. "Our renovations have given us the chance to incorporate customer-friendly golf themes into our dishes. We're focusing on fresh, green entrees, and we look forward to showcasing our menu to the St. Augustine community."

Chef Chris brings a unique skillset to the table with more than 17 years of culinary experience, specifically his eight years as the Sous Chef at Walt Disney World and several years as the Chef de Cuisine at the Hyatt Regency Hemisphere at the Orlando International Airport.

During his time at Walt Disney World, Chef Chris assisted in the openings of Citricos, Sanaa and Todd English's Blue Zoo. He trained in the Le Cordon Bleu Program at Western Culinary Institute in Portland, Oregon, and just recently relocated to North Florida as the new Head Chef of The Museum Café.

The World Golf Hall of Fame and The Museum Café are open to the public Monday – Saturday from 10 a.m. – 6 p.m. and Sunday from noon – 6 p.m.

— **Compiled by Kelly H. McDermott**

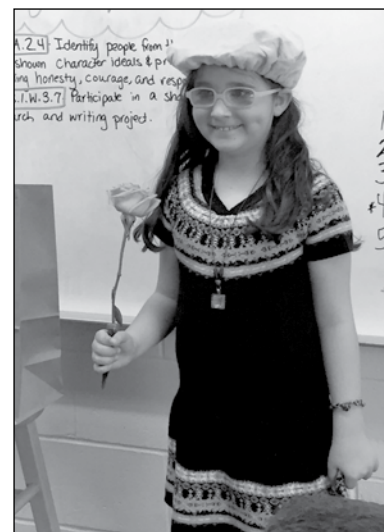
## OPE first-graders celebrate Black History Month

**Abby Stanford**

Community submission

The first-graders in Neeti Gregg's class at Ocean Palms Elementary celebrated Black History Month last month with a variety of lessons, activities and research. Under the direction of Gregg and student intern Kelsey Duerr, students learned about famous black Americans, including Civil Rights leader Martin Luther King, Jr., Civil Rights activist Rosa Parks, former slave and leader for the Underground Railroad Harriet Tubman and Ruby Bridges, the first black student who enrolled in an all-white school. Students were engaged with discussions, books, videos and even teacher-driven debates about civil rights.

The grand finale for the unit was for each child to complete independent research on a significant figure from Black History. Each child



was shown how to safely search the internet to locate and review information and find key information through biography books. Students were asked to work at home to decorate a bag that would represent their selected individual and fill the bag with four to five items

that could serve as artifacts that describe attributes that they have learned about their person.

All students presented their projects to the class and with the items in their bags taught their classmates the highlights of what they learned. For example, if one was doing a bag report on Rosa Parks, who was known for refusing to give up her seat on a public bus so a white person could have her seat, then a toy bus in the bag might spark that conversation during the oral report.

"I love teaching this unit," said Gregg. "This final project is a great way for students to have fun as they learn." When Belle Peterson was asked what she liked about this project she said, "I liked learning about my person on the internet. It was so much fun and I felt like I was the teacher when I got to share my report."



# Nocatee Happenings: The latest news from Nocatee

## News from the Welcome Center

With spring in the air and lots of hustle and bustle happening, we are again so grateful to live in beautiful Northeast Florida. Thank you for all you do to share the benefits of living in historic, charming, and sunny Ponte Vedra.

### Neighborhood updates

There's no doubt that there's a lot of Nocatee buzz these days. We had a record-breaking week this month in Nocatee- with 37 homes sold in seven days! Congratulations to all the builders and realtors that are sharing the Nocatee Lifestyle with so many!

Toll Brothers will be building carriage homes in Coastal Oaks. They will begin selling this spring, and the first move-in will be late summer/early fall. For more information, you can contact Toll Brothers by visiting [www.nocatee.com](http://www.nocatee.com).

There is one new home opportunity available in Greenleaf Preserve. Located next door to Valley Ridge Academy K-8 School, and adjacent to Greenleaf Park, this is an ideal location for those looking for a gated, private neighborhood with close proximity to US1. For more information on the new home, in the Mid \$500's, please call ICI Homes at (904) 513-8016.

Artisan Lakes is the second Nocatee neighborhood to open in 2016. All models are now open! To view the 5 models and the breathtaking amenity center for Artisan Lakes' residents, click here.

There are over 100 brand new, quick-move-in homes in the Nocatee community that will be move-in ready within the next 60 days.



Judi Grossman (center) has been a Nocatee Welcome Center Representative for six years and is retiring this spring. Stay tuned for a special Q&A with Grossman next month in the Ponte Vedra Recorder.

### Assisted living and memory care opening in Nocatee Town Center

Featuring awe-inspiring designs and groundbreaking technologies, the Starling of Nocatee will be the first senior living community in Nocatee. The Starling at Nocatee will be located directly east of Splash Water Park, north of the fire station. The Starling of Nocatee is scheduled to break ground Spring 2016, and will open in Fall of 2017.

### New St. Johns County School in Nocatee

St. Johns County School District's newest K-8 school will be located adjacent to Nocatee's Twenty Mile neighborhoods, according to The PARC Group, Nocatee's master developer. Construction of the school, built on land donated by Nocatee, will begin this spring, opening for the 2017-18 year.

This new school is the third school

site donated by Nocatee's developer to the St. Johns County School District. Valley Ridge Academy opened its doors for the 2014-15 school year, and Ponte Vedra High School opened for the 2009-10 school year, both on land donated to the District.

Zoning of students will be determined by the School District in the fall of 2016, with many Nocatee students expected to attend the new school. To learn more about the historically-rich Twenty Mile area, download the free History of Twenty Mile eBook today.

### Calendar of Events

Saturday, March 19: Nocatee Farmer's Market, Spring Fling Festival, 10-2

Wednesday, March 23: Watson at Nocatee Grand Opening, 4:30-6:30

Tuesday, March 29: Lennar's Nocatee Madness Nocatee Certified Agent Brunch, 11-1

Thursday, April 14: Parade of Homes Preview Party, 6-8

### Well wishes to Nocatee Welcome Center Representative Judi Grossman!

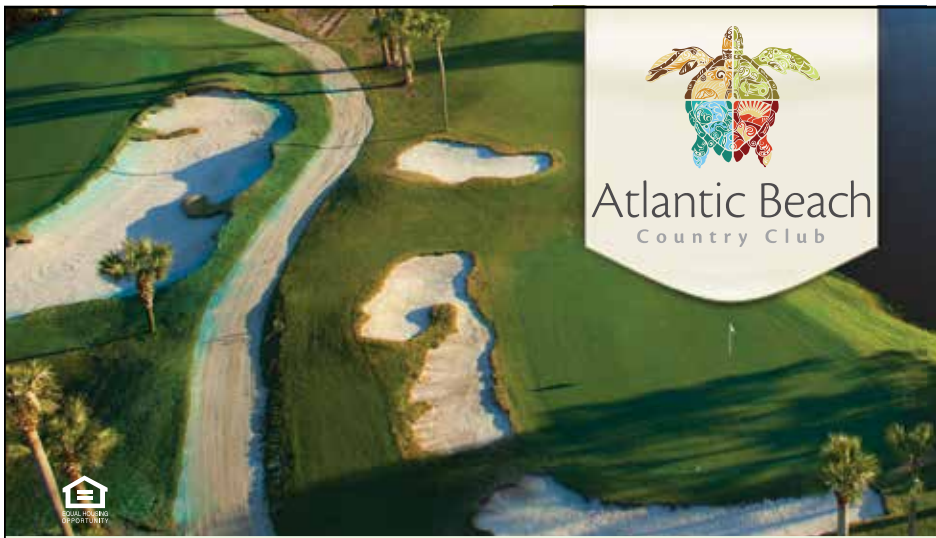
Judi Grossman has been a Nocatee Welcome Center Representative for six years. She loves sharing the Nocatee lifestyle with realtors and prospective homebuyers. Judi has assisted almost 2,000 families in their homeowner journey to call Nocatee home. Please join us in wishing Judi a happy retirement! She will be in the Nocatee Welcome Center on Tuesdays, Thursdays, and Fridays through April.

The Nocatee Welcome Center is open 7 days a week. Feel free to stop by for a tour, or give us a call with any questions you may have!

*Donna Lundgren  
Nocatee Welcome Center  
(904) 924-6863*



Photos provided by Nocatee



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# Integrative Memory Enhancement at PV Memory Care Center

**Susan D. Brandenburg**

Sponsored by the St. Johns County Council on Aging (COA), Integrative Memory Enhancement classes are held four times a week at the new Ponte Vedra Memory Care Center, with a Tuesday-Thursday program and a Monday-Wednesday program. Facilitator Joy Urban, who has been involved in the program for more than four years, provides activities, fellowship and encouragement to several students on Tuesday and Thursday each week, but notes that there is room for more. Classes, at a cost of \$10 per hour, are from 9 a.m. to 2 p.m., with beverages, snacks and lunch provided. Activities include breathing exercises, guided relaxation, chair aerobics, humor therapy, "Brain Gym," aromatherapy, and more.

The program is designed for individuals who have been diagnosed with memory disorders or who are simply concerned about memory changes. Retired chemical engineer Bernie Oechsli, 86, of Ponte Vedra Beach, considers his Monday-Wednesday



Bernie Oechsli and Shirley Lane

Memory Enhancement classes to be a highlight of his week. "I don't think heaven could be much better than this," joked Oechsli, as volunteer Shirley Lane poured him a glass of water and the tempting aroma of a delicious lunch (catered by nearby Vicar's Landing)

wafted through the air. "Coming together as a group, sharing a meal, and engaging in stimulating conversation ... all of these factors contribute to maintaining your cognitive skills," said Kathy Cinney, Program Assistant Manager for the COA's Inte-

grative Memory Enhancement classes. "These classes are about so much more than memory. For some of the attendees, the interaction and socialization provide a reason to stay in the game."

The positive, supportive atmosphere provided by both facilitators and volunteers at the Ponte Vedra Memory Care Center is enjoyable and effective. As research-based word games and breathing exercises are used to stem early memory loss, mental and physical agility are often stimulated as well.

"The memory classes are a terrific boost for my creativity," said Scott McLucas of Ponte Vedra, who attends on Tuesday and Thursday. "The facilitators are excellent and the exercises, both mental and physical, have definitely made a positive difference in my life."

Until 2014, McLucas, 86, was actively involved in One World Foundation, Inc., which he founded nearly four decades ago to globally support education and the arts. "Since my wife, Nancy, and I closed the foundation and became private philanthropists, my time has been less structured," McLucas noted. "The classes

have put me back on track. I'm better organized and my memory has improved. I would encourage everyone to try this. It works!"

COA's Integrative Memory Enhancement Program is offered in several locations throughout St. John's County. For more information call Michele Sanchez, Program Manager at (904) 729-9535 or Kathy Cinney at (904) 729-9163.

On April 1, 2016, at 1:30 p.m., COA's Sunshine Golf Tournament will take place at St. Johns Golf and Country Club. To register for the tournament, or for sponsorship opportunities, contact Linda Trevlyn at COA at (904) 209-3684.

The tournament will benefit the COA Sunshine Center (an adult day care facility in St. Augustine), the Memory Care Programs, and the new Adult Day Care program at the Ponte Vedra Memory Care Center that will open on March 21st with Monday through Friday hours from 7:30 a.m. to 4:30 p.m. For information on Adult Day Care, call Paulette Kozlowski at (904) 209-3674.

# Native Sun Natural Foods installs electric vehicle charging stations

Native Sun Natural Foods Market has recently completed installation of Electric Vehicle Charging Stations at both its Mandarin and Southside store locations.

The charging stations are part of the ChargeWell program and were made possible through grants initiated by the North Florida Transportation Planning Organization (TPO). The goal of the ChargeWell program is to create an expanded network of charging stations that offer electric vehicle drivers more opportunities to charge up in the Jacksonville area.

For Native Sun, the ChargeWell stations are part of the company's continued efforts to support meaningful sustainability initiatives in the Jacksonville area.

In addition, to raise awareness and promote future purchases of electric vehicles, Native Sun has committed to offering the charging stations at no cost to customers for the first year.

Native Sun's Community Relations Manager, Meghan Fiveash expressed her excitement over the introduction

of the ChargeWell stations, saying, "the charging stations represent an opportunity for us to increase environmental awareness while supporting those who have already made the decision to purchase an electric vehicle. We love that we're able to offer free charging for the next year and hope to see an increase in the number of electric vehicles in the area as the network of ChargeWell stations continues to expand."

The ChargeWell program kicked off in December for select JEA customers. Future grants may see ChargeWell stations awarded to other energy companies like Beaches Energy in the Jacksonville Beach. That would make it possible for the newest Native Sun location in Jacksonville Beach to introduce a charging station of its own.

Native Sun is a Jacksonville-based natural and organic grocer.

The company operates three locations in Jacksonville, the original Native Sun store at 10000 San Jose Boulevard, their second store at 11030 Baymeadows Road, and their

newest location at 1585 3rd. Street North.

All three Native Sun stores are

open from 8 a.m. to 8 p.m. Monday through Saturday and Sunday from 10 a.m. to 6 p.m.

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Obituary



WETHERHOLD

**Pamela Josephine Wetherhold**

02.14.1948 — 03.06.2016

Pamela Josephine ("PJ") Wetherhold peacefully left this world and was welcomed into heaven on Sunday, March 6th surrounded by her loving family.

She is survived by her husband, Gary Wetherhold, her

children David Shirley, Morgan McCoy, Romy Shaw, Ryan Wetherhold and her 9 beautiful grandchildren, her brothers Pat and Jack Murray, their spouses, her big sister Margie Mears, along with countless friends and loved ones.

A Jacksonville native, PJ was

a beach babe to the core. She was the life of the party and a genuinely veracious woman. She was a successful model, financial consultant and interior designer. Her talents were many and her heart was full. She enjoyed her vices and loved her slot machines. Though her life

was short, it was lived to the fullest, filled with travel, laughter and love overflowing.

A public service will be held Friday, March 18th at 2 p.m. at Seachasers Restaurant (831 1st St N, 32250) immediately followed by a beach procession then a party until 5 p.m.



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# PVWC opens wellness center in Nocatee

**Kelly H. McDermott**

Known for its walkability and emphasis on outdoor activity, Nocatee is a community that focuses on wellness. A homegrown, wellness-focused practice is celebrating a new office in Nocatee, the Ponte Vedra Wellness Center.

Dr. Erika Hamer, chiropractic neurologist and owner of Ponte Vedra Wellness Center, announced the new Nocatee location in October 2015.

This month, they opened their doors with an official office ribbon cutting event. The March 9 event included office tours, coffee and breakfast, chair massages, a ribbon cutting and a free health talk.

This is the second office for the Ponte Vedra-based wellness center. The new location is in the Watson Realty building, across from Publix in the Nocatee Town Center, 205 Marketside Ave., Suite 200.

The Nocatee office offers all the same services as the Ponte Vedra Beach location, including chiropractic adjustments, spinal decompression, physical therapy and rehab services, personal training and nutrition counseling, therapeutic massage and community health events.

"We are thrilled to be able to open a wellness center in Nocatee and look forward to serving this community so focused on active lifestyles and healthy living," said Hamer. "We



have had the support of the Ponte Vedra Beach community for over 11 years and we really felt this was the right time to expand services into this growing, active, family-friendly community."

Hamer said she hopes that the new location will help the business branch further into St. Johns County.

"We also look to serve those living

nearby in St. Augustine and bringing chiropractic care and wellness services to entire families," Hamer said. "We believe we can make a difference by not only helping people get relief from acute pain due to car accidents and other injuries but also by helping people stay healthy and injury-free through regular chiropractic care."

Founded in 2004, Ponte Vedra Wellness Center is a traditional chiropractic neurology clinic for adults, children and pregnant women. The current location is at 100 Corridor Rd., Ste. 220, in Ponte Vedra Beach. For more information, call (904) 273-2691 or visit [www.pontevedrawellnesscenter.com](http://www.pontevedrawellnesscenter.com).



**ABOVE:** Blue Wave Coffee Truck

**RIGHT:** Janet Collins, Isabelle Rodriguez and Dr. Erika Hamer

Photos by Susan Griffin



Felicia Cox, Michele Smith and Kari Zerrahn



**SHORT TAKES**

**The Founding of Fort Mose**

Join Fort Mose in the celebration of 278 years of freedom!

The third annual Commemoration of the Founding of Fort Mose is Saturday, March 19 from 10 a.m.-3 p.m. Living history specialists and reenactors commemorate the founding of the first legally sanctioned free black community in the United States of America. There will be children's activities as well as speakers, including Darcie A. MacMahon's presentation of "The Discovery and Public Impact of Fort Mose."

Fort Mose Historic State Park is

located at 15 Fort Mose Trail, St. Augustine. The event is free. For more information, call (904) 823-2232, email [vicki.tiseth@dep.state.fl.us](mailto:vicki.tiseth@dep.state.fl.us) or visit [www.floridastateparks.org/park-events/Fort-Mose](http://www.floridastateparks.org/park-events/Fort-Mose).

Other upcoming events at Fort Mose include Cultural Traditions at Fort Mose on Saturday, April 2 from 10 a.m.-2 p.m. and an Earth Day March Hike on Saturday, April 23 from 3-4:30 p.m.

Reservations are required for the Earth Day hike. Call (904) 823-2232 to sign up.

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Thursday, March 17	Friday, March 18	Saturday, March 19	Sunday, March 20
<p><b>Forum on Government &amp; Public Policy</b> Flagler College presents, Doyle McManus, Washington Columnist for Los Angeles Times, Thursday, March 17. The lecture begins at 7 p.m. in the Lewis Auditorium at Flagler College, 14 Granada St., St. Augustine. No admission charge. For more information, call (904) 819-6400.</p> <p><b>North Beaches' Art Walk</b> The North Beaches' Art Walk is from 5 p.m.-9 p.m. at the Atlantic and Neptune Beaches' Town Center. For more information, call First Street Gallery at (904) 241-6928 or Archway Framing and Gallery at (904) 249-2222 or visit www.nbaw.org.</p> <p><b>Grief Support Group</b> A Grief Support Group meets on the third Thursday of every month at St. Paul's Catholic Church in the library of the Family Life Center at 578 First Ave. North in Jacksonville Beach. The next meeting will be Thursday, Dec. 20, at 7 p.m. The group is for adults who are grieving the death of a family member or friend. For more information, call Kathy at (904) 553-8933 or Catherine at (904) 247-0665.</p> <p><b>Adventures in the Arts</b> Adventures in the Arts takes place Thursday, March 17 at 2 p.m. at the Ponte Vedra Beach Branch Library, 101 Library Blvd., Ponte Vedra Beach. The meet-up includes a hands-on collage workshop presented by Joyce Gabiou, an award winning multimedia artist. Space is limited so please call Jan at (310) 779-3887 before March 12 to reserve your spot. This free program is made possible by FOCUS Cummer and the Friends of the Ponte Vedra Beach Branch Library.</p> <p><b>Coffee on the Coast</b> The JAX Chamber Beaches Division Coffee on the Coast is Thursday, March 17 from 8-9 a.m. at Balanced Physician Care, 115 Professional Drvie, Suite 104, Ponte Vedra Beach. The cost is \$5. Advance online registration requested. For more information or to register, visit www.myjaxchamber.com.</p>	<p><b>'Natural Currents' Exhibition</b> "Natural Currents" featuring the recent paintings by John Bunker and the Sculptural forms of Brian Frus will be exhibited in the main Gallery of the Cultural Center at Ponte Vedra Beach from Feb. 26 to April 8. The Cultural Center is located at 50 Executive Way, Ponte Vedra Beach. For more information, call (904) 280-0614 or visit www.ccpvb.org.</p> <p><b>MOSH \$5 Fridays</b> Every Friday, come to MOSH to enjoy \$5 admission and extended hours. The museum will be open late every Friday until 8 p.m. (Note: Additional discounts or coupons are not permitted.)</p> <p><b>Life Enrichment Group</b> The Life Enrichment Group is a program designed for those with memory changes who like to stay active mentally, physically and socially while allowing caregivers and loved ones some free time for themselves. This program is offered weekdays from 9 a.m.-2 p.m. at Ashford Court, 1700 The Greens Way in Jacksonville Beach. For more information, call (904) 568-8174, or email life_enrichmentgroup@yahoo.com.</p> <p><b>Safe Sitter course</b> A Safe Sitter course will be offered at Baptist Medical Center Beaches on Friday, March 18 from 9 a.m.-3 p.m. Safe Sitter is a program for 11-14 year olds where they will learn life-saving skills so children can be safe if left home alone or in charge of watching younger children. Students will play fun games and do some role-playing exercises — they even get to use manikins to practice choking rescue! Parents will feel better knowing they're prepared to handle whatever situation comes up, and they'll be ready to be in charge! The \$46 price includes all materials plus lunch. To register for the class, visit <a href="https://beachsafesitter.eventbrite.com">https://beachsafesitter.eventbrite.com</a></p> <p><b>Live Music at Table 1</b> Table 1 at 330 A1A N will host Robbie Litt live starting at 7:30 p.m.</p>	<p><b>Katz 4 Keeps Adoptions/ Open House</b> Katz 4 Keeps is having an adoption event/ open house on Saturday, March 19 and Sunday, March 20 from 11 a.m.-3 p.m. at Katz 4 Keeps, 935B A1A N. in Ponte Vedra Beach (next to Sherwin Williams). For more information, call (904) 834-3223 or email <a href="http://katz4keeps.com">katz4keeps.com</a>.</p> <p><b>Old Town Art Show</b> The juried and fine craft art show is March 19 and 20 at Francis Field, 25 W. Castillo Drive, St. Augustine. Hours are: Saturday from 10 a.m.-5 p.m. and Sunday from 10 a.m.-4 p.m. Admission is free. For more information, visit <a href="http://www.holidayartshows.com">www.holidayartshows.com</a>.</p> <p><b>Nocatee Farmers Market</b> Spring Fling Festival Spring has arrived, and Nocatee is inviting the community to celebrate the changing of the season this March at the Nocatee Farmers Market Spring Festival! This free, family-friendly event will feature a petting zoo and live blue-grass on the main stage by the Big Cypress Bluegrass Band! Additionally, the Easter Bunny will be paying a special visit to families for photo opportunities just in time for Easter! The Farmers Market features over 80 local vendors every month, selling everything from fresh produce, to crafts, jewelry, herbs, unique foods, and more. Free face painting by Chet's Creek Church will also be available for little ones, along with crafts, and a bounce house. The Farmers Market takes place at Farmers Market Field, 100 Marketside Ave., Ponte Vedra.</p> <p><b>GastroFest</b> GastroFest returns to Hemming Park in downtown Jacksonville Saturday, March 19 from 11 a.m.-7 p.m. Sample food from some of Jacksonville's best food vendors; vendors will have sample sizes available for \$1-\$3 each. This year's event is cash-based. Festival events will also include educational talks, tasting events, a marketplace and more. For more information, visit <a href="http://www.gastrojax.org">www.gastrojax.org</a>.</p> <p><b>Live Music at Table 1</b> Table 1 at 330 A1A N will host Samuel Sanders &amp; Darren Escar live starting at 7:30 p.m.</p>	<p><b>EMMA Concert Association concert</b> EMMA Concert Association &amp; Flagler College present pianist Thomas Pandolfi, returning by popular demand. Pandolfi will perform music by Addinsell, Rubinstein, Rachmaninoff, Tchaikovsky and more for "Russian Romance &amp; the Movies" Sunday, March 20 at 2 p.m. at Lewis Auditorium at Flagler College, 14 Granada St., St. Augustine. Tickets are \$30; \$5 for children and students with ID. Tickets are available for purchase in advance at <a href="http://www.emmaconcerts.com">www.emmaconcerts.com</a>, by phone at (904) 797-2800, or at the door. The box office opens one hour before the performance.</p> <p><b>Collection Tour</b> Join the Cummer Museum of Art and Gardens us on Sundays for a guided tour of our permanent collection. The tour is free with the cost of admission. The museum is located at 829 Riverside Ave., Jacksonville.</p> <p><b>Practice with Purpose at Big Fish Yoga</b> Practice with Purpose is an all-level yoga class offered on Sundays from 4-5 p.m. at Big Fish Power Yoga. The fee for the class is a \$5 cash donation that goes to the charity that Big Fish Power Yoga has selected for the quarter. Big Fish Yoga has relocated to the South Beach Regional Shopping Center in Jacksonville Beach at 3852 South 3rd St. For more info call (904) 372-0601.</p> <p><b>'A Facility for Living' at Limelight</b> Limelight Theatre presents "A Facility for Living" March 4-26 on the Matusa Main Stage. Joe Taylor, a retired actor, moves into a prison-turned-elder care facility shortly after the demise of Medicare and the election of Dick Cheney as President in this dark comedy. The play is rated PG-13 (Adult themes and language.) Show-times are 7:30 p.m. Thursday-Saturday; 2 p.m. Sunday matinee. The theatre is located at 11 Old Mission Ave., St. Augustine. For more information, call (904) 825-1164 or visit <a href="http://www.limelight-theatre.org">www.limelight-theatre.org</a>.</p> <p><b>Destination Dino</b> Jacksonville Zoo &amp; Gardens presents Destination Dino March 5-July 4. For more information, visit <a href="http://www.jaxzoodinos.org">www.jaxzoodinos.org</a>.</p>

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Monday, March 21	Tuesday, March 22	Wednesday, March 23	Thursday, March 24
<p><b>Book Talk Café</b> The Ponte Vedra Beach Branch Library's Book Talk Café is Monday, March 21 at 6:30 p.m. Meet Harrison Scott Key, author of "The World's Largest Man," an uproarious, heartwarming story of growing up with a Bunyanesque father in Mississippi. The author's books will be available for sale and light refreshments will be served. For more information, call (904) 827-6950 or visit <a href="http://www.sjcpls.org">www.sjcpls.org</a>.</p> <p><b>Caregiver Support Group</b> The Players Caregiver Support Group meets every Monday 12:00-1:00 p.m. at The Players Senior Center, 175 Landrum Lane in Ponte Vedra Beach. Kimberly Weir of Heartland Hospice facilitates a weekly discussion of current concerns and issues of caregivers. It is a great opportunity for caregivers to share resources and ideas. For more information, call (904) 280-3233.</p> <p><b>Sunshine Center Volunteers</b> The adult day center located in the Coastal Community Center is seeking creative volunteers to assist with simple arts &amp; crafts projects with seniors Mondays through Fridays from 12:30-2:30 p.m. For info, call (904) 209-3686.</p> <p><b>Mental Health Recovery Support</b> Support is free to the public and facilitated by Georgia, Florida Certified Peer Specialist, Whitney Bolin. By appointment only M-F, contact at (770) 403-4991 or <a href="mailto:whitneybat76@gmail.com">whitneybat76@gmail.com</a>. In addition, she facilitates a MH Recovery Group at Flagler Hospital from 2- 4 p.m. every Tuesday.</p> <p><b>For The Love of Driving</b> Volunteer drivers are needed to assist seniors in achieving their mobility goals in St. Johns County. Transportation needs range from trips to the grocery store and classes to spousal hospital visits or social activities. If you are interested, please contact the Mobility Manager at the Council on Aging, 904-315-6505, or email <a href="mailto:Katie.Arnold@stjohnscoa.com">Katie.Arnold@stjohnscoa.com</a>.</p>	<p><b>Virtual Dementia Tour</b> Arbor Terrace Ponte Vedra is offering a Virtual Dementia Tour, a scientifically proven method that teaches you the physical and mental challenges of those living with dementia. The tour simulates changes associated with cognitive decline and offers hope to caregivers and family members, providing you with valuable tips and tools. The virtual tour takes place Tuesday, March 22 from 4-6 p.m. at 5125 Palm Valley Road, Ponte Vedra Beach. Tours can be scheduled through Arbor Terrace's concierge desk, by calling (904) 834-7578 or by email at <a href="mailto:khether@arborcompany.com">khether@arborcompany.com</a>.</p> <p><b>Talk with a Doc: Diabetes</b> Join Nitika Malhotra, MD, on Tuesday, March 22 at noon, in support of Diabetes Alert Day to learn about preventing type II diabetes and the risk factors of being diagnosed with this chronic condition. Free glucose screenings will be offered before and after the presentation. This free event is open to the community. Seating is limited, so reserve your space today at <a href="http://www.baptistjax.com/ymca">www.baptistjax.com/ymca</a> or by calling (904) 202-5376. Talk with a Doc will take place at the Y Healthy Living Center at the Ponte Vedra YMCA, 170 Landrum Lane, Ponte Vedra Beach.</p> <p><b>Dr. Gerson Yessin Music Series</b> This month's music program features Ernie Evans and the Florida State Blue Grass Band, with their unique renditions of traditional and contemporary bluegrass tunes. The performance will take place Tuesday, March 22 from 6:30-7:30 p.m. at the Ponte Vedra Beach Branch Library, 101 Library Blvd. Everyone is welcome and it's free. Doors open at 6 p.m.; seating is limited. This program is made possible by the Friends of the Ponte Vedra Beach Branch Library.</p> <p><b>Better Breathers Club</b> Baptist Beaches will be offering in Jacksonville Beach, a Better Breathers Club. The meetings will be held once a month on the 4th Tuesday of every month at 1:30 p.m. in the Baptist Beaches Pulmonary Rehab Education classroom in the Wilson Epstein Building. If you plan to attend, please email <a href="mailto:sara.holloway@bmcjax.com">sara.holloway@bmcjax.com</a> or call (904) 627-1461 to RSVP.</p>	<p><b>PV Professionals Networking Group</b> The Ponte Vedra Professionals Networking Group meets every Wednesday from noon-1 p.m. at Mulligans, 43 PGA Tour Blvd. in Ponte Vedra Beach. For more information, call Gloria at (904) 635-6103, visit <a href="http://www.pvpng.com">www.pvpng.com</a>, or email <a href="mailto:pontevedrapng@gmail.com">pontevedrapng@gmail.com</a>.</p> <p><b>Ponte Vedra Toastmasters</b> The Ponte Vedra Toastmasters Club offers opportunities for developing your leadership and communication skills. Join us on Wednesdays at The PLAYERS Community Center at 175 Landrum Lane. The meeting starts promptly at 7:30 a.m. and lasts one hour. Want to know more? Contact Lucy Reep at 904-607-3695 or contact-5199@toastmastersclubs.org</p> <p><b>'Big River' at The Alhambra</b> Tony Award Winner "Big River: The Adventures of Huckleberry Fin" will be performed at Alhambra Theatre &amp; Dining Feb. 18-March 20, Alhambra Theatre &amp; Dining is located at 12000 Beach Blvd., Jacksonville. For more information or to purchase tickets, call (904) 641-1212 or visit <a href="http://www.alhambrajax.com">www.alhambrajax.com</a>.</p> <p><b>Travel Training Program</b> The Council on Aging announces a Travel Training program designed to assist seniors in learning to ride the Sunshine Bus. If you are curious about expanding your transportation options or you would like to increase your confidence as a bus rider, let one of our trained volunteers assist you in navigating routes, reading time tables and making transfers. If you are interested, please contact the Mobility Manager at the Council on Aging, (904) 315-6505, or email <a href="mailto:Katie.Arnold@stjohnscoa.com">Katie.Arnold@stjohnscoa.com</a>.</p> <p><b>Annual Activity Member</b> Become an Annual Activity Member at The Players Community Senior Center! There are so many reasons to become a member: discounts on fee-based classes, designated events and Coastal Travel, complimentary participation in a wide variety of scheduled activities, to name a few! Please call Darlene Mahany at 280-3233 for all the details.</p>	<p><b>Arbor Terrace Life Enrichment Group</b> The Life Enrichment Group Day Program takes place every Tuesday and Thursday from 9 a.m.-2 p.m. at Arbor Terrace Ponte Vedra, 5125 Palm Valley Road, Ponte Vedra Beach. The group is designed for those with memory changes who would like to stay active mentally, physically and socially. For more information, call (904) 497-4346 or visit <a href="http://www.at-pontevedra.com">www.at-pontevedra.com</a>.</p> <p><b>'Almost, Maine' at Players by the Sea</b> Back by popular demand, "Almost, Maine," a romantic comedy written by John Cariani set in suburbia Maine that explores the bonds and boundaries of love, is returning to Players by the Sea Theatre. Performances are March 11 and 12, 17-20, and 24-26 at 8 p.m. with Sunday matinees at 2 p.m. General admission tickets for all performances are \$23; \$20 for students, seniors and military. Thursday student nights offer half price admission with a valid student ID. For more information or to purchase tickets, call (904) 249-0289 or visit <a href="http://www.playersbythesea.org">www.playersbythesea.org</a>.</p> <p><b>Habitat for Humanity volunteers</b> Habitat for Humanity of St. Augustine/St. Johns County is currently seeking qualified homeowners. Habitat does not give away homes for free. Instead, homeowners pay an affordable monthly mortgage payment and we help build them a simple, decent place to live. If you know someone who might benefit from Habitat homeownership, please refer them to our website. To find out more about how you can donate, volunteer, or qualify visit <a href="http://habitatstjohns.org">habitatstjohns.org</a>.</p> <p><b>Live Music at Table 1</b> Table 1 at 330 A1A N will host the Gary Starling Jazz Band live starting at 7:30 p.m.</p> <p style="text-align: right;"><i>— Compiled by Carrie Resch</i></p> <p><b>Free calendar listings for community groups and nonprofit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to <a href="mailto:carrie@opcfla.com">carrie@opcfla.com</a>, post online at <a href="http://www.pontevedrarecorder.com">www.pontevedrarecorder.com</a> using the automated form or call (904) 686-3939.</b></p>

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# All About PETS

SPRING EDITION

March 17, 2016  
Special Section to

Ponte Vedra 

# Recorder

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Photo provided by Nocatee

## A walk in the park: Dog-friendly parks on the First Coast

**Kelly H. McDermott**  
The Recorder

It's no secret that Americans love their pets. The Humane Society of the United States estimates that there are a whopping 79.7 million American households with pets -- making up about 65 percent of all households. In the same survey, they estimate that 54.4 million of us have at least one dog — and that most of us (66.7 percent) consider that dog to be a family member.

As family, we want our dogs to be well cared for — and we even want to make sure that they're happy! That explains the rise in dog parks across the nation. While it's great to take our dogs for outings at restaurants, for long walks and to many other human-dominated places, there's absolutely nothing that beats giving your dog the freedom of running through a special spot designed just for them.

Never has it been more popular for dog lovers to take their four-legged friends to specially designated dog parks, where pets and their owners can enjoy some off-leash fun and recreation. The First Coast area has a number of dog parks that offer a big variety of amenities for you and your furry friends.

### Dog Wood Park

74707 Salisbury Rd.  
Jacksonville  
<http://www.jaxdogs.com/>  
(904) 296-3636  
Member access: 7 days a week, 6 a.m. to 10 p.m.  
Visitors must check in the office

during office hours before entering the park. Office hours are Monday through Friday, 10 a.m. to 4 p.m., Saturday and Sunday, 9 a.m. to 5 p.m.

You must bring proof of rabies shot every time you come to the park. A rabies tag on the collar is acceptable as is a rabies certificate or a receipt from your vet showing the date of the shot.

Dog Wood Park is a 42-acre swim and play park for people and their

dogs (over 25 acres are currently fenced). The park is one of the country's largest completely fenced dog parks. Dog Wood Park charges \$11 per visit for the first dog and \$1.25 for each additional dog. Monthly memberships are also available beginning at \$35/month.

Dogwood also offers self-serve bathing, which includes raised, warm water tubs, shampoo, towels and brushes. Price is \$8.00 for members and \$9.00 for visitors. Visit their website

to learn more about classes offered at the facility, and upcoming special events.

### Tillie K. Fowler Regional Park

700 Roosevelt Blvd.

Jacksonville (Westside)

The Tillie K. Fowler Regional Park offers more than 500 acres of trails, picnic grounds and other amenities, making it Jacksonville's largest city-maintained public park. The great news is

that you can bring your dog to enjoy the trails and even let them off leash in the special dog park areas.

The facility's dog park offers two areas for off-leash

play — one for large dogs and another for smaller breeds. There is no running water inside of the fences for dogs, so be sure to pack extra water if you plan on taking advantage of the dog park.

The park is situated across from NAS Jax, and along the Ortega River. There's plenty of fun to be had, from the observation tower to the picnic area and nature center.

### Oceanway Park and Pool

12215 Sago Ave.  
Jacksonville (Northside)

Oceanway Center offers a variety of indoor activities including arts and crafts, billiards, bumper pool, foosball and table tennis. The park's outdoor activities include basketball, boundball, swimming, fishing, flag football, horseshoes, kickball, soccer, softball, tennis, tetherball and volleyball. Special events, classes and scheduled meetings are held at Oceanway Center & Park throughout the year. Oceanway's public dog park offers separate areas for large and small dogs, a pet water fountain, paths and benches. Oceanway is the perfect place to cool off with your family and let Fido enjoy themselves too!

### Confederate Dog Park

956 Hubbard St.  
Jacksonville (Downtown/Springfield)

The city's historic Confederate Park began welcoming dogs in 2009, when a designated dog park was added to the park. Open to the public, the three-acre off-leash green space features fencing, benches and pavilions. There is a designated area for small dogs. The dog park



# K9s for Warriors helps vets 'get a new leash on life' with Nocatee facility

**Carrie Resch**  
The Recorder

K9s For Warriors is the Ponte Vedra-based organization which helps post-9/11 military service men and women who suffer from post-traumatic stress disorder, traumatic brain injury and/or military sexual trauma reenter society with the help of service dogs.

The organization was founded by Ponte Vedra resident, Shari Duval, in 2011 after her son, Brett Simon, returned from two tours in Iraq with PTSD. After watching her son suffer with the disorder, Duval researched ways she could help him and found that service dogs could help veterans like her son.

PTSD, is a medical disability and the main symptoms of it are nightmares, flashbacks, depression, acrophobia. The dogs will wake their warrior companions from nightmares and immediately bring them out of that state. The dogs also serve as a buffer for veterans suffering from PTSD who often don't like being approached. Additionally, the dogs are trained to go ahead of the warriors around corners and that helps the warriors feel at ease in public places.

"The dogs give the warriors the freedom to go out again," Duval said in a 2012 interview with The Recorder. "They tend to isolate; they tend to not go into public and they avoid crowds. What they come here to do is change their lives. Not one dog has been

returned and not one warrior has not had minimum to maximum results, and every one of them would swear by our program. Our mission is to return our warriors to civilian life with dignity and honor, and that's our goal," she said. "They walk in here on two legs and they leave on six."

## A new chapter

Last April, K9s For Warriors opened a brand new, larger facility in Nocatee that quadrupled the amount of veterans the organization is able to help.

Dubbed "Camp K9," the 17,000 square foot headquarters' amenities include a full kitchen, dining hall, lounges, an exercise room, a library and staff offices. Every effort was made to provide a warm, inviting environment that serves as the veterans' home away from home while they go through the program.

For the dogs, 95 percent of which are rescue or shelter dogs, the facility has five enclosed dog parks for training exercises and an in-ground, bone-shaped pool with a fire hydrant-shaped fountain for the K9s to play and cool off in.

The PARC Group, Nocatee's master developer, partnered with Summit Contracting Group collaborated to donate both the land and construction of the facility, which is situated on nine



**WARRIORS** continues on **Page 22**

## Parks

Continued from 20

offers plenty of shade for humans and dogs alike, along with wide open spaces that really let your dog stretch their legs! There is also a pool for dogs and fresh water available for humans and pets. Enjoy panoramic views of the downtown Jacksonville cityscape while your dogs run free.

### Paws Park

468 Penman Road South  
Jacksonville Beach  
[www.jacksonvillebeach.org/residents/parks-recreation/community-parks/paws-dog-park](http://www.jacksonvillebeach.org/residents/parks-recreation/community-parks/paws-dog-park)

Located in Jacksonville Beach's Wingate Park, Paws Park is a membership playground for dog owners and their dogs.

Enjoy an off-leash dog park with a large-dog area, a small-dog area, watering bowls, benches and an educational bulletin board. The membership fee is \$50 plus tax for the first dog and \$25 plus tax for each additional dog.

You can find an annual membership application online.

### Nocatee Dog Parks

Good news for Nocatee residents! The Nocatee wellness lifestyle extends to four-legged Nocatee residents as well. Nocatee residents have access to three free dog parks within the community, including:

Trails for Tails - Located in Nocatee's Community Park, Trails for Tails provides space for pets to socialize amid while their owners can enjoy the park's walking paths and other amenities.

Happy Tails Dog Park - This fenced-in section of Greenleaf Park is open to all Nocatee residents and their dogs.

Paws Dog Park - Located in Nocatee's Davis Park, Paws Dog Park offers two separate fenced areas, as well as a dog wash. Playgrounds and athletic fields are also nearby.

### Dog Park Tips

Take off the leash. Dogs are more comfortable socializing without restraints.

Small dogs need special treatment — so if your park doesn't offer a special area for them, make sure you keep an eye on them and are close by to intervene for their safety.

Tailor your stay around your dog. If they're tired, it's time to go. If they're having a great time, consider staying longer!

Focus on your dog. It's tempting to socialize with human companions,

but your dog is relying on you to help keep them safe and happy.

Avoid treats and toys, which can cause a scuffle. Save them for home.

Stay up on your feet during your stay and call to your dog to make sure they're focused on you. Keep your eyes on the dogs around yours, too.

Pick up after them, relax and enjoy your stay at the dog park.

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# Warriors

Continued from 21

acres of land donated by the PARC Group and the Davis family.

The old facility was located in a home off Roscoe Blvd. that could house only four military veterans during their three-week training period. Camp K9 can accommodate up to 16 veterans per month.

## Expansion

Although the facility quadrupled the amount of veterans the organization can accommodate per month, the wait list to get into the program is over a year long. So, less than a year after Camp K9 officially opened, the organization is expanding its operation again, building a second kennel that will be similar in size to the original kennel, but will more than double Camp K9's capacity for service dogs.

When Camp K9 opened, it had 28-climate-controlled kennel stalls. Right away, the organization knew they needed another kennel, so fundraising efforts to build the second kennel were launched.

Additional dog trainers will also be hired to accommodate the increase. A groundbreaking ceremony for the second kennel took place Feb. 23.



Christmas 2015 at Camp K9

Photo by Carrie Resch

## The PAWS Act

It is estimated that 22 veterans commit suicide in America each day – a jarring statistic that the organization and other supporters are working to combat. Organizations like K9s For Warriors believe service dogs are the key to lowering that statistic and helping veterans reclaim their lives.

Rep. Ron DeSantis introduced the Puppies Assisting Wounded Servicemembers (PAWS) Act this week. DeSantis was joined by original cospon-

sor Congressman Keith Rothfus and representatives from K9s For Warriors and several service dog teams.

DeSantis, a Naval Reserve Officer, introduced the PAWS Act in order to expand access to service dogs for veterans with post-traumatic stress.

The PAWS Act creates a pilot program that pairs post-9/11 veterans with the most severe levels of post-traumatic stress with service dogs. Additionally, they must have completed an evidence-based treatment and remain significantly symptomatic by clinical standards.

Qualified veterans may then be referred to an Assistance Dog International accredited organization or private provider for a service dog pairing. The VA will provide \$27,000 per dog to the organization (as determined by the average costs to acquire and train a service dog). To maintain eligibility, including VA-provided veterinary health insurance for the service dog, the veteran must see a VA primary care doctor or mental health care pro-

vider at least quarterly.

Finally, the PAWS Act tasks the Government Accountability Office with conducting a study to evaluate the effectiveness of the program. The PAWS Act authorizes \$10 million for the program.

“Thousands of our post-9/11 veterans carry the invisible burden of post-traumatic stress, and there is an overwhelming need to expand the available treatment options,” DeSantis said in a news release. “The VA should use every tool at their disposal to support and treat our veterans, including the specialized care offered by service dogs.”

“The PAWS Act is a simple bill that could have a dramatic – and potentially life-saving – effect on the lives of many. As we face an epidemic of veteran suicides, we must make sure that all of our returning service members are honored and taken care of, no matter the wounds they bear,” he said.

For more information about K9s For Warriors, visit [www.k9sforwarriors.org](http://www.k9sforwarriors.org).

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# St. Augustine goes to the dogs: 14 pup-friendly attractions you can visit

**Kelly H. McDermott**  
The Recorder

The Nation's Oldest City is a well-loved destination for people across the First Coast, whether you're looking to sample fine cuisine, take in a spine-chilling ghost tour or tour a national monument. Why not bring along Fido for the fun? There's a wide array of things to do in St. Augustine that allow man's best friend to participate, whether the destination is solely pet-focused or simply a nice outing to bring along a dog.

## Bone Appetit – A Pet-Friendly Food Tour

Tours start at different locations all over the city. Purchase tickets at the Gifted Cork, 64-A Hypolita St.

[www.staugustinehistorictours.com/pet-friendly-tours](http://www.staugustinehistorictours.com/pet-friendly-tours)

\$64 per human with one pet. \$59 for human with no pet.

Bring along your favorite canine companion as you explore the diverse offerings of Saint Augustine with an expert, licensed guide. Treats and some special "Pet Stops" are included for your four legged friends. You'll receive generous tastings on this foodie tour as we weave in the history of the city as it pertains to the food offered in our city. Learn about colonial pets and where they came from. An optional wine or beer pairing is available for just \$19 extra.

## Castillo de San Marcos National Monument

1 S Castillo Dr., St. Augustine  
[www.nps.gov/casa/index.htm](http://www.nps.gov/casa/index.htm)

A monument not only of stone and mortar but of human determination and endurance, the Castillo de San Marcos symbolizes the clash between cultures which ultimately resulted in our uniquely unified nation. Still resonant with the struggles of an earlier time, these original walls provide tangible evidence of America's grim but remarkable history.

Pets are not allowed inside the structure of the Castillo de San Marcos, but they are allowed in the exterior areas of the park. Pets must be kept on a leash at all times.

## Colonial Quarter

33 St George St., St. Augustine  
[www.colonialquarter.com](http://www.colonialquarter.com)

Take an immersive, captivating journey through centuries of St. Augustine's rich history, brought to breathtak-

ing life at the Colonial Quarter—the revitalized two-acre signature attraction in the heart of the downtown historic district. Experience the Nation's Oldest City like never before with an Historical Adventure Tour that immerses you in the sights, sounds and smells of three centuries. You can also climb to the top of a 17th century watchtower replica, dine on classic pub fare, Spanish tapas and more! Bring your dog with you anytime to stroll the beautifully manicured grounds together, or to enjoy the ambiance on the patios of one of our dining establishments, Bull & Crown Publick House and Taberna del Caballo.

Your four-legged friend will enjoy relaxing in the heart of St. Augustine's historic district and won't feel left out when you eat and drink, as they have dog biscuits and community bowls of water out for their pleasure.

## Fountain of Youth Archaeological Park

11 Magnolia Ave., St. Augustine  
[www.fountainofyouthflorida.com](http://www.fountainofyouthflorida.com)

Enjoy a fascinating, informative, entertaining tour of Ponce de Leon's Fountain of Youth Archaeological Park, the original site of the Nation's oldest city. Located in the area first explored by Juan Ponce de Leon in 1513 and settled by Pedro Menendez de Aviles in 1565, historic St. Augustine is the oldest successful European settlement in the United States. Colonial America started right here, 55 years before the Pilgrims landed on Plymouth Rock, and 42 years before Jamestown. Archaeologists have recently uncovered a thousand-year old domesticated Timucuan dog burial in the Park. Well-behaved leashed pets are most welcome both outside and inside the buildings.

## A Ghostly Encounter

6 Cordova St., St. Augustine  
[www.staugustineghosttours.net](http://www.staugustineghosttours.net)

Join storytellers as they take you through the old city visiting some of their favorite haunts. The tour begins in the Love Tree Cottage and then stroll the darken streets hearing stories of the long deceased residents who have not moved on, visiting two cemeteries along the way and ending in the tour at the World Famous Love Tree to hear the legend of eternal love. Well behaved leashed dogs are welcome to enjoy the spooky fun.

## Paws Dog Park at Ron Parker Park

607 Old Beach Rd., St. Augustine



St. Augustine Lighthouse

Shannon O'neil

<http://staugustinebeach.org/parks-and-beaches-lakeside-sculpture-garden-ron-parker-dog-park-anastasia-state-splash-crescent-beach-community-garden/>

Open: Sunrise to Sunset

SJC Paw Park is located next to Ron Parker Park. This off-leash park is fully fenced and has water, benches and is a great place for Fido to run. Owners must be with their dogs while in the park.

## Paws Dog Park at Treaty Park

Paws Dog Park is located within the Treaty Park Complex: 1595 Wildwood Dr., St. Augustine

Open dawn to dusk unless otherwise posted

Bring your furry friend to Paws Dog Park and give them a chance to experience Dog Life! They can run, play,

jump, and enjoy life leash free while socializing with the other dogs at the park.

The facility includes a fenced small dog park with watering hole, along with a fenced large dog park that includes multiple watering holes, a shaded area with sitting bench and a mock fire hydrant.

## Vilano Beach

2725 Anahma Dr., St. Augustine  
[www.sjcf.us/Beaches/Access.aspx](http://www.sjcf.us/Beaches/Access.aspx)

Vilano beach is a popular spot for fishing, sunbathing, beach parking/driving and surfing (when the tide is coming in). As you enter at Vilano and drive south towards the St. Augustine Inlet past the jetties you enter Porpoise Point. This is a popular spot for fishing





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## St. Augustine

Continued from 23

and launching jet skis. Leashed dogs are welcomed.

### Joe Pomar Park

1600 Masters Dr., St. Augustine  
[www.staugustinegovernment.com/residents/parks.cfm](http://www.staugustinegovernment.com/residents/parks.cfm)

Joe Pomar, Jr. Park has a baseball diamond, football field, soccer field, a dog park and kayak launch. This is the only park in the city limits with a dog park and a kayak launch. The launch is located at a small creek which enters into the San Sebastian River, just south of the State Road 16 bridge. A pavilion is located at the entrance to the launching site. Improvements added in 2009 are restrooms, a concession stand for the baseball and football field, a picnic area and a road which winds close to the river which ends in a cu-de-sac. The park offers both a small- and large-dog fenced area with a kiddie pool and water.

### Oldest Wooden School House

14 St George St., St. Augustine  
[www.oldestwoodenschoolhouse.com](http://www.oldestwoodenschoolhouse.com)

The Oldest Wooden School House Historic Museum and Gardens is the oldest wood frame building in St. Augustine. Used as a school for the neighborhood children in the early 1800's and a guardhouse for soldiers during the Seminole War. Today you may tour the School House and learn the history and see what school was like in the 1800s. You and your furry companion can also enjoy the beautiful garden.

### Spanish Military Hospital Museum

3 Aviles St., St. Augustine  
[www.panishmilitaryhospitalmuseum.com](http://www.panishmilitaryhospitalmuseum.com)

Travel back in time to the Spanish Military Hospital Museum — where the doctor is always in. The 40-minute fully guided tour takes you back to colonial Spanish days of medicine. The museum covers the Second Spanish Period medical practices. The museum is open seven days a week from 10 a.m. to 6 p.m. The Spanish Military

Hospital Museum is a pet-friendly attraction.

### St. Augustine Eco Tours

111 Avenida Menendez, St. Augustine

[www.staugustineecotours.com](http://www.staugustineecotours.com)

St. Augustine Eco Tours was founded as an educational resource for the local and extended community. The goal of their programs is on-water interpretive experiences that focus on environmental education, conservation, and wildlife and habitat protection. The company offers boating, sailing and kayaking outings. Friendly and well-behaved dogs are welcomed on kayak and sailing outings.

### St. Augustine Lighthouse

100 Red Cox Dr., St. Augustine  
[www.staugustinelighthouse.org](http://www.staugustinelighthouse.org)

The St. Augustine Light Station is an active lighthouse that stands at the north end of Anastasia Island and was built in 1874. The property includes an 1876 keepers' house, shipwreck archaeology, nature trails, a shipyard play area, wooden boatbuilding, tour, and other hands-on history lessons. Dogs are allowed on the grounds but not in the lighthouse structure itself. Admission for adults is \$12.95, while kids and seniors are \$10.95.

### Veteran's Park

1332 Veterans Parkway, St. Johns  
[www.co.st-johns.fl.us/recreation/parks/veterans.aspx](http://www.co.st-johns.fl.us/recreation/parks/veterans.aspx)

Veterans Park is a 50-acre complex that provides the community with the opportunity to honor history at Veteran's Memorial Monuments. Each branch of the Armed Forces is honored with an individual monument and flag allowing our history to shape our future. Veterans Park offers recreation amenities to citizens of all ages. The park has 6 full-size lighted multi-purpose fields, 4 lighted basketball courts, skate park, picnic pavilions, and a playground. Dog owners have a three-acre playground to enjoy. The park is divided to separate the large dogs from the small ones, and offers drinking fountains, picnic shelter, Mutt Mittens poles and plenty open space to enjoy playing catch in.



Castillo de San Marcos

Evangelio Gonzalez



# St. Augustine Humane Society names Rockey, DVM as staff veterinarian

The St. Augustine Humane Society has named Lauren Rockey, DVM as staff veterinarian at the non-profit organization's community pet clinic.

Along with her general veterinarian services, expertise and medical guidance, Dr. Rockey will provide High Volume High Quality Spay Neuter, or HVHQS. She will oversee a team of highly trained staff and technicians who perform anesthesia and surgery in a time efficient and safe manner with approximately 30 to 40 surgeries per day at the Humane Society. The clinic specializes in preventative care for client-owned dogs and cats with a focus on maintaining pets with their families and preventing relinquishment to animal shelters.

Additionally, Dr. Rockey is trained and certified from the Humane Alliance: A Program of the ASPCA in Asheville, NC. The St. Augustine Humane Society is also certified by the Humane Alliance and features the only certified clinic in St. Johns County, one of only 145 certified clinics nationwide. The Humane Alliance provides a solution to shelter pet overpopulation and communicates nationally through spay and neuter training programs.

The St. Augustine Humane Society's spay, neuter and surgery clinic is open every Tuesday from 8:00 a.m. to 4 p.m., and the wellness clinic is open every Monday and Wednesday from 9 a.m. to 4 p.m.

Dr. Rockey holds a Doctorate of Veterinary Medicine degree from the University of Florida in Gainesville, Fla. She also holds a Shelter Medicine Certificate which focuses on high volume spay and neuter, disaster response, veterinary forensic

medicine, community cat management, shelter animal behavior and welfare and more. She also performed her shelter medicine clinical rotations at the University of Florida College of Veterinary Medicine and Hospital. Her experience also includes serving as a veterinarian for Humane Society facilities nationwide and as a medical research participant on the topics of shelter care, rescue programs, veterinary hospitals, microchips, and feral cats, to name a few.

"We are extremely proud to have Dr. Rockey at the St. Augustine Humane Society. Her training in this highly-specialized field of non-profit veterinary care for pets will be of benefit to hundreds of pet owners throughout St. Johns County," said Carolyn Smith, St. Augustine Humane Society's Executive Director.

St. Augustine Humane Society promotes healthy responsible lifelong pet ownership by serving the medical and rehabilitative needs of companion animals in the community. The nonprofit's programs are designed to strengthen human-pet relationships by reducing the need for pets to enter shelters. The goal is to encourage the humane treatment of animals, avoid overpopulation, and prevent animal cruelty. The Humane Society's resource center includes a wellness and preventative care clinic, affordable spay and neuter efforts, grooming facility, and a pet food pantry. These and other services enable local pets to live happily and healthfully in their homes for life. Business hours are Monday through Friday from 9 a.m. until 4 p.m. Closed on Saturday and Sunday.



Lauren Rockey, DVM and her pet Gulliver

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## St. Augustine Humane Society receives \$1,000 donation from local

The St. Augustine Humane Society has received a \$1,000 donation from Pat Paolini, owner of Mardi Gras Sports Bar as a result of his participation in the Junior Service League of St. Augustine's 2015 Masquerade at the Alcazar Annual Gala. In December 2015, Paolini served as one of the event's King candidates and named the Humane Society as his chosen charity.

Paolini and Mardi Gras regularly donate to the Humane Society through other events held at the food and beverage business at 123 San Marco Ave. in St. Augustine, Fla.

During the Gala, Paolini and other King and Queen candidates from St. Johns County campaigned for votes and raised funds for many charities in the region and for the Junior Service League, an organization of women committed to promoting volunteerism, developing the potential of its members for volunteer participation in community affairs, and demonstrating the effectiveness of trained volunteers within St. Johns County.



Pat Paolini and Carolyn Smith

The St. Augustine Humane Society will utilize the donation to support its spay, neuter and surgery clinic which is open every Tuesday from 8

am to 4 pm, and the wellness clinic which is open every Monday and Wednesday from 9 a.m. to 4 p.m.

"We are grateful that Pat is dedicated to our mission and as a pet owner, he sees the value of our services in St. Johns County. Our key work focuses on strengthening the human-pet bond by reducing the need for pets to enter shelters and to encourage the humane treatment of all animals," said Carolyn Smith, St. Augustine Humane Society's Executive Director.

St. Augustine Humane Society promotes healthy responsible lifelong pet ownership by serving the medical and rehabilitative needs of companion animals in the community.

The nonprofit's programs are designed to strengthen human-pet relationships by reducing the need for pets to enter shelters.

The goal is to encourage the humane treatment of animals, avoid overpopulation, and prevent animal cruelty.

The Humane Society's resource center includes a wellness and preventative care clinic, affordable spay and neuter efforts, grooming facility, and a pet food pantry. These and other services enable local pets to live happily and healthfully in their homes for life.

Business hours are Monday through Friday from 9 a.m. until 4 p.m. Closed on Saturday and Sunday.

## Cats are pet of choice for many millennials, survey says

(BPT) — Move over, Rover. While dogs have long been considered the most popular pet in the United States, cats are a pet of choice for many in the millennial generation, according to research conducted earlier this year by Nestlé Purina.

Close to half of 1,000 survey respondents in the millennial age range (18 to 34) say they own cats, and many believe their cat is similar to themselves. Many millennials consider themselves independent, yet social.

Fifty-seven percent of millennial cat owners say their cat is as important in their lives as their friends, two in five consider their cat to be their new "best friend" and nearly 50 percent say they tell their cat secrets no one else knows.

According to the Pet Food Institute the U.S. pet cat population is more than 73 million — or two million more than the U.S. pet dog population.

Perhaps it's true what Sigmund Freud once said, "Time spent with cats is never wasted."

More than 80 percent of millennial



cat owners agree one of the main reasons they own a cat is their cat fits in well with their current lifestyle, perhaps because two-thirds of their cats stay entirely indoors.

"People like cats because they are great pets — they provide comfort to their owners and with appropriate socialization they can be warm and friendly," said Purina behaviorist Sandra Lyn. "In addition, they don't

need to be taken on walks or for bathroom breaks and they're generally happy doing their own thing, though they do like attention and cuddling."

Pet ownership may also fill a companionship gap left as millennials get married and have children later than baby boomers did, according to a Wakefield Research study.

"The relationship between pets and people is continuing to evolve," noted Lyn. "Through research and personal experience, the bond between pets and people can be viewed as an important part of improving quality of life."

It's unclear whether the preponderance of cat videos (and the popularity of "celebrity cats" such as Grumpy Cat) in digital media has affected the political correctness of being attached to one's cat, but nearly three in five millennial cat owners surveyed by Purina consider themselves as "cat ladies" or "cat men."

Many also see their pets as a form of social currency through which they can share photos and stories on digital media, according to the Wake-

field Research study.

In fact, two in five millennial cat owners talk about their pets on social media, three in five have watched cat videos and half have shared cat memes.

In general, those identifying as cat people are 11 percent more apt to have an "open" personality than dog people, meaning they tend to be curious, creative, artistic and more apt to be non-traditional thinkers, says research by WebMD.

Further, Purina found 88 percent of millennial cat owners consider themselves similar to their cats. Forty percent describe their lifestyle as independent, and 72 percent see themselves as friendly — with 46 percent motivated to own cats because they're also friendly.

For more information about the bond between pets and people, visit [www.betterwithpets.com](http://www.betterwithpets.com).

**Editor's note: Purina's online study about millennials was conducted among 1,000 subjects ages 18 to 34 in the United States between Oct. 16 and 22, 2015. The research firm was Penn Schoen Berland of Washington, D.C.**

# Prepare for an active pest season this spring and pest proof your home

## Tackle fleas, ticks, termites and more

Spring is the perfect time of year for out with the old and in with the new and as homeowners are making their to-do lists, a little pest proofing can go a long way to help avoid an infestation of unwanted guests. The warmer temperatures mean an increase in pest activity for common household pests and the first step to avoiding pest problems is prevention. Nader's Pest Raiders expert Charlie Jones suggests taking a room-by-room approach to spring cleaning and pest proofing to prevent pest problems that could occur now or later in the year.

**Kitchen:** A primary source of food and water for pests, it's no surprise that the kitchen is a popular location for insects to make themselves at home. Keep an eye out for ants, cockroaches and Indian meal moths which are among the most common pests found in the kitchen. More than just a nuisance, these pests can contaminate food and spread bacteria. Prevention Tip: Store all food in airtight plastic or glass containers, immediately wipe spills, vacuum often and empty the

trash frequently.

**Bedrooms and Bathrooms:** Time to clean out the closet? Moths may have taken up residence feeding on natural fibers like silk, cotton and wool. Silverfish are also commonly found in bedrooms and bathrooms and can damage synthetic fabrics, books and other paper products. Prevention Tip: Make sure to wash and iron or dry-clean winter garments before storing them for the summer and use fans or dehumidifiers to eliminate damp conditions. Ensure openings where pipes enter the bathroom are sealed and dry out bath towels and mats regularly.

**Living Spaces:** While kitchens and bathrooms are the most likely areas to harbor pests, common living areas are not off the hook. Pets can bring in fleas and ticks, left-behind snacks can provide an attractive food source and mice can settle behind floorboards and under furniture. Prevention Tip: Keep living areas crumb free by removing snacks and vacuuming floors and under furniture regularly. Also, keep the family pets groomed and their flea and tick prevention current.

**Garage:** Stored boxes and sporting equipment in the garage provide the perfect winter harborage for pests like squirrels, mice and rats. As you are

unpacking your spring and summer gear, keep an eye out for signs of nesting and rodent droppings. Prevention Tip: Use airtight plastic storage bins for seasonal items and store them off the floor when possible. Also, be sure to sweep out the garage regularly.

**Outdoors:** Spring cleaning and proper pest-proofing around the exterior of the home goes a long way in keeping pests such as cockroaches and termites outside where they belong and controlling the population of other pests like mosquitoes. Prevention Tip: Seal all cracks and small openings around the foundation of the home including entry points for wires and pipes. Eliminate sources of standing water and moisture. Keep garbage collection areas clean and ensure all receptacles are tightly closed and trim back branches and shrubbery away from the house.

"Pest populations rapidly increase during the spring," said Jones. "The spring cleaning most homeowners undertake should include the necessary steps to identify the conditions that may welcome these unwanted pests inside."

Nader's protects homes from pests with the STEPS® Total Protection System™, an industry-leading approach that utilizes Integrated Pest Management. STEPS includes a full home

and property evaluation to pinpoint pest control issues; identification of not only the pest, but the true cause of the problem; and treatment in the most environmentally responsible way to alleviate current issues and to help prevent future recurrences. Consumers interested in protecting their homes from pests may obtain additional information at [www.naderspestraiders.com](http://www.naderspestraiders.com). Additionally, consumers can contact Nader's for a free whole home evaluation at 855-696-2337.

Family owned and operated since 1964, Atlanta-based Arrow Exterminators, parent company of Nader's Pest Raiders, is the sixth largest pest and termite control company in the United States, ranked by revenue. Arrow boasts a modern fleet of more than 1265 vehicles, 94 service centers, over 1500 team members and revenues exceeding \$165 million. With Quality-Pro Certification by the National Pest Management Association, the company offers innovative and environmentally responsible services to protect homes and businesses of customers in Alabama, Arizona, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee, Texas and Virginia. Visit [www.arrowexterminators.com](http://www.arrowexterminators.com) for more information.



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# 2015 was a year of passion, progress for the nation's no-kill movement

(BPT) — More Americans are embracing the idea that killing shelter animals is not an ethical or viable way to control companion animal populations in the U.S.

End-of-year statistics from Best Friends Animal Society, a leading national animal welfare organization, illustrate the no-kill movement's progress.

Nearly 78 million dogs and 86 million cats share homes and lives with humans in the U.S., according to the American Pet Products Association's 2015-2016 National Pet Owners Survey.

Yet for all the pets who spend their lives loved and pampered by their humans, millions still die every year in animal shelters. However, the tide is turning.

"The growth of the no-kill movement is apparent," says Best Friends CEO Gregory Castle. "The number of homeless companion animals killed in shelters continues to decline, and it's just a matter of time before we truly can save them all."

Although definitive tallies on the total number of animals housed in all the nation's animal shelters at any given time are not available at this time; a new multi-agency initiative, Shelter Animals Count, was recently launched to remedy this situation. In the meantime, Best Friends tracks the number of animals it helps through various programs every year. In 2015, the organization:

- Facilitated more than 76,000 adoptions of homeless animals across all programs, an increase of 46 per-



cent over 2014.

- Supported the spaying and neutering of nearly 133,000 animals through various programs across the

country, including trap/neuter/return programs. In 2014, BFA helped 123,000 animals through these programs.

- Helped reduce shelter killing by nearly 63 percent in Los Angeles and 79 percent in Utah, where 27 communities are now no-kill.

- Aided 20 cities and one county in overturning breed-discriminatory legislation.

- Encouraged bans on sales of puppy mill dogs in pet stores in 20 more communities, bringing to 91 the total in both the U.S. and Canada with such bans. Pet stores in these communities aren't allowed to sell dogs obtained from commercial breeding operations.

- Distributed more than \$1.6 million in grants to No More Homeless Pets Network partner organizations. The more than 1,400 partner organizations helped more than 116,000 animals.

- Raised more than \$2 million through the Strut Your Mutt nationwide dog walk and fundraising event. More than \$1.4 million of the raised funds went directly to 284 partner organizations.

- Welcomed 1,340 animals to the Best Friends Animal Society Sanctuary, adopted out 1,400, and fielded 30,000 visits from people seeking education and new best friends.

"As a movement, we are in the home stretch of bringing an end to shelter killing and puppy mills because the animal-loving American public now knows there are better ways," Castle says. "It truly is just a matter of time before we can save every animal."

To learn more about the no-kill movement and Best Friends Animal Society, visit [www.bestfriends.org](http://www.bestfriends.org).

## How shifting supply and demand could end puppy mills and shelter killing

(BPT) — You bring two types of cupcakes to your first-grader's school party — chocolate and vanilla. The chocolate cakes are gone in minutes, while the vanilla ones linger. Next time, you'll probably just buy chocolate cupcakes.

Supply and demand is a simple economic principle even the youngest consumers can understand, and it's the key to ending two industries that animal advocates would like to see go out of business forever — shelters and puppy mills.

"Each year, approximately 10,000 puppy mills across the country pro-

duce hundreds of thousands of dogs to be sold online and in pet stores throughout the nation," says Elizabeth Oreck of Best Friends Animal Society.

Meanwhile, approximately 3 to 4 million animals are killed in animal shelters annually as a means of population control.

It's a sad illustration of the concept of supply and demand. If people would stop buying pets produced in puppy mills, and start adopting from shelters, we could put this industry





## Make your new house feel like home to your family pets

(BPT) — Moving into a new home is exciting - for the humans in the family. It can be less comfortable for pets who need time to adjust to a new environment, learn their way around and discover the best nap spots in their new home. As a loving pet parent, you want every member of your family to be as happy and comfortable as possible. Here are some tips to make your home more welcoming to your four-legged family members:

### Convenient dining

Your furry friend will need his own space for meals — unless you don't mind him begging at the table when you eat! Make sure he has a bowl that is appropriate for his size and always clean it between meals.

Vets recommend feeding pets only once or twice a day, so you'll want to stow away bowls when they're not in use. Many homes, including manufactured homes offered by Clayton, can be customized with a pet friendly feature — pet dish drawers that allow you to conceal feeding dishes when they're not needed, and slide the drawer open when it's meal time. It's a great way to keep your pet's dining area near yours but also out of the way.

### Hang-out space

Dogs and cats spend a lot of their day napping and relaxing, so be sure

to provide a variety of spaces for your pet to just hang out - with you or on his own. Clayton builds pet-friendly spots into many of their home models, including window seats and hideaway cubbies where pets can nap in peace.

Sunrooms are also great for both pets and their humans to enjoy the feeling of al-fresco dining while remaining securely inside. Sun worshipping pets can also catch some rays while hanging out.

### Helpful grooming stations

While many dogs enjoy a bath now and then, the process can be messy at home. Including a pet wash station with a hand-held hose in the mud-room ensures you'll be able to clean up your dirty pup before he drags dirt through the house. Make sure you outfit your wash station with an ample supply of soft, absorbent towels, dog shampoo and all the grooming tools you'll need to keep your pup looking great.

### Safe and happy outdoors

Many pets enjoy a good romp outdoors, and you want your companion to be able to safely play in his outdoor environment. Start by adding a fence if you don't already have one. Choose one with vertical slats or rails close enough together that a pet can't slip through, and high enough that he or she can't jump over it. Next,

be sure your pet has plenty of shady spots where he can hide, nap or just chill. Consider adding an outdoor pet fountain so pets always have access to fresh water, and a pet door to allow your dog or cat to easily come and go from your backyard.

### Cosmetic concerns

Unless you have a rare hairless breed, you probably deal with pet hair daily. As you're decorating your new home, remember choosing carpeting close in color to your pet's coat will make shed hair less visible. You should also keep in mind the size of your dog as you're choosing hard flooring. Sturdy laminates will hold up

better if you have large dogs in the house, while smaller dogs and cats may have trouble getting traction on vinyl or hardwood floors.

"When you're buying a home, it's important that you consider every member of the family, and pets are a huge part of our families," says Clayton CEO Kevin Clayton. "Choosing to include pet-friendly features enhances not only a pet's home life, but creates a better functioning environment for the homeowners too."

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# Demand

Continued from 28

out of business — and save every last homeless dog.”

Every year, despite increased public awareness, puppy mills continue to produce dogs for retail sale. Consumer demand drives this supply; people want animals of a certain breed or size, creating the demand mills fill.

Yet adoptable shelter pets could easily fulfill this demand, too — at a lower cost to families and more humanely for the animals.

“Everyone has the ability to help turn this situation around,” Oreck says. “If every person who’s thinking of buying a puppy online or from a pet store this year would instead choose to adopt from a shelter or rescue group, puppy mills would see demand dry up. Eventually, shelters would

see their supply of homeless animals dwindle, too.”

The animal advocates at Best Friends offer these tips for how you can help change the supply-and-demand equation in the animal industry:

- Adopt a pet from your local animal shelter. If you’re looking for a specific type of dog, Best Friends has a huge, searchable directory of pets available for adoption, including Best Friends locations, local partnering rescue groups and shelters plus *AdoptAPet.com*. Here you will find photos, videos, information about adoptable animals, and the location and contact information for adopting them. Visit the Best Friends website for a list of pet stores that offer rescued dogs for adoption. You can also use the Internet to look up a breed-specific rescue group in your area.

- If you are intent on purchasing a specific breed of dog, do your home-

work about the dog’s origins before you buy, to be sure you are not purchasing a puppy from a mill. Beware of websites that sell dogs, especially if they say they’re willing to ship the animal to you. Ads that list several breeds of puppy for sale should raise a red flag.

- If, despite your best efforts, you find you’ve bought a sick puppy, and the seller is not cooperating, check to see if your state has a pet lemon law. To help prevent this sad event from happening to others, alert the Better Business Bureau, your state attorney general, and local animal control agency. If your puppy has American Kennel Club (AKC) registration papers, you can also file a complaint with the AKC about the breeder.

- Do your part to reduce shelter animal populations. Have your pets spayed or neutered, and always keep an ID tag on your pet, or have him microchipped so that if he ever gets lost, he can be returned to you.

“The simple economics of supply and demand are key to ending the tragedy of puppy mills and shelter killing,” Oreck says. “Puppy mills are in business because people are buying what they’re selling. If Americans seeking pets would simply opt to adopt, rather than buy, we truly could save them all.”

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SHORT TAKES

**'A Night at Roys' benefitting The Monique Burr Foundation**

The Monique Burr Foundation for Children (MBF) will host its 14th annual event, "A Night at Roys," on Tuesday, April 19 from 6-9 p.m. to benefit the MBF Child Safety Matters program. Backed by research, reviewed and supported by experts and advocates, this program is a comprehensive, developmentally appropriate, effective prevention program to help protect students from bullying, cyberbullying, digital abuse, and all types of child abuse.

The fundraising event features

Hawaiian-influenced gourmet cuisine by master chef Roy Yamaguchi, fine wines, tropical refreshments, and live entertainment.

Roy's Restaurant Jacksonville Beach is located in the Third Street Village Shopping Plaza at 2400 Third St. S. Event tickets are \$100 per person and are available to purchase online at [www.anightatroys.com](http://www.anightatroys.com).

Sponsorships opportunities are also available. Contact Tammy Long at [tlong@moniqueburrfoundation.org](mailto:tlong@moniqueburrfoundation.org).



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# PV girls split softball thrillers

**Jerry Norton**

The Ponte Vedra softball team experienced the full gamut of emotion in games this past week. On Tuesday the Lady Sharks faced the Orange Park Raiders on the road—the same team that stopped PV's 8-game winning streak with a 14-0 shelling two weeks ago. In a remarkable comeback the Sharks blanked Orange Park 1-0 in nine innings. Then on Thursday evening, Ponte Vedra traveled to Clay for a rematch of their earlier 2-1 win over the Blue Devils. This time it was the Devils who extracted revenge, winning 9-8.

In Ponte Vedra's remarkable win over the potent Raiders, Michelle Holder pitched a 6-hit shutout, striking out 10 and walking just one. The Shark defense displayed a magnificent return to form to keep the hosts from scoring in the fourth inning on an attempted squeeze bunt. On the play, Holder fielded the bunt and her perfect underhand toss to Taylor Bradshaw nailed the runner attempting to score from third.

Ponte Vedra scored the only



The Sharks' Quinlan Richmond tries to score against C but is tagged out by the Devil catcher.

run of the game in the ninth inning on Maddie Sypniewski's lead off single to center. Farley Callaghan moved Sypniewski to second with a perfect sacrifice bunt then Michelle Leone delivered the game winner with a double off the center field wall.

The Sharks trip to Clay was not as rewarding but was equally exciting. Ponte Vedra jumped on Clay's ace Ashley

Stokes for three runs in the first inning using doubles by Leone and Quinlan Richmond, a walk to Sypniewski and a ground out RBI by Callaghan.

Leone and Quinlan replicated their first inning power hitting with another pair of doubles to make the score 4-0.

After Clay answered with a run in their half of the second. The Sharks pushed their lead to

5-1 when Abby Zitello singled and Kiley Hennesey drove her home with a double to left center.

Clay scored twice in the third but the Sharks responded with three more of their own to pad their lead to 8-3, taking advantage of singles by Richmond, Sypniewski and a fielder's choice that put Callaghan on base. Bradshaw then delivered a

2-RBI single.

The Devils scored again in the fourth but a heads up double play started by Zitello ended the threat. The Clay fifth saw the Devils tie matters with five consecutive hits off Holder that netted four runs.

The Sharks loaded the bases in the sixth but couldn't score. They made another brilliant defensive play in the Clay sixth after the Devils led off the inning with a hit. After a sacrifice bunt moved the lead run to second, Leone fielded a ground ball and fired to first to get the runner. Then Lauren Struble rifled the ball to Sypniewski at third to nail the runner trying too advance. The double play kept the score tied, but not for long.

The first batter in the Clay seventh led off with a walk and the next batter beat out a sacrifice bunt. Holder issued an intentional walk to load the bases setting up a force at the plate. With the infield in, the move backfired when the next Devil batter looped a flair just over third base to drive in the game winner.

## PV golf local, freshman excels on Elon University's team

**Barbara Boxleitner**

Special to Ponte Vedra Recorder

Philip Loeb is having an impressive

freshman year for the Elon University men's golf team.

The Ponte Vedra Beach resident led Elon by finishing 12th at the Loyola

Intercollegiate, the team's first tournament of the spring. He shot a 211 (68-71-72).

Loeb had a 73.00 scoring average in

four fall tournaments. He had the third lowest average among eight Phoenix as the lone freshman in the group. His best finish was a tie for third place at the first tournament of the school year, the Golfweek Program Challenge in September. He carded a 206 (70-69-67).

### More men's golf

Warner University's Gabriel Bell tied for 15th at the Warner Invitational. The Allen D. Nease graduate shot a 229 (76-77-76) to finish third among the Royals.

### Baseball

College of Central Florida freshman first baseman John Cassala hit .408 through 20 games. The Bartram Trail High graduate had 23 runs batted in, second on the team, and three home runs.

High Point University junior outfielder Luke Parker batted .276 in 10 starts. The Ponte Vedra High product, who played previously at Polk State

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# Episcopal, Jupiter latest Shark lacrosse victims

**Jerry Norton**

The Ponte Vera Sharks boys' lacrosse team kept their unbeaten streak alive with an easy 15-2 win over Episcopal on Wednesday evening at the Sharks' Field and another over Jupiter, 14-8, Friday evening.

CD James started the scoring spree for Ponte Vedra with a goal three minutes in. Seconds later Matt Keeler added another. Clay Welch then scored three consecutive times for Ponte Vedra before the first quarter ended. The visitors answered one of those goals to make the score 4-1 at the break.

Matt Keeler started the second quarter with three goals of his own plus one by Jack Burke to put the Sharks up 9-1. Jack Woeste, Cord Bishop and Devin Hoffman put the ball in the net

for Ponte Vedra before the first half ended with the Sharks up 12-1.

Ponte Vedra substituted freely in the second half but still was able to pad their lead. Bishop added his second goal then Jack Dowd found the range on two shots — the first of which came on a defensive miscue that left the goal unattended.

Ponte Vedra met Jupiter on Friday evening and racked up a 14-8 win. The game was touch and go for three quarters with neither team able to open up a big lead. The final quarter started with the game knotted at 8-8. The Sharks then scored six

unanswered goals in the final frame for the win. Keeler led the Sharks in scoring with 4 goals. Welch had three while Andrew O'Dare, Reid Smith and Ben Buchanan added two each and James scored once.



Cord Bishop looks for a teammate. Bishop scored twice for the Sharks.



Reid Smith of the Sharks fires a shot on goal

Photos by Chris and Jerry Norton

# Lady Sharks triumph against Delray rivals



Photo by Chris and Jerry Norton

The Sharks' Jordan Grune shoots and scores against American Heritage.



Ponte Vedra's Tess Reiman looks for an open teammate in game against American Heritage. The Sharks won 17-12.

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# Boxleitner

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College, had four RBIs. He had four stolen bases in as many attempts.

Tallahassee Community College freshman outfielder Chase Hahne-mann hit .171 through 17 games. The past Shark had one home run and six RBIs. He had a 1.000 fielding percentage in 17 chances.

Out of Bartram Trail, Santa Fe College redshirt freshman Wyatt Meisterhans hit .274 in 21 games. The outfielder had one home run and nine RBIs and stole six bases in

seven attempts.

South Georgia State College sophomore pitcher Cayden Hatcher was 0-1 with a team-best 1.96 earned run average in four games. The Ponte Vedra alumnus has signed to continue his career at Nicholls State University.

South Georgia State sophomore outfielder Sean Bryan hit .457 in 14 games. The Nease graduate had one home run and five RBIs.

Right-hander Joseph Hoelle, who played for the Bears, is a freshman pitcher for College of Central Florida.

**Send updates about area athletes to Barbara Boxleitner at [bboxleitner@outlook.com](mailto:bboxleitner@outlook.com).**



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# Discipline, not desire, determines our destiny

I regularly tell my two kids that the pain of discipline hurts far less than the pain of regret. Nevertheless, it appears that one must experience the pain of regret repeatedly before they realize that the pain of discipline is less agonizing. Look at the indebtedness we have today. People spend their money recklessly and foolishly without a care of the consequences. Why do some folks make more money, live happier lives, and accomplish more in the same amount of time as others? I suggest that Harry S. Truman nailed the answer when he said, "In reading the lives of great men, I found that the first victory they won was over themselves. Self-discipline with all of them came first."

I steadfastly argue that the road to financial independence is to pay you first. Sadly, most people pay themselves (invest) whatever is left over after their monthly expenses. Low income does not cause financial problems; it is self-discipline! It is the inability to delay one's short-term gratification to enjoy greater rewards in the long-term. In other words, we must do what is perhaps painful but necessary before we do what is fun and easy. As it is said, short-term gain causes long-term pain.

The problem with maintaining self-discipline is that we have to "give up"

something to get it. In other words, discipline involves attaching and detaching. We must attach to our goals and ambitions while detaching from things that obstruct it. In the end, to beat the pull of the past, we must have a strong enough "why" so that we can bear any "how"! Yes indeed, the secret sauce is stamina. Said differently, be the tortoise; not the hare. Furthermore, I unwaveringly believe in the law of accumulation, which says that every high achievement is an accumulation of many small achievements. When we believe from the depths of our souls that the path to success is through a continuum of mundane, unexciting, and sometimes painful repetitive actions and we act upon this acceptance, magical things will appear. I call this methodology, "winning by inches". We must develop "stickability"; doing the seemingly unimportant little thing daily and forever so that it just becomes a habit, a way of life



**Harry Pappas**  
Columnist

People often comment about my ability to maintain a highly precise and structured schedule. They believe

that I am naturally disciplined. This label could not be any further from the truth. Yes, I am disciplined, and I maintain strict habits, but nothing is natural. Just like most people, my rational mind wants a fabulous beach body, but my emotional mind wants the chocolate chip cookie. I fight the temptation every day with my sensitive mind, but I believe in myself, and I am willing to pay the price to overcome the roadblocks to become the person that I want to be. This is not nearly as difficult as accepting the consequences of an undisciplined lifestyle.

I put forth that, Brian Tracey, in his recently published book, *No Excuses!: The Power of Self-Discipline*, is spot on when he said, "The starting point of achieving financial independence is to discipline yourself by rewiring your attitude toward money. You need to reach out into your subconscious mind and disconnect the wire linking spending and happiness. You need to reconnect then the happiness wire to the saving and investing wire." Isn't part of the excitement of reaching our goal looking back at all the obstacles we overcame and the pain we endured? Don't our struggles make the victory that much more satisfying and rewarding? In the final analysis, I suggest that anything of significance requires discipline to

achieve it. Moreover, I argue that self-discipline is the primary factor that separates the wealthy from the poor and the happy from the unhappy. I will conclude my rant on discipline, not desire determines our destiny, by allowing the author, Napoleon Hill, to provide you with my brief but powerful closing argument; "If you do not conquer self, you will be conquered by self."

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## Croquet on the green is OK!

**Bonnie Talley**  
Quilt lady

By now, I'm sure that all of my readers know that I grew up in far West Texas! If you don't know that, then you have not been reading my columns for the past twenty years! When I say, 'West Texas,' I mean really farrrrrrrrrr out there West Texas. Grass was a commodity and sand was cheap. Some people opted to have a sand/rock sculptured yard instead of nursing grass to grow using the expensive utility, water. My parents grew up in the Deep South where everything was lush and green; therefore, they preferred to have grass in the front yard as well as in the back yard. I've spent many hours holding a water hose on

my mom's flower beds or on the Bermuda grass she coaxed to grow under the two mesquite trees we had in the back yard. Mom always planted plants that she loved, instead of ones that were sure to grow or that could withstand the bitter cold we had in the wintertime.

A "blue norther" would blow in changing the temperature at least thirty degrees in an hour sometimes, and mom would be flying out of the house with old blankets, etc. to cover her plants as soon as possible. It was always sad the next morning when she would go out to check on things, and report that the azalea plant that she had been nurturing, had turned up its heels and died during the night.



Growing up, I was raised like an only child as my two brothers were in the Navy during WWII; but, I was so fortunate to live in a great neighborhood where there were many children my age to play with. I

have fond memories of playing Hide and Seek, Kick the Can, Red Rover, and many other games with these little friends. My dad built me a croquet course in our big back yard. The Bermuda grass was great

to play on in the summertime, and the dormant grass was nice as well in the wintertime. Mom would insist on taking in the mallets and balls in the evening

# Sleep and your heart: Why a little shut-eye could improve your health

Exercise and a balanced diet are keys to staying heart healthy, but there's another important factor to

consider: sleep. A good night's rest is essential for your heart health. While fatigue and an inability to

concentrate might be the most obvious side effects of sleep deprivation, there can be hidden consequences for your heart.



**Anthony Magnano**  
Heart of the Matter

tion is the norm. According to the CDC, one-third of working Americans sleep six hours or less per night. In terms of gender, research has shown that women's health is impacted more by insufficient

sleep, although older men are more likely to develop sleep apnea.

Sleep is important at every age — even for young adults. Although they may think they can get away with frequent all-nighters, insufficient sleep can take its toll.

One study in the Canadian Medical Association Journal found that adolescents who had insufficient sleep had higher blood pressure and cholesterol and were at greater risk for heart problems later in life.

## How to improve your sleep

The American Heart Association recommends six to eight hours of sleep for adults. In order to meet this sleep goal and increase your quality of sleep, you can try making some lifestyle adjustments.

Try to avoid caffeine if possible. Coffee and other caffeinated beverages are stimulants that keep you awake, so do not drink them at least four to six hours before bedtime.

It is also important to exercise regularly, ideally establishing a routine of exercising five to seven times per week. Make sure to finish exercising at least three hours before bed so that your body can relax after the stimulating activity.

Your bedtime routine is also crucial to improved sleep.

Transition from wake to sleep time with soothing activities an hour before bed, whether you take a bath, read a book, watch television or meditate.

When you go to bed, turn off phones, TVs or other light-emitting screens because they make it more difficult to fall and stay asleep.

If you have persistent sleeping problems or suspect you may have a sleep disorder like apnea, seek help from your family physician.

It can be easy to put off sleep when you are juggling many responsibilities, but giving yourself time to snooze will make you feel more refreshed, improve your stress and help your heart.

**Dr. Anthony Magnano is a Ponte Vedra resident and cardiac electrophysiologist at St. Vincent's Medical Center Riverside. For more information on Dr. Magnano and his specialty treating Atrial fibrillation, visit AfibJax.com.**

## Why sleep and heart health are linked

People who don't get enough sleep have an increased risk of heart disease — regardless of age, weight or exercise regime. One study of 3,000 people ages 45 and older found that those who slept less than six hours per night were twice as likely to have a stroke or heart attack compared to those who slept six to eight hours.

Poor sleep can disrupt underlying health conditions and normal biological processes.

One condition that demonstrates the relationship between sleep and heart health is sleep apnea, a disorder that causes a person to frequently wake because of pauses in breathing.

Patients with sleep apnea often have cardiovascular problems like atrial fibrillation (AFib), the most common heart arrhythmia and a leading cause of stroke.

The likely reason is prolonged periods without breathing leads to dangerously low oxygen levels and hyperactivity of nerves that innervate the heart.

## Who is most affected

Poor sleep can put anyone at risk for heart-related issues — and for many Americans, sleep depriva-

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# Croquet

Continued from 35

so they wouldn't get weather worn. I remember my parents inviting friends and their children over for "croquet and lemonade" on a hot summer evening. Those are such fond memories.

I'm leading up to the fact that now, I am playing croquet again. It is such a great way to spend a couple of hours

outdoors. It requires very little athletic ability or exertion, and so far I'm having a ball! Fortunately, I have friends who enjoy it as well, and will let me tag along with them listening to little hints about the strategy of the game as we go along. I know I must learn all of the rules of the game so I am trying to be a good student. Two friends, Joy and Lana, have been to a special camp to learn from the 'pros.' They are really great to give me pointers and to show

me it is ok to hit your friend's ball out of the ballpark, especially when it's my ball they just 'socked!' I took my son with me for us to play for the very first time. He was told he was to be disinherited if he hit my ball out of play another time! That is the sport of it, though.

Croquet has taken off like gangbusters in this part of the world. There are so many people like me who do not play golf, or can no longer partici-

pate in the more active sports such as tennis or golf. This is the answer for having a grand time with great friends in lovely surroundings. Not only that, I have met several new friends to invite to my next quilting meeting or stitchery!

Pictured is Karen Larsen and Mary Lou Seeger with another one of Karen's wonderful Hospice quilts! She really turns them out in abundance!

Happy St. Patrick's Day!

## PONTE VEDRA

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<p><b>FOLIO PRESENTS</b> <b>JOHNNY CLEGG BAND</b> WITH <b>JESSE CLEGG</b> MARCH 18</p> <p><b>THE FAB FOUR</b> 2 PERFORMANCES! MARCH 19</p> <p><b>ALAN DOYLE &amp; THE BEAUTIFUL GYPSIES</b> MARCH 20</p> <p><b>RY COODER, SHARON WHITE &amp; RICKY SKAGGS</b> MARCH 31</p> <p><b>ACE FREHLEY</b> WITH <b>GEOFF TATE</b> APRIL 1</p> <p><b>DAVE RAWLINGS MACHINE</b> FEATURING <b>GILLIAN WELCH</b> APRIL 6</p>	<p><b>AN EVENING WITH DAILEY &amp; VINCENT</b> APRIL 7</p> <p><b>REBIRTH BRASS BAND</b> APRIL 8</p> <p><b>X102.9 PRESENTS DAWES</b> WITH <b>HISS GOLDEN MESSENGER</b> APRIL 9</p> <p><b>FLORIDA CHAMBER MUSIC PROJECT PRESENTS BEETHOVEN &amp; MENDELSSOHN</b> APRIL 10</p> <p><b>AMY HELM</b> APRIL 12</p> <p><b>RITA WILSON</b> APRIL 15</p> <p><b>JESSE COOK</b> APRIL 18</p>	<p><b>ONE NIGHT OF QUEEN</b> APRIL 19</p> <p><b>TOMMY EMMANUEL</b> WITH <b>THE LOWHILLS - 2 DATES!</b> APRIL 28 &amp; 29</p> <p><b>RUPAUL'S DRAG RACE</b> <b>BATTLE OF THE SEASONS</b> MAY 14</p> <p><b>SHAKEY GRAVES</b> WITH <b>SON LITTLE</b> MAY 17</p> <p><b>X102.9 PRESENTS FOALS</b> MAY 20</p> <p><b>HERE COME THE MUMMIES</b> WITH <b>NOAH GUTHRIE</b> MAY 26</p> <p><b>ALEJANDRO ESCOVEDO</b> JUNE 5</p>
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WWW.PVCONCERTHALL.COM

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## From Cottages to Castles

<p style="text-align: center;"><b>PLANTATION OAKS</b></p>  <p>Contemporary home on estate lot features 5 Br, 5.5 Ba, a game room, a screened lanai with a summer kitchen and preserve views. Custom details set this home apart from the rest! \$725,000</p>	<p style="text-align: center;"><b>MARSH LANDING</b></p>  <p>Built in 2006 this Mediterranean style home has superb quality including: weather shield windows, custom window coverings, chiseled stone wood flooring, wood floors sanded on site, library/office with coffered ceilings, an incredible chef's kitchen with Schrock cabinets, game room with balcony to screened pool below and gorgeous marsh views. \$1,750,000</p>
<p style="text-align: center;"><b>MARSH LANDING</b></p>  <p>This elegant and well-maintained home offers the ultimate in quality. With a gorgeous Master bedroom downstairs plus a library/office, upstairs are three bedrooms &amp; Bonus Room that can be used as a 5th Bedroom. Beautifully landscaped and private yard with room for a pool. \$899,000</p>	<p style="text-align: center;"><b>ORTEGA RIVERFRONT</b></p>  <p>This spectacular Mediterranean contemporary home is a Landmark on Ortega Forest Dr. This Riverfront home is a boater's delight with oversized dock, 2 slips and approximately 97' of water frontage. The homes open floor plan highlights the lush landscaping and beautiful views of the Ortega River. Other features include deep artesian well and pump for sprinkler system, elevator to expansive owner's suite with gas fireplace and 720sf guest house to name a few. This is truly a one-of-a-kind. \$1,395,000</p>



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# Easter Services

## Holy Week and Easter at Palms

**Palm Sunday, March 20**  
8:30 and 11 a.m. in the Sanctuary  
5:45 p.m. in the Chapel

**Maundy Thursday, March 24**  
7 p.m. in the Sanctuary

**Good Friday, March 25**  
7 p.m. in the Sanctuary

**Easter Sunday, March 27**  
6:30 a.m. in the Garden  
8, 9:30, and 11 a.m. in the Sanctuary  
5:45 p.m. in the Chapel



EMBRACE THE PROMISE

Join us in fellowship as we embrace the promise of Easter!

Palms Presbyterian Church • 3410 Third Street S. • Jacksonville Beach, FL 32250  
[www.palmschurch.org](http://www.palmschurch.org)

## Holy Week & Easter

### at Christ Episcopal Church

<p><b>Holy Monday - March 21</b> <b>Holy Eucharist</b> 7:00 a.m., The Cooper Chapel</p> <p><b>Holy Tuesday - March 22</b> <b>Holy Eucharist</b> 7:00 a.m., The Cooper Chapel</p> <p><b>Holy Wednesday - March 23</b> <b>Holy Eucharist</b> 7:00 a.m., The Cooper Chapel</p> <p><b>Vicar's Landing Holy Eucharist</b> Noon, Vicar's Landing Chapel</p> <p><b>Holy Eucharist</b> 5:30 p.m., Main sanctuary</p> <p><b>Maundy Thursday, March 24</b> <b>Holy Eucharist at Cypress Chapel</b> 11:00 a.m., Cypress Village</p> <p><b>Children's Agape Meal &amp; Foot Washing</b> 5:30 p.m., Contemporary Worship Center Ponte Vedra Beach campus</p> <p><b>Holy Eucharist, Foot-Washing and Stripping of the Altar</b> 7:00 p.m., Ponte Vedra Beach campus</p> <p><b>Holy Eucharist, Foot-Washing and Stripping of the Altar</b> 7:00 p.m., San Pablo campus.</p> <p><b>Maundy Thursday Night Watch Vigil</b> March 24 ~ 8 p.m. to Noon, March 25 The Cooper Chapel, Ponte Vedra Beach campus</p> <p><b>Good Friday, March 25</b> <b>Stations of the Cross</b> 12:00 p.m., Church, Ponte Vedra Beach campus</p>	<p><b>Children's Good Friday Worship</b> 5:30 p.m., Contemporary Worship Center Ponte Vedra Beach campus Featuring an Interactive Stations of the Cross</p> <p><b>The Sacrament of Reconciliation</b> 6:00 p.m., The Cooper Chapel on Ponte Vedra Beach campus</p> <p><b>A Service of Shadows: Tenebrae</b> 7:00 p.m., Church, Ponte Vedra Beach campus</p> <p><b>Holy Saturday, March 26</b> <b>The Sacrament of Reconciliation</b> 12:00 p.m., The Cooper Chapel on Ponte Vedra Beach campus</p> <p style="text-align: center; font-weight: bold;">•• EASTER - March 27 ••</p> <p><b>Sunrise Celebration of the Resurrection</b> 6:45 a.m., on beach at Ponte Vedra Inn &amp; Club, 200 Ponte Vedra Blvd., Ponte Vedra Beach</p> <p><b>Sunrise Celebration of the Resurrection</b> 6:45 a.m., on beach at Serenata Beach Club</p> <p><b>Celebration of the Resurrection</b> 7:45 a.m., 9:00 a.m. (church and chapel), 11:15 a.m. (church and contemporary service) &amp; 5:30 p.m.</p> <p><b>Celebration of the Resurrection</b> 9:30 a.m. and 5:00 p.m., San Pablo campus</p>
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## be BOLD!

Christ Episcopal Church

**Ponte Vedra Beach campus**  
400 San Juan Drive, Ponte Vedra Beach

**San Pablo campus**  
2002 San Pablo Road, Jacksonville

**Serenata Beach**  
3175 South Ponte Vedra Blvd.  
904-285-6127 • [christepiscopalchurch.org](http://christepiscopalchurch.org)

# Downton (sob sob) is done

Which is sadder to you? The sinking of the Dow Jones? Or the recent climax of Downton Abbey? The right answer is, of course, the latter. Downton will not return, but the Dow Jones will stage a comeback. What television series captured our attention as much as Downton Abbey? The Sopranos? Perhaps. Games of Thrones?



Mims Cushing  
By the Way...

Lost? You fill in the blank.

Downton was majestic. Grandiose. A throw-back to an era long ago. People swooned around the nation's water coolers on Monday after the Sunday when Mary tragically lost her newly wedded husband in a car crash. People were not happy with a couple of shows in the final series when the writing did not seem up to snuff. Linda, a friend from up north, was as captivated as I was about the show over the past six years. "Golly gumdrops!" she wrote. "Was ready to give up on the Abbey when the sisters all but started flinging the good china at each other in the grand hall!!!" and she offered me these thoughts two weeks before the final chapter:

"Mary is vile and shouldn't be allowed to reproduce anymore... Poor Thomas. Maybe they'll let him stay and play nanny?... If the B&Bs don't work out, Mrs. Patmore and her house of ill-repute could totally clean up (\$) in the village... The Dowager Countess manages to get sick of the French much earlier than scheduled."

Then, she opined, how about

these endings?

"They all go blind and then blow up the town per Little House on the Prairie... Edith buys the place and makes Mary her scullery maid (that's my personal favorite)... The cast goes into a roaring 20s dance flash mob."

Friends have been offering more sobering thoughts: Mary has another baby (Bingo on that guess)... She takes up car racing... Edith and her lover get together again after he forgives her and announces he impregnated a prostitute and has an adult child... (His mother has a heart attack and dies.) ... Mr. Crawley has another "attack" at the dinner table. Such a gory sight.

Linda and I and others did not come anywhere near guessing the way the show would really end, except that Mary really is pregnant. It was neat and satisfying, and finished up the way a Masterpiece Theater should end. I guess.

The only happy thing out of the ending of this Masterpiece Theatre production is that all the people who, for whatever reason, were bored witless listening to us talk about the show don't have to hear about it any more. My son, having never watched the it excerpt for the last episode, snored through the first 45 minutes, awoke long enough to announce to his lady friend, "The butler did it." Oh my.

As for the rest of us, we will cherish the memories of bygone times. As somebody said, "The show was curiously addictive."

I wish someone would put all the witty phrases and arch sayings by the dowager into a book. I, for one, remember her words when I am discouraged, "Don't be defeatist. It's very middle class."

## CAN YOU HIT THE GROUND RUNNING?

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The Ponte Vedra Recorder/First Coast Register seeks a bright, creative, money-driven New Business Development Rep. to join our team. If you have the knowledge and the drive, we have the resources to get you selling and making money! Advertising sales experience is required; we need a positive person who is not afraid to cold call. The ideal candidate will be familiar with the First Coast area and possess a dedicated work ethic, reliable transportation, proficient computer skills and attention to detail.

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Interested candidates please call Susan Griffin at 904-686-3938 and email your resume to susan@opcfla.com.



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**THEME: THE 1920s**

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**ACROSS**

- Incited
- Presidents' Day mo.
- Pig trough stuff
- "The Stars and Stripes Forever" composer
- \*"Happy Days Are Here Again", \_\_\_\_\_ Reisman and His Orchestra
- \*Josephine Baker's turf
- Blood fluid
- Will Ferrell's Christmas character
- Conical dwelling
- \*First Winter Olympics country
- \*Female pioneer
- Uh-huh
- Classic sci-fi video game
- Boxer's punch
- Hoodwink
- Noble gas
- Exclamation of sorrow
- Lord's servant
- Muslim ruler honorific
- Central Time \_\_\_\_\_
- North Pole workforce
- Dwarf buffalo
- Some sorority girls
- South American monkey
- Like gum after novocaine shot
- Poisonous plant
- Fill beyond full
- Epitome of easiness
- Satellite TV provider
- Final, abbr.
- \*Black day
- \*Lindbergh's \_\_\_\_\_ of St. Louis
- "Round up the \_\_\_\_\_ suspects!"
- Major network
- Healer
- Capital of Switzerland
- India's smallest state
- In an unfriendly manner
- Greek god of love
- It often goes with "flow"
- Magnetic field strength unit
- Sixth sense
- Subject of "A Good Walk Spoiled"
- \_\_\_\_\_ gum, food additive
- Literary composition
- \*F. Scott Fitzgerald's "The Beautiful and the \_\_\_\_\_"
- What refugees do
- Snakelike fish
- Very successful
- Take one of these at a time
- Nordic native
- Curved molding
- Jurist
- Pollen producer

**DOWN**

- Malaria to Bill Gates, e.g.
- Salmon on a bagel
- Ascetic Muslim monk
- \*\_\_\_\_\_ Age
- Healing plants
- Swahili or Zulu
- Fox' coat
- Indian restaurant staple
- Come clean
- One of the Judds
- Clothes line
- Cheese on Peloponnese
- \*Iconic baseball player
- Abdominal exercise
- Equestrian's seat
- Foreign intelligence service
- Provoke
- Irish playwright John Millington \_\_\_\_\_
- Cease-fire
- Toothpaste holder
- Consumer
- Eurozone money
- "Without," in French
- Striker's foe
- Part of eye
- Be a snitch
- \*Hairstyle
- Shag rug

**SUDOKU**

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



# Gift of Giving

## Monique Burr Foundation: A Night at Roy's and beyond

**Kelly H. McDermott**

The Beaches know how to party for a good cause – and fewer causes are closer to the community's heart than the goals of the Monique Burr Foundation for Children.

In May, supporters and friends will gather for the annual Night At Roy's benefitting the Monique Burr Foundation, an annual event of wine, music and fine dining that many look forward to for its great food and time

to catch up with friends. But beyond the event, the MBF staff and volunteers work year-round to protect children from all forms of child abuse and bullying by providing prevention education programs, collaborating with partner organizations and engaging communities in child safety initiatives.

"We are a statewide organization, and we're actually beginning to go

**FOUNDATION** continues on **Page 40**



**3RD ANNUAL BETTY GRIFFIN HOUSE 5K RUN & WALK-A-THON FOR PEACE**

PEACE AT HOME...THEN IN THE WORLD.

Join us for a family friendly 5K and help support your local community. Proceeds will help Betty Griffin House save the lives of domestic & sexual abuse victims in St. Johns County.

REGISTRATION	
Until February 29th, 2016	<b>\$25</b>
March 1st to April 15th, 2016	<b>\$30</b>
Children 14 & Under	<b>\$15</b>
Onsite Registration for all	<b>\$35</b>

(No discounts on day of race)

Friday, April 15th  
4pm to 7pm at  
Betty Griffin House  
Thrift Shoppe:  
1961 A1A South  
(corner of 312 & A1A).  
Also on race day,  
Saturday, April 16th  
beginning at 6:30am  
at the St. Augustine  
Beach Pier near the  
Start/Finish line.

[www.BettyGriffinHouse5K.org](http://www.BettyGriffinHouse5K.org)



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## Foundation

Continued from 39

outside of the state,” said MBF Executive Director Lynn Layton. “Our curriculum (MBF Child Safety Matters) covers bullying, cyberbullying, digital safety and the four types of child abuse prevention. It’s a primary prevention program that is for every child.”

MBF trains a school counselor who then typically implements the program in the classroom. There are also components for parents and information for school staff so that everyone is united in the goal of keeping kids safe.

“We teach kids rules and strategies for how to help adults keep them safe,” Layton said.

In addition to the curriculum, MBF will soon launch a public app that will provide a reference for parents and keep them current on ways to keep kids safe – both online and off.

MBF is also adding two new events in the fall: a child safety luncheon where they will recognize facilitators who implement their program, and a one-day conference the same week for parents and people who work with children.

The annual Night At Roy’s helps support the expansion and programs that are already in place – in addition to giving the community a great chance to meet up and engage with the foundation.

“It’s just a wonderful event to kick off spring,” Layton said. “When I talk to people at the event, it’s really fun because everyone’s happy. They see people they haven’t seen in a while.”

Events like Night at Roy’s allow MBF to provide the program at no cost to local schools.

“We can’t do that without the support of our community,” Layton said.

The proof of the success of MBF’s programs is easy to see. In 2015, MBF went through an independent program evaluation by Florida State University.

“One of the key elements they found,” said Layton, “(was that) of the 620 kids evaluated from pre- to post-test, there was a 90 percent gain in safety knowledge. Basically what that means is that our program is working in helping kids understand how to be safe.”

A Night At Roy’s will be hosted May 13 at Roy’s in Jacksonville Beach, 2400-101 Third St. The night includes wines, tropical cocktails, live music and contemporary Hawaiian-influenced gourmet cuisine by world-renowned chef, Roy Yamaguchi. Event tickets are \$100 and can be purchased by calling (904) 645-0210.

For more, visit [www.moniqueburfoundation.org](http://www.moniqueburfoundation.org).

# Fresh Starts Class cooks up low country boil that will benefit St. Francis House

## Karen Hensel

St. Francis House Assistant Director

It’s the perfect partnership! The “Fresh Starts in Culinary Arts” cooking class at St. Francis House, led by Executive Chef Ted Kowalski of First Coast Technical College, will be simmering up some tasty fare for the First Annual St. Augustine Low Country Boil & Beer Fest on Saturday, March 19th.

The savory scent of fresh shrimp, corn, sausage and potatoes will be simmering at the St. Augustine Municipal Marina, next to the Bridge of Lions from 11 am to 7 pm.

“Fresh Starts” is a partnership of First Coast Technical College and St. Francis House, the only comprehensive housing crisis center between Jacksonville and Daytona Beach.

Four times a year, Chef Ted teaches 6 homeless clients the fundamental culinary skills needed to begin a career in the food service industry. The program is supported through funding from the First Coast Technical College Education Foundation and the Spanish Wine Festival.

The current class will be showing



off their talents and preparing the food for the Low Country Boil. Also on the festival menu is BBQ chicken, a hamburger kid’s meal and beer, soda and water.

Admission for the event is free with a nominal charge for food and refreshments. There will be enter-

tainment all day and seating under the big tent on the Bayfront. Join us at “The Boil” on Saturday, March 19 from 11 am to 7 pm at the St. Augustine City Marina to support St. Francis House.

For more information contact St. Francis House at 904-829-8937.

## St. Francis House: Transforming services for the homeless

Since 1984, St. Francis House has been a presence in St. Johns County, providing support to the homeless or those just facing difficult times. Over the years, thanks to the support of businesses, civic organizations and individuals, the “house” has become 3 buildings on Washington Street in St. Augustine. But the biggest and most significant changes in the agency have transpired in the past two years.

In 2013, new director Judy Dembowski, launched an ambitious restructuring of the program to transform the agency from a shelter to a comprehensive housing crisis center. From increasing and requiring relevant education and experience levels for all staff, to restructuring the residential program to duplicate the “best practices” for agencies serving the homeless, St. Francis House has become a trampoline, not a landing strip for scores of homeless families and individuals.

St. Francis House is the only emergency shelter between Jacksonville and Daytona Beach. The residential program includes accommodations for

men. Women and families with children. All residential clients are required to work with case managers to create a goal-driven Individual Development Plan, which guides them toward independence. The goal is to identify the causes of the crisis and overcome their barriers to independence. For some, the answer is simply a job or a social security card so they can get a job, for others it is access to prescription medications so that they can keep a job. The solutions are as different as the families themselves. But each family finds counsel, encouragement and answers from the staff and volunteers at St. Francis House. The success of the program is undeniable with over 90% of clients leaving the program in the last quarter of 2015 leaving with employment income.

St. Francis House has also expanded and enhanced our Advocacy and Referral Center, which is open from 9 am to 5 pm daily for all non-residential clients facing the crisis of homelessness. Services provided are similar to those for residential clients covering everything from job search to meals

and food boxes. But an important part of the both programs is the referral of clients to other agencies that can provide specialized services based on individual needs. These relationships, with organizations such as Catholic Charities, the Wildflower Clinic, Stewart Marchman and Epic to name just a few, complete the circle of care and guide clients to success.

St. Francis House is committed to providing the most effective services for those facing the crisis of homelessness. Housing is ultimate goal. However, the services and individual case management, provided by St. Francis House, are a critical part of the process to ensure that each family has access to solutions that will lead to their success. With the promise of new affordable housing on the horizon and the dedication and collaboration of the agencies providing services for the homeless, the future looks bright for our community.

For a tour of our campus, to volunteer or to learn more about our programs, contact us at 904-829-8937 or visit us on facebook.



# Rodeheaver Boys Ranch helps disadvantaged boys reach their potential

**Carrie Resch**  
The Recorder

For over 65 years, Rodeheaver Boys Ranch, located along the St. Johns River in Palatka, Florida, has been helping underserved boys build a strong foundation for their future.

The ranch can accommodate up to 50 boys on the sprawling 790-acre ranch. The Ranch houses boys ranging in age from eight to 18 years old. It's an actual working ranch with horses, cows and pigs. But the residents are not delinquents. They are at-risk youth who stay at the ranch due to circumstances beyond

their control such as parental death, desertion, divorce, disability or dysfunction.

"It's kind of like a big foster house for the boys," said Rodeheaver Foundation Director of Development, Krista Purcell.

Purcell is the first-ever Director of Development for the Rodeheaver Foundation, having been hired last year in response to the Ranch's growth and operating expenses.

The Rodeheaver Foundation was created about 20 years ago with a mission to provide continued financial support to the Ranch. The Foundation is comprised of trustees



Photos submitted by the Rodeheaver Foundation

or board members, many of whom are past presidents of the ranch that have a connection to the ranch in one way or another. The trustees used to be the primary source of monetary support for the Ranch, but now the Foundation is branching out to the community to ask for support.

Most recently, community support enabled the Foundation to meet a grant challenge for a much-needed 15-passenger van that will be used to transport the boys to their appointments and activities.

**RODEHEAVER** continues on Page 42

## Daniel: Improving odds for kids in crisis begins with each of us

Every day in our city as many as eight cases of local child abuse or neglect are reported. Nearly 1000 kids are served in foster care. And, some 350 homeless teens hope for a safe place to sleep. That's the bad news. The good news is that you can help improve the odds for these kids by volunteering or making a donation to one of the many area nonprofits that helps them.

Daniel Kids is a good place to choose to share your time or treasure not only because of its longevity — it was established in Jacksonville way back in 1884 — but also because many of the agency's proven programs are so successful that they serve as models across the state and country.

Daniel Kids offers abused and emotionally troubled children refuge and counseling, connects kids with foster and adoptive homes, helps homeless teenagers find housing and jobs, and more.

"So many of the kids we help have had the odds stacked against them all their lives," said Daniel Kids CEO and President Jim Clark. "We offer them a supportive environment and experts who can teach them the coping skills they need to move forward positively in their lives."

Essentially, Daniel Kids assists an average of 2,000 children and families each day with programs that include:

- Residential Treatment Program (Statewide In-Patient Psychiatric program-SIPP)
- Specialized Therapeutic Foster Care

- Adoption Services & Florida Adoption Information Center
- Independent Living
- Delinquency Intervention
- Case Management

The Daniel Kids' Belfort Road campus also houses Daniel Academy — a K-5 private elementary school launched in 2013 specially designed for children with learning disabilities and/or emotional issues. Whether a child is on the autism spectrum, has been diagnosed with ADHD, or is simply behind one or more grade levels and needs more intensive instruction, the Daniel Kids team can help. The Daniel Academy offers a safe, nurturing environment with personnel trained to understand the unique problems these children face.

"Everything we do is centered around kids," said Clark. "From the cradle to college, if there is a crack they can slip through, we have a way to help."

In fact, although its focus is on local kids, Daniel Kids assists other nonprofit agencies throughout the United States and Canada through training materials and conferences that have grown out of its programs.

There are certainly a wide variety of deserving helpful nonprofits throughout the city, but whether you want to be a part of helping a child recover from abuse, finding a good foster or adoptive family, or helping a homeless teen find a safe haven and learn independent living skills, a donation to Daniel Kids will go far. Please consider lending your support as improving

the odds for local kids in crisis begins with each one of us. For more infor-

mation, visit [DanielKids.org](http://DanielKids.org) or call 904.296.1055.

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## Rodeheaver

Continued from 41

The Frank V. Oliver, Jr. Endowment at the Community Foundation for Northeast Florida pledged \$12,000 towards the estimated \$48,000 cost of the van if the Foundation was able to acquire the remaining funds by May 2016.

Thanks to the generous financial

support from The Matthew A. and Mildred Hunter Foundation, the Stellar Foundation of Jacksonville, and The Lastinger Family Foundation of St. Augustine, and large donations by private citizens, the Foundation was able to meet that goal just last week.

Now, the Foundation has set their sights on raising money for two other Ranch projects: a tutoring lab and a sun shelter for the Ranch's swimming pool.

The sun shelter is needed to help protect the boys from some of the sun's harmful UV rays when the boys are using the pool during the hot weather.

"We're buying the van for the boys, which is great news, and now we're trying to create a tutoring center for them," Purcell said.

The tutoring lab would be located in a dedicated section of Rodeheaver's Biggers Memorial Building. The lab would consist of eight different desk areas, each with its own computer. The area would be used for tutoring, counseling, homework and SAT prep. The estimated cost of the project is around \$30,000.

For more information about Rodeheaver Boys Ranch or the Rodeheaver Foundation, contact Krista Purcell, director of development, at (386) 983-0658 or [kpurcell@rodeheaverfoundation.org](mailto:kpurcell@rodeheaverfoundation.org).

The Ranch also is accepting vehicle donations for their vehicle program which helps with the Ranch's operating expenses.

The boys make all the necessary repairs to the vehicle and either put the vehicle to use at the Ranch or sell it at one of their dealer-only auctions. The donor receives tax benefits. To learn more about donating a vehicle, call 1-800-741-2001.



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Mission House has been assisting men and women who are homeless in the Beaches area for 19 years. We are now able to assist them with greater dignity and in a professional manner with our newly renovated facility. Thanks to the support of our community we were able to add 1,000 square foot upper level. This gave us the opportunity to configure the space so that we may better serve those in need. There are new private rooms for clients to talk with case managers as well as patient intake, a multipurpose room for patients, training and meetings and two additional clinic exam rooms.

We would not have accomplished this without the generosity of Virgil Adkins of Adkins Electric, Barbara Benevento of BSquared, Donna Fava of Mediterranean Designs, Inc., John Clark of Skanska USA and local photographers of Jacksonville Beach. Please come visit our new facility to learn about all we do to assist those who are homeless off the streets and with a better life

Please take a minute to visit our website for more information, to donate or learn how to volunteer. [www.missionhousejax.org](http://www.missionhousejax.org). We are in desperate need of triple edge razors, men’s underwear, spray deodorant. Items may be dropped off at our 800 Shetter Avenue location from 9am – 5pm during the week and at our rear entrance after hours and weekends. We thank you in advance for your generosity and look forward to your visit.



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