

Ponte Vedra Recorder

Ponte Vedra 



HAPPY EASTER

March 29, 2018
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Not your average newspaper, not your average reader

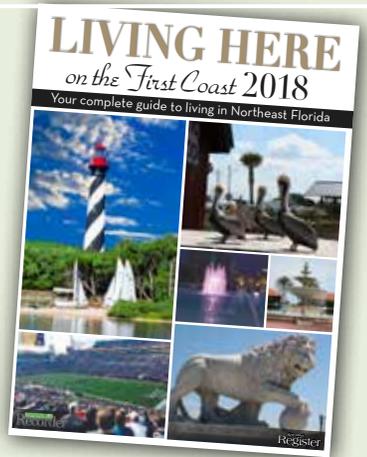
PonteVedraRecorder.com



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In the Arts
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Living Here
A Newcomer's Guide
INSIDE



Enchantment of Easter

The Easter Bunny last week paid a visit to Christ Episcopal Church Preschool for its Easter parade. **Read page 10 for more.**
Photo by Samantha Logue



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

WHAT'S THIS?



Do you know what this is?

Email your answer to jonb@opcfla.com by Monday at 5 p.m.

All correct entries will be entered into a random drawing to win tickets for two adults and two children to the Jacksonville Zoo. In order to allow as many families as possible to win, participants are only eligible to win a ticket prize pack once every four months.

Three readers correctly identified last week's photo as the My House Fitness sign. The winner of the random drawing was **Catherine Anastasi**. Congratulations, Catherine – you may pick up your prize at the Recorder office during normal business hours.



ADOPT A PET

CAT OF THE WEEK

My name is Robinson, and I am a 6-year-old male cat who was brought to the pet center by my owners. Come visit me today here at the pet center! #42328



DOG OF THE WEEK



My name is Gidget, and I am a 3-year-old female dog who was brought to the pet center as an owner surrender. (There may be some traits that are unknown at this time.) Come visit me today here at the pet center! #34224

Any new pet being introduced to a new home will need time to adjust to its new environment. Please reinforce house training and behavioral training, and be mindful of interacting with other pets.

St. Johns County Pet Center

Cat adoptions at the St. Johns County Pet Center are \$30 for males and \$40 for females. Dog adoptions are \$45 for males and \$60 for females. Adoption fees include microchipping, neutering/spaying, rabies vaccinations and shots. The pet center is located at 130 N. Stratton Road off U.S. 1 between County Road 210 and International Golf Parkway. Business hours are Tuesday through Friday 9 a.m. to 4:30 p.m. and Saturday 9 a.m. to 4 p.m. The center is closed to the public on Sunday. On Monday, the office is open by appointment only to claim a lost pet. For more information, please call the **St. Johns County Pet Center at (904) 209-6190**.

PUZZLE SOLUTIONS

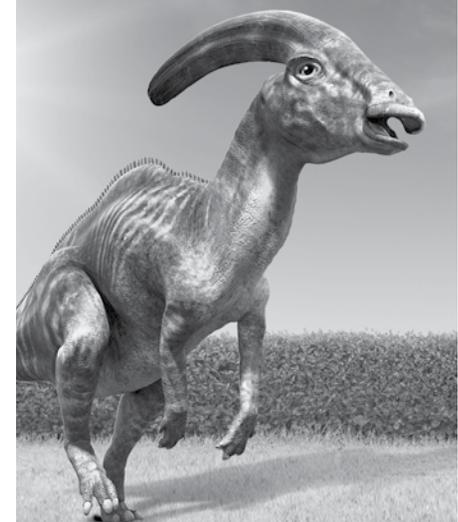
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5	9	3	8	4	1	7	2	6
8	7	1	2	5	6	9	3	4

Solutions correspond to last week's puzzles.

DINOSAURIA

THEY'RE BACK



JAXZOODINOS.ORG



Sophisticated European Inspired Marsh Landing Home

This 4BR/4.5BA home offers a light filled open plan for gracious and expansive entertaining. The centerpiece of this unique home is a lush garden courtyard providing a private sanctuary including pond, fountains, and fireplace. This custom home is the perfect setting for everything from casual dinners to large celebrations or simply unwinding with a book at the end of the day. **\$925,000**



Exceptional Oceanfront Location on Ponte Vedra Blvd.

Situated in the middle of the most desired oceanfront location in NE Florida. This first floor unit was totally renovated with the finest finishes and craftsmanship, 2br, 2ba plus powder room, plus office have saturnia floors mahogany doors and built in custom cabinetry. **\$1,775,000**



Beach Living at its Best!

The WaterMark is a luxury, 11-story 25-unit oceanfront condominium in Jacksonville Beach. The WaterMark offers spacious oceanfront terraces, secured lobby, two parking levels and private storage units. Completed in March 2005, this gated property includes private beach access, an ocean-side pool with a heated spa and secured, covered, ground-floor parking. **\$679,000**



Build Your Dream Home!

One of the largest and prettiest estate lots in Pablo Creek Reserve. Near end of the street for added privacy. One of the most sought-after communities in the area. Convenient to Beaches, Airport, and Downtown. **\$402,500**

BOY SCOUT TROOP 277 MEMBERS FINISH GOLF MERIT BADGES



Nine members of Ponte Vedra's Boy Scout Troop 277, chartered by Christ Episcopal Church, recently finished their Golf Merit Badges while spending the afternoon playing 18 holes of golf at the Palm Valley Golf Course. They are Spencer Lewis (front row, from left), Caleb Allen, Jack Blasbalg, Landon Rogers-Neubarth (back row, from left), David Darracott, Tre Peterson, Mason Owens, Adam Enlow and Ben Black.

Photo courtesy of Tom Peterson



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COLLECTION



BELMONT LAKES
\$219,900

Nice home on a cul-de-sac lot in the quiet community of Belmont Lakes. Features 3 bedrooms, 2 baths, a 2-car garage, fireplace, combined family room, kitchen & dining room, & a garden tub in the master suite. MLS 926804

Steve Falor | 904.252.2284
SteveFalor@WatsonRealtyCorp.com



CYPRESS VILLAGE
\$335,000

Spacious home on a large private lot overlooking the 3rd tee of the Windsor Park Golf Course & private preserve in 55+ community. This home offers a split bedroom plan with 3 bedrooms, 2 baths, an updated kitchen, large great room & dining room, sunroom, beautiful crown molding, a private back patio & covered front porch. MLS 926013

John Richardson | 904.465.5110
JRichardson@WatsonRealtyCorp.com



PALENCIA
\$559,000

Beautiful stone & stucco home located in Sebastian Sq. This elegant home features a spacious family room with gas fireplace & large windows overlooking the private backyard, & a gourmet kitchen with upgraded cabinets, granite counter-tops & a walk-in pantry. MLS 924138

Cammy Ray | 904.806.3489
CammyRay@WatsonRealtyCorp.com
Richard Ray | 904.806.3488
RichardJR@WatsonRealtyCorp.com



WOODLANDS
\$623,000

Custom-built home in the desirable neighborhood of the Woodlands. Close to restaurants, shopping, TPC Sawgrass & the beach. This beautifully maintained home offers a recently remodeled covered back porch with tile & brick pavers & an open floor plan with 4 bedrooms, 3 baths, high ceilings & crown molding throughout. MLS 925857

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SJCSD hosts school safety forum following shooting in Parkland

Mental health, facility improvements, armed security at forefront of discussion

By Samantha Logue

Mental health awareness, educational facility improvements and the presence of armed professionals on school campuses were the three main topics discussed at a school safety meeting hosted by St. Johns County School District staff Monday, March 19 at Nease High School.

Initiated by School Board District 4 Member Kelly Barrera, the meeting functioned as a roundtable discussion through which members of the local community could share their ideas on ways the district could enhance school safety in the wake of the Parkland school shooting last month, and with consideration towards the recently-signed Marjory Stoneman Douglas High School Public Safety Act. Attended by parents, students, school district staff and local law enforcement members, the discussion offered a unique array of perspectives on an issue of increasing concern for many Americans nationwide.

“This is an important topic, and I know having each one of you here is going to make the discussions that we have today richer and help to influence some of the decisions that our district will make going forward,” Barrera said.

Signed into law by Gov. Rick Scott on March 9, the Marjory Stoneman Douglas High School Public Safety Act addresses the issue of gun violence on multiple fronts, implementing the new requirement



ABOVE: Superintendent Tim Forson and District 4 School Board Member Kelly Barrera (right) discuss ways to ensure the safety of St. Johns County students and staff at a March 19 meeting at Nease High School.



LEFT: Attendees of the meeting included students, parents, school district staff and local law enforcement.

Photos by Samantha Logue

of an armed professional on every school campus (to be assigned by the district and local law enforcement), as well as new considerations regarding mental health.

“Mental health, in my opinion, is the most important to the long-term decline in risk and decline in violence in our society,” said SJCSD Superintendent Tim Forson, who opened the discussion at the March 19 meeting. “If we don’t do something to help our youth in the area of stress, and coping skills and mental health, then what we are

doing is just putting up barriers to repeated behavior that will probably continue.”

Forson added that the issue of mental health is a complex one, given the stigma often associated with the issue, as well as the various challenges of ensuring support is accessible to those who need it. Suggestions of possible ways to improve upon mental health services and awareness in the school system included comprehensive training for teachers and staff regarding how to identify and help students with po-

tential mental health issues, incentivizing positive behavior, speeding up the referral process and providing students with a confidential way to report concerns.

Improvements to school facilities and operations were also a major topic of discussion, with common suggestions including updates to alarm systems; strict identification procedures for students, staff and visitors; a security-based approach to structural design; and more in-depth drills and protocols regarding active shooter situations.

While there was little disagreement in the discussion surrounding the first two topics, there was debate over the question of who the armed professionals on school campuses should be. Forson, however, was forthright in stating that he does not support the idea of arming teachers.

“I just don’t see it,” he said. “And it’s not that I don’t think we have very capable teachers and administrators—it’s not about that. That’s not what they came into this profession for. They came into this profession to lift kids up and to do everything for kids, and even for that kid who is at risk and doing terrible things, we have teachers who need to support them to get them back on the right path. The idea of asking teachers to have access to a high-powered rifle or to something else, to be the responsive person, I believe is the wrong thing.”

That view was echoed by many attendees, with the majority expressing a preference for the presence of an armed law enforcement officer on school grounds, as opposed to armed teachers or other staff members. There were some, however, who felt that other trained professionals should not be discounted as an option simply

SAFETY continues on **Page 5**

THE PLAYERS Championship announces \$500,000 grant to SJCSD programs

By Samantha Logue

THE PLAYERS Championship staff made an appearance at St. Augustine High School last Wednesday, March 21, to announce a \$500,000 grant to the St. Johns County School District (SJCSD). Starting with the 2018-2019 school year,

THE PLAYERS will sponsor the district’s CHARACTER COUNTS! program, which encompasses multiple character-building programs, as well as grants for teachers.

“For us, it’s just incredible to have a multi-year commitment by a business

GRANT continues on **Page 5**



THE PLAYERS Championship staff presents the St. Johns County School District with a \$500,000 check Wednesday, March 21 at St. Augustine High School, to sponsor the district’s CHARACTER COUNTS! program.

Photo by Samantha Logue

Commissioner Dean addresses beach renourishment, tourism at Chamber luncheon



By Benjamin Naim

District 5 County Commissioner and Commission Chair Henry Dean discussed the importance of beach renourishment and its potential impact on tourism at a recent St. Johns County Chamber of Commerce Ponte Vedra Beach Division luncheon.

“In this town, we have a lot of good industries, but tourism is our No. 1 industry,” said Dean at the March 14 event held at Ruth’s Chris Steak House in Ponte Vedra Beach. “What drives tourism and what’s the lifeblood of tourism? Our beaches. If we don’t have healthy, sustainable beaches in our county - and I live in south St. Augustine - if we didn’t have the beach renourishment program we have, and we didn’t have healthy beaches, we would be just a shadow of what we are today down there as far as economic activity and tourism business.”

Dean suggested that the county should increase its tourist development tax (also known as the bed tax) by a penny to help fund a renourishment project. According to Dean, the county’s TDC tax is currently at 4 percent, while the Flagler County rate is 5 percent and Volusia is at 6 percent.

“In order to come up with a way to restore and sustain our beaches in the north part of the county,” he said, “it makes good

sense to take a portion of the TDC tax one cent and augment the funds that would be coming from the local community.” (The Board of County Commissioners will vote on the bed tax increase in the coming months.)

Dean noted that Irma impacted 47 of Florida’s 67 counties, and the aftermath of both Irma and Matthew created a “real significant problem” in the area from Vilano Beach to South Ponte Vedra Beach. The commissioner asserted that one-time sand placement could mitigate the problem for a stretch of about nine miles – approximately 30 cubic yards of sand per linear foot – and help renourish the beach significantly.

According to Dean, the county is looking for an offshore sand source to get the project going.

“A year ago, we were looking at trucking it in by truck transport, but Irma damaged the beach and eroded the beach so that’s not really an option now,” he said. “The only reasonable way to do the project is with an offshore sand source, which requires some core permitting that we’ll be involved with.”

Dean’s address also included discussion on smart growth and proposed impact fees for business/residential areas. The event was sponsored by Fields Auto Group. For more information on Dean, visit www.sjcfcl.us/Commissioners/Comm5.aspx.

ABOVE: Commissioner Henry Dean addresses St. Johns County Chamber members at a luncheon held March 14 at Ruth’s Chris Steak House.

Photo by Benjamin Naim

RIGHT: Henry Dean, Wiam Battah, Toni Boudreaux, Brandon Starks, Isabelle Rodriguez Renault and Bob Porter

Photo by Susan Griffin



Grant

Continued from 4

partner such as the PGA Tour,” SJCSO Superintendent Tim Forson said. “And it’s such an important issue for us, character building. We live in two worlds, with the academic growth, but also the personal growth, and the fact that they’re committing to that journey with us and our children is just an incredible opportunity for us.”

The official announcement was made by THE PLAYERS Executive Director Jared Rice at the school district’s 2018 Character Cup, which links academics and character education through Olympic-style athletic competition. The Character Cup, as part of the CHARACTER COUNTS! program, is one program that will benefit from THE PLAYERS’ sponsorship, in addition to the WEB (Where Everybody Belongs) Mentorship Program, the Link Crew Mentorship Program and the Pursuing Victory With Honor Program.

The sponsorship, Rice told the Recorder, is part of a 10-year commitment that THE PLAYERS made in 2011 to generate \$50 million for youth-related charities.

“We want to do more for our area’s youth and our students, and this is an



Photo by Samantha Logue

Mason Elementary students march together in the 2018 Character Cup Parade of Champions.

area that’s important to us and intrinsic in the game of golf,” he explained. “Golf is founded on honesty, integrity and sportsmanship. (We asked) ‘How can we tie those principals into improving people through school?’ and crafted this program together.”

Rice made the additional announcement that THE PLAYERS will be supplying every elementary and K-8 school in the district with equipment and curriculum from The First Tee Golf in Schools program, which emphasizes

character-building in golf education. He then closed his remarks with a message to district students and staff.

“To our students: continue to work hard, represent our community with integrity and we’re very, very proud of you,” he said. “To our teachers and administrators in attendance: We appreciate you and hope that today’s announcement makes what you do a little bit easier as you continue to guide our young men, women and children through their education.”

Safety

Continued from 4

because they are not law enforcement officers.

“There’s no reason to think that (a person) couldn’t be trained by the police department to come in and do school security, and also be a janitor here,” said Denver Cook, a parent and District 4 school board candidate. “Ultimately, the training is the training.”

After all ideas and viewpoints had been shared, Barrera closed the meeting by emphasizing the importance of finding common ground through positive discourse when seeking solutions to issues like gun violence.

“As we get closer and closer to the decision-making process of what we’re going to do, how we’re going to do it and everything we need to consider, the voices that we hear today – the voices from the students, and the voices from the other teachers and staff – are super important, because we all have different eyes and we all see things differently through different lenses,” she said. “And each one of those lenses is valuable, but when you hear things from each group, there’s certainly a common thread, and I appreciate all of you being here tonight, sharing that common thread.”

A Ponte Vedra Beach resident, Todd Hickey is the general manager of The Sawgrass Marriott Golf Resort & Spa.

Todd Hickey

Can you please tell us about your background?

I started my career with Marriott International almost 24 years ago in August 1994 at the New Orleans Marriott hotel where I held several positions over a seven-year span, including catering services, catering operations, restaurants and catering sales. In 2001, I moved to Boston where I spent four years as the director of food & beverage at the Boston Marriott Burlington hotel and then the Boston Long Wharf Marriott hotel.

In June 2005, I joined the JW Marriott Orlando Grande Lakes where I held a number of leadership positions with increasing responsibilities from director of event management, to resident manager, to hotel manager. In December 2012, I joined the Gaylord Hotels team as area director of operations, shortly after the transition into the Marriott portfolio of brands.

I assumed full responsibility for the newly "Managed by Marriott" Sawgrass Marriott Golf Resort & Spa on Oct. 3, 2014, and truly love this beautiful hotel and Ponte Vedra Beach.

What do you enjoy most about your job?

In the hotel world, every single day is different; each day brings new opportunities, new relationships and new adventures. I really enjoy the variety that comes along with hosting meetings, conventions and activities at our resort. One day we could have 750 people attending a corporate convention, feed them breakfast, lunch and dinner in our ballrooms, and then we host a bride and groom getting married. We may have people outside riding our American Wave Surfstream, and then we have our hotel guests and Cabana Beach Club members, enjoying a sunny day on the beach. Every day is different. We employ close to 425 amazingly talented Marriott hosts, and getting to interact with them all, learn from them, help them achieve their goals and work alongside them to take care of our guests is so fulfilling.

What are the biggest challenges today for the hospitality industry?

Definitely keeping up with technology and how our guests use technology. I remember when our hotels had a telephone department and pay phones in our lobby areas, so guests could stay connected. Now, our guests travel with as many as six smart or mobile devices. We need to be sure we can meet their needs. Guests want access to Netflix and Hulu for example; streaming has to be fast and reliable. Trends are moving fast in our industry, and we need to be sure we keep up with those trends to stay current. Guests want to be able to use the same technology they do at home when they are on the road. Marriott International is focused on technology and allowing guests to travel brilliantly.

How would you describe the Tourist Development Council to those that are unfamiliar with it?

What is your position with the council?

The Tourist Development Council is a group of volunteer business professionals that partner with St. Johns County administration to oversee the spending of the "tourist development tax," which is collected on lodging and overnight stays in our awesome county. We partner with the Board of County Commissioners and county administration to ensure the funds collected are utilized towards programs, marketing and advertising. Our goal is to grow our economy from tourist-related activities in St. Johns County. These activities can include sports, arts and culture and meetings and conventions. I joined the Tourist Development Council in June of 2016 and currently hold the position of chairman.



Photo by Jon Blauvelt

What do you enjoy most about working and living in Ponte Vedra?

The people and sense of community are really what I enjoy most both personally and professionally. The Sawgrass Marriott Golf Resort & Spa gets so much support from our local community. I am thankful for the business people bring to us and for all the community that dine in our restaurants, come visit our Spa and recommend us to their out-of-town guests. Personally, we are thankful we are able to raise our boys here; our public education system is incredible. Two of them attend Ponte Vedra High, and our youngest attends Landrum Middle School. The teachers and staff are amazing and to know that our boys are getting such high-quality education is a blessing. Our neighbors and fellow parents have been so warm and welcoming to our family. Lastly,

I love the weather for sure: We have an average of 72 degrees year-round. Every day feels like being on vacation!

What do you like to do in your free time?

I am a family man. My lovely wife Anne and I have been married 20 years on April 25. Anne also works for Marriott International; she will be celebrating 30 years this June. So, we share the same passion of food and wine; we enjoy dining out and looking for cool restaurants, food, cocktails and great service. Our three boys, Nathan, Connor and Dylan, keep us very busy with sports and the social life of teenagers. We can usually be found on a sports field, golf course or beach on the weekends.

Edited by Jon Blauvelt

To watch a video portion of the interview, visit pontevedrarecorder.com and click One of Us.

Blocker convenes friends, supporters at recent campaign fundraiser

St. Johns County Commission District 4 Candidate Jeremiah Blocker recently gathered friends, family and supporters at a fundraiser held at 3 Palms Grille in Ponte Vedra Beach.

Event attendees enjoyed drinks and hors d'oeuvres, in addition to getting the opportunity to meet with Blocker. The County Commission hopeful is an attorney with North Florida Lawyers, PLLC, and a combat veteran of Operation Iraqi Freedom.



County Commission District 4 Candidate Jeremiah Blocker (second from right) gathers with Rich Komando, Zach Miller and Matt Polimeni at a recent fundraiser for his campaign held at 3 Palms Grille in Ponte Vedra Beach.

Photo courtesy of Jeremiah Blocker

Williams, Barrera gather with supporters, discuss priorities at recent reception

By Jon Blauvelt

St. Johns County Commission District 4 Candidate Dick Williams and St. Johns County School Board District 4 Representative Kelly Barrera, who is seeking reelection, recently met with a group of their supporters at a special reception held at Montoya & Associates.

The March 14 event kicked off with drinks and hors d'oeuvres, providing attendees the chance to mingle with the candidates. Several in attendance were the candidates' fellow members of the Rotary Club of Ponte Vedra Beach.

Barrera delivered her remarks first. If elected, she said she would advocate for building a high school in the northern part of the county to handle the growing student population. She also said she would prioritize the continued growth of the district's career academies.

Barrera stated that school safety has always been a priority. She noted the district's student services department has expanded over the last four years, and if elected, she said she would focus on continued development of that department. One recent proof point of that expansion, she said, is the district's partnership with an organization in January that will provide additional mental health resources to various schools in the county. Thanks to the school board's half-cent sales tax revenue, she added that the district also has radios that can alert law enforcement of a problem with one push of a button.

In general, Barrera discussed the complexity of the school board and the responsibility of serving on it, noting that the district consists of over 40,000 students, 4,000 employees and a budget over \$350 million.

"It's the type of responsibility that you



St. Johns County School Board District 4 Representative and Candidate Kelly Barrera and County Commission District 4 Candidate Dick Williams address attendees of a March 14 reception at Montoya & Associates.

Photo by Jon Blauvelt

have to really be prepared for that leadership, that advocacy, be prepared for that purpose and be prepared to give that much and beyond," said Barrera. "I certainly feel like that's what I do. ... I've seen what works and what doesn't work. I've watched how different ideas have been implemented, and I've seen them prosper and not do as well."

Williams' address subsequently followed. The County Commission candidate discussed his background, which consists of 30 years of top management of multi-million-dollar budgets of commercial radio stations. Williams also served as the executive director of the Cultural Center at Ponte Vedra Beach for six years, as well as a two-time appointed member of the Planning & Zoning Agency (PZA). Williams mentioned that he is now retired — setting himself apart from his opponents in the District 4 race — and willing to take on the commissioner role as a full-time job.

The key for the next commission, according to Williams, is managing the county's finances and expenses in the most efficient and effective way to provide its residents the services they need. He noted that his corporate background managing big budgets, combined with his nonprofit

background working with small businesses, would help him address this task.

In addition, Williams said the commission must find a way to reinvest in the county. He noted the county isn't spending enough money on repaired maintenance of roads and hasn't built a new park in about four years. Williams said the county has 51,000 more people today than it did in

RECEPTION continues on Page 8

ROTARY CLUB OF PVB SUNSET HOSTS BEACHES HABITAT FOR HUMANITY PRESIDENT/CEO



Photo by Susan Griffin

Rotary Club of Ponte Vedra Beach Sunset President Cyndi King presents Beaches Habitat for Humanity President and CEO Guy Cuddihee with a Rotary mug after he spoke to the club about his organization's efforts on March 13. Beaches Habitat for Humanity builds and rehabilitates quality, affordable homes for qualified families in need at no profit, as well as guides families through home ownership. Visit www.beacheshabitat.org for more information.

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Photo by Jim Curran

Josh Frantz, Parker Shannon, Andrew Brown, Henry Curran and Victor Manly gather after receiving their Eagle Scout rankings.

Five ‘Eagles’ soar in Boy Scout Troop 288

Five members of Boy Scout Troop 288, which serves Ponte Vedra Beach and Northern St. Johns County, recently received their Eagle Scout rankings.

Henry Curran, Josh Frantz, Victor Manly, Parker Shannon and Andrew Brown

achieved the highest ranking in scouting after working diligently on leadership, service and character for several years.

Each scout took on the challenge of an Eagle Scout project that demonstrated their leadership and planning skills, and ultimately benefited a community organization. Curran collected, repaired and presented 16 bikes with locks to the homeless residents of the Sulzbacher Center. Frantz built a garden bench, as well as cleaned and landscaped the pavilion, at the Clara White Mission center. Manly created several sets of cornhole and Jenga games to benefit three Ponte Vedra school Exceptional Student Education programs.

Shannon led a drive to collect children’s books for Books A Go-Go, and ultimately gathered 3,161 books for children in need. Lastly, Brown poured a concrete addition to the front outdoor area at St. Francis House in St. Augustine.

In addition to the Eagle Scout project, each of the five scouts participated in numerous hours of community service and earned over 21 merit badges as they developed skills. In general, they learned to become self-sufficient with camping, cooking, fishing, hiking and other skills while making lasting friendships

Chartered in 1989, Troop 288 has seen 104 scouts earn the Eagle ranking. For more information, visit www.troop-288PVB.org.

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Reception

Continued from 7

2007, while also having a budget that is \$60 million less than it was 10 years ago. As a result, he stated the significance of the upcoming elections to address this issue.

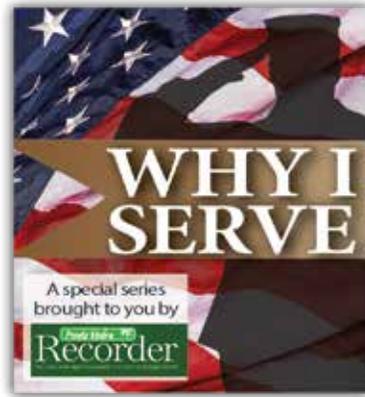
“This is an incredibly important election for the school board to keep Kelly there and to put someone on the commission to replace Jay Morris, who has a business background,” said Williams, “who understands big budgets and has a sense of what we need to do and frankly have the courage to do it.”

Why I serve

The Ponte Vedra Recorder is excited to introduce Why I Serve, a video series highlighting veterans and active service members of the U.S. military that reveals why they ultimately decided to serve and what the experience provided for them.

Watch a snippet of the series on the Ponte Vedra Recorder Facebook page or the full version online at www.PonteVedraRecorder.com.

Sponsorship opportunities are available for Why I Serve; any interested parties should contact Ben@OPCFLA.com for more information.



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Sawmill Lakes - Ponte Vedra Beach
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Seawind - Jax Beach
\$595,000
Enjoy the salt life from this 3BR/2BA 6th floor oceanfront condo with large balcony capitalizing on the endless beach views. Beautifully updated with tile flooring, Plantation shutters and spacious kitchen with plenty of cabinetry. Owner's suite with wonderfully designed bathroom and balcony access. Views from every room. MLS 922234

South Jax Beach
\$2,695,000
Fabulous 5BR/5.5BA oceanfront home with gated entrance and plenty of room for everyone. Wide open floor plan with elegantly appointed kitchen, dining area with stained glass and great room with fireplace opens to huge deck with hot tub and summer kitchen. Media room, elevator and 2 master suites each with ocean facing balcony. MLS 886414

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Tesori Family Foundation and Collage Day School hold event to celebrate World Down Syndrome Day

By Benjamin Naim

The Tesori Family Foundation held its inaugural 321 Love Your Neighbor event at Collage Day School on Wednesday, March 21 at 3:21 p.m. to celebrate World Down Syndrome Day.

Hosted by News4Jax anchor Nikki Kimbleton, 321 Love Your Neighbor festivities included music from local artist Kay Gianna, free food from Pieology, What's the Catch and Kona Ice. Attendees also enjoyed snacks courtesy of Down Syndrome Association of Jacksonville. The event was held on March 21 at 3:21 p.m. because Down syndrome is medically defined as someone who has a third copy of the 21st chromosome.

Author and Special Olympics Virginia board member John Franklin Stephens, who has Down syndrome, delivered a speech on living with the disorder. Stephens, who was "thrilled at the turnout" for the event, thanked visitors for attending 321 Love Your Neighbor and shared his life experiences. Stephens' 2017 testimony to Congress on Down syndrome research and the value of life went viral.

"Do I look like I'm suffering?" he asked. "To moms, dads, and grandparents out there, let me leave you with some piece of advice. Expect competence, not failure; expect joy, not suffering; expect to be amazed and you will never be disappointed."

Prior to Stephens' speech, 21 speakers each provided 21 different facts about

Down syndrome.

Founded in 2009 by Paul and Michelle Tesori, the Tesori Family Foundation is a nonprofit aimed at giving back to those in need in the Northeast Florida community. Following the birth of their son Isaiah, Paul and Michelle expanded the organization to add programs for children with special needs.

"Since Isaiah has been born, one of the things that has surprised me as a person and as a sinner is I'm open to any and all questions," Michelle said in an interview with the Recorder. "What I've learned is ignorance – not in a negative way – is what prevents people from having accurate information. If we're able to embrace the questions as opposed to getting offended by questions, we can open the door to open lines of communication."

Open dialogue about Down syndrome, Michelle asserted, will bridge the gap and further educate the public about the disorder.

"What I'm hoping today does is open the door for folks who may have been resistant or hesitant to ask questions about Down syndrome or to approach and meet someone with Down syndrome," she said. "I'm guessing there are probably 50-plus people here with Down syndrome today... It would be impossible to be here and not have an interaction."

For more information on the Tesori Family Foundation, visit www.tesorifamilyfoundation.org/about.



ABOVE: John Franklin Stephens delivers a speech at the 321 Love Your Neighbor event March 21 hosted by the Tesori Family Foundation and Collage Day School.

RIGHT: Twenty-one speakers line up to share 21 different facts about Down syndrome.



Photos by Benjamin Naim

On parade: Christ Episcopal Church preschoolers ring in Easter holiday in high fashion

By Samantha Logue

Children dressed in their Easter best took a leisurely stroll around the playground last Thursday and Friday for Christ Episcopal Church Preschool's annual Easter Parade.

Accompanied by the Easter Bunny himself, kids showed off their fashionable, homemade Easter bonnets and top hats, which ranged in style from the traditional to the overtly eccentric. The hats, decorated to showcase each child's individual personality, provide parents with a way to share in the celebration of the Easter holiday with their kids.

"It's a family affair; the parents absolutely love it," said Debra Bird, who works in the school's office. "They get involved, they make the bonnets and top hats, they try to outdo each other."

The kids – 280 students in total – also

have fun with the event, Bird said, adding, "Some of them are afraid of the Easter Bunny, but most of them thoroughly enjoy it."

In addition to their life-sized furry friend, many of the kids in the parade were thrilled by the appearance of another fan favorite: Princess Belle from Disney's "Beauty and the Beast." Next month, the church's School of the Arts will present the stage version of the show as its 2018 spring musical.

Set to run April 26-29 and May 3-6, tickets for the Christ Episcopal Church production of "Beauty and the Beast" are now on sale, with general admission seating starting at \$20 per ticket. Tickets are also on sale for "Tea with Belle," which invites those ages 3 and up to enjoy an hour-long tea party with the princess. For tickets and additional information, visit www.christepiscopalchurch.org/tickets.



ABOVE: Children dressed in Easter attire smile and wave at spectators.

FAR LEFT: Princess Belle of Disney's "Beauty and the Beast" interacts with children during the parade.

LEFT: A boy laughs as he marches in his pirate-themed top hat.



Photos by Samantha Logue



Photo by Susan Griffin

Dennis Mahoney, Steve Lourie, Ryan Pace and Allen Horne gather at the "Meet The Winemaker event" at Coastal Wine Market & Tasting Room on March 22.

Coastal Wine Market hosts Pace of Nielson Wines for 'Meet the Winemaker' event

Coastal Wine Market & Tasting Room hosted the next installment of its "Meet The Winemaker" series on Thursday, March 22, with Ryan Pace of Nielson Wines.

Pace signed bottles of wine at the event, and offered attendees the opportunity to taste a few of his top products. Visit www.nielsonwines.com for more information on Nielson Wines and coastalwinemarket.com for more information on Coastal Wine Market.

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Thursday, March 29	Friday, March 30	Saturday, March 31	Sunday, April 1
<p>Christ Episcopal Church workshop Savvy Job Hunters Ministry will host a workshop March 29 from 9 a.m. to noon at the Christ Episcopal Church Parish Center Conference Room (second floor). The event will feature resume reviews and a networking opportunity. To register, email Pam Ottesen at pottesen66@gmail.com.</p> <p>Jim Hain at Sierra Club Program Join Jim Hain, senior scientist and project leader of Marineland Right Whale Project, as he describes the history and current actions being taken to protect the endangered North Atlantic Right Whale. This event will be held March 29 at 6:30 p.m. at the Jacksonville Southeast Public Library, located at 10599 Dearwood Park Blvd. For more information, email Brian Paradise at bgparadise@comcast.net.</p> <p>COA discussion on guardianship Join the Council on Aging for a discussion on guardianship with Megan Wall from St. Johns Legal Aid at 11 a.m. Guests are encouraged to dress in an Easter outfit. Call (904) 280-3233 for more information or email activities coordinator Danielle Johnson at djohnson@sjohnscoa.com.</p> <p>Yoga for Survivors The Y Healthy Living Center at the Ponte Vedra YMCA will host a Yoga for Survivors class March 29 at 11:30 a.m. Cancer patients, survivors, caregivers and others with range of motion and pain limitations are invited to join in this gentle and safe yoga practice, which is free and open to the public. Call (904) 202-5376 or visit www.baptistjax.com/ymca to reserve a spot. The Ponte Vedra YMCA is located at 170 Landrum Lane.</p> <p>'Ready Player One' at IMAX Theater at World Golf Hall of Fame In a virtual world called Oasis, a teenager finds himself competing in a treasure hunt against ruthless foes after the game's founder dies and the fortune that he leaves behind is the grand prize. This film premieres on March 29 and is showing at the IMAX Theater at World Golf Hall of Fame. Visit www.worldgolfimax.com for ticket pricing and show times.</p>	<p>Coastal Wine Market wine tasting Coastal Wine Market & Tasting Room hosts Friday wine tastings from 6 to 8 p.m. at 641 Crosswater Parkway, Suite B in Ponte Vedra Beach. Taste six wines for \$10. For more information, call (904) 395-3520.</p> <p>Cannon firing demonstration at Castillo de San Marcos National Park Service volunteers and personnel demonstrate a cannon firing at the Castillo de San Marcos museum / monument every Friday, Saturday and Sunday at 10:30 a.m., 11:30 a.m., 1:30 p.m., 2:30 p.m. and 3:30 p.m. Rangers and volunteers demonstrate the weapons and relate the experiences of the colonial Spanish soldier of 1740s St. Augustine. Firing times are subject to change depending on weather conditions and staff availability. Castillo de San Marcos is located at 1 S. Castillo Drive in St. Augustine.</p> <p>'Nature Reconstructed' exhibit at Beaches Museum & History Park The Beaches Museum & History Park is hosting "Nature Reconstructed," an exhibit by Lana Shuttleworth, until June 3. Shuttleworth uses common plastic castoff materials, particularly traffic safety cones, to create landscapes and sculptural figures that challenge the viewer's comprehension. This event is free to museum members with a suggested \$5 donation for non-members. For more information, call (904) 241-5657 or visit www.beachesmuseum.org. The Beaches Museum & History Park is located at 381 Beach Blvd. in Jacksonville Beach.</p> <p>Florida-Friendly Landscaping workshop The St. Johns County UF/IFAS Extension Office is offering a series of Florida-Friendly Landscaping workshops to provide in-depth training on the nine principles of Florida-Friendly Landscaping at the St. Johns County Wind Mitigation Building, located at 3111 Agricultural Center Drive. Workshops cost \$10 per person and pre-registration is required. The next workshop will take place March 30 from 9 a.m. to 12:30 p.m. For more information, call (904) 209-0430.</p>	<p>Easter egg hunt Join Palm Valley Baptist Church for an Easter egg hunt March 31 at 10:30 a.m. This free event – featuring door prizes and a hot dog luncheon – is open to toddlers and children up to 12 years old. For more information, call (904) 285-2447. Palm Valley Baptist Church is located at 4890 Palm Valley Road in Ponte Vedra Beach.</p> <p>Passover Seder and Dinner Beth El-The Beaches Synagogue will host a Passover Seder and Dinner March 31 at 5:30 p.m. at 288 N. Roscoe Blvd. in Ponte Vedra Beach. All are welcome to enjoy an evening of tradition, friendship and a dinner featuring Passover favorites prepared by Pastiche Catering. Call (904) 273-9100 for more information on reservations.</p> <p>Carl 'Fizz' Fismer at St. Augustine Pirate & Treasure Museum The St. Augustine Pirate & Treasure Museum will host Carl "Fizz" Fismer, a world renowned maritime historian and treasure hunter, for a special presentation in the museum courtyard. Fismer will appear at the museum from noon to 3 p.m. March 31. The St. Augustine Pirate & Treasure Museum is located at 12 S Castillo Drive.</p> <p>ANA Inspiration Week Catch all the action from the women's first major championship of the 2018 season, the ANA Inspiration, at the World Golf Hall of Fame. Visit the museum to see memorabilia from past tournaments. The museum is open Monday through Saturday from 10 a.m. to 6 p.m. and Sunday from noon to 6 p.m. The World Golf Hall of Fame is located at 1 World Golf Place in St. Augustine. For more information and to purchase tickets, visit www.worldgolfhalloffame.org.</p> <p>Senior Appreciation Luncheon Join St. Paul AME Church and Christian Men's Ministry for a Senior Appreciation Luncheon March 31 from 11 a.m. to 1 p.m. at the Solomon Calhoun Center, located at 1300 Duval St. in St. Augustine. Enjoy a fresh meal of fish, shrimp, hush puppies, salad and cake with iced tea or lemonade. RSVP by phone at (904) 829-3918 Monday to Thursday from 9 a.m. to 1 p.m.</p>	<p>Sandals, shorts and steel drum service Every Sunday from 11:30 a.m. to noon, St. Paul's by-the-Sea Episcopal Church invites guests to put on sandals and shorts for a more casual worship service featuring the tropical sound of steel drum music. The church is located at 465 11th Ave. N. in Jacksonville Beach.</p> <p>Jacksonville Spring Fair Southwood Entertainment will host the Jacksonville Spring Fair at EverBank Field through April 1. The festival will feature amusement rides, fun houses, contests, a petting zoo and more. For more information and to purchase tickets, visit www.jacksonvillespringfair.com. EverBank Field is located at 1 EverBank Field Drive in Jacksonville.</p> <p>Mandarin Art Festival The 50th Mandarin Art Festival will take place March 31 from 10 a.m. to 5 p.m. and April 1 from 10 a.m. to 4 p.m. at the Mandarin Community Club, located at 12447 Mandarin Road in Jacksonville. This outdoor event will feature over 100 juried artists, a green market and food court, live entertainment, a children's art show, a bake sale, children's activities and more. No pets allowed. For more information, call (904) 268-1622.</p> <p>'Broken Social Scene' at Ponte Vedra Concert Hall "Broken Social Scene" with special guest "Belle Game" will perform live April 1 at the Ponte Vedra Concert Hall at 7:30 p.m. (Gates open at 6:30 p.m.) "Broken Social Scene" is a Canadian indie rock band formed by Kevin Drew and Brendan Canning. For more information and to purchase tickets, visit www.pvconcerthall.com. The Ponte Vedra Concert Hall is located at 1050 A1A N.</p> <p>Easter Sunrise Service The Church at Vilano is hosting an Easter Sunrise Service on Vilano Beach. Meditation begins at 6:45 a.m. with the service starting at 7 a.m. Call (904) 808-8304 for more information.</p>

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Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5
<p>Caregiver support meetings The St. Johns County Council on Aging will host caregiver support meetings Mondays (except holidays) from noon to 1 p.m. at the Ponte Vedra Memory Care Center at 1048 A1A N. For more information, call Paulette Kozlowski at (904) 209-3674 or email pkozlowski@stjohnscoa.com. The meetings will provide a supportive environment for people who are experiencing similar challenges in which they can share problems, ideas and solutions.</p> <p>MOSH Mondays The Museum of Science and History's MOSH Mondays feature discounts including buy-one-get-one-half-off admission for adults, 10 percent off MOSH-branded items in the museum shop, 10 percent off memberships when signing up in-person and 10 percent off birthday packages when signing up in-person. MOSH Mondays also feature rotating weekly programs. MOSH is located at 1025 Museum Circle in Jacksonville. Visit www.themosh.org for more information.</p> <p>Trump Club of St. Johns County meeting Join the Trump Club of St. Johns County April 2 at 7 p.m. for a meeting at the Fraternal Order of Police Lodge, located at 5050 Inman Road in St. Augustine. Stephen Strang, guest speaker and author of "God and Donald Trump," will discuss how God was involved in Trump's rise to the presidency. For more information, email danikasings@gmail.com.</p> <p>'Suddenly Single' w/ Kendall Fordham This "Suddenly Single" event will feature Kendall Fordham, a financial planner for Raymond James. Kendall will speak on common financial mistakes made before, during and after the divorce process. RSVP by calling Trudy Toche at (973) 819-6581. This event will take place April 2 from 6:15 to 7:15 p.m. at the Ponte Vedra Recorder office. Light refreshments will be provided. The office is located at 1102 A1A N. (Unit 108) in Ponte Vedra Beach.</p>	<p>Prenatal yoga Prenatal and postnatal yoga is designed to help women cope with the changing needs of their body before and after pregnancy and birth. The public is invited April 3 at 6 p.m. to share individual experiences with other women and gain empowerment through yoga, meditation and guided visualization. This approach is gentle and safe for women in all stages of pregnancy, and once recovered from birth, but prior approval from a healthcare provider is advised. This event will take place at the Y Healthy Living Center, located at 170 Landrum Lane in Ponte Vedra Beach.</p> <p>Volunteers needed Volunteers are needed at THE PLAYERS Community Senior Center Tuesdays from 10 a.m. to 1 p.m. in the kitchen. The center is looking for upbeat volunteers to help with new spring and summer programs. Contact Amy leach at (904) 209-3686 or email aleach@stjohnscoa.com for more information. The PLAYERS Senior Center is located at 175 Landrum Lane in Ponte Vedra.</p> <p>Book club Join the Southeast Branch Library for a morning book club with the theme and book chosen by event attendees. This month's theme is a book with your favorite color in the title. This event will take place April 3 at the Southeast Branch Library, located at 6670 US 1 S. in St. Augustine, from 10:15 to 11:15 a.m.</p> <p>Woman's Exchange luncheon series The Woman's Exchange of St. Augustine, located in the historic Pena-Peck House, will host a luncheon series beginning April 3. Reservations are now open and available for the popular garden-style gatherings scheduled for April 3, 6, 10, 13, 17 and 20. A payment of \$31.95 is required. Call (904) 829-5064 between the hours of 10:30 a.m. to 5 p.m. Monday through Saturday and Sunday at 10:30 p.m. to 5 p.m. to make a reservation.</p>	<p>Toastmasters Club Toastmasters Club #5199 of Ponte Vedra Beach meets every Wednesday at 7:30 a.m. at THE PLAYERS Community Senior Center. These meetings help attendees improve public speaking and gain leadership skills. The senior center is located at 175 Landrum Lane in Ponte Vedra Beach. Email Lucy Reep at lucyreep@gmail.com for additional information.</p> <p>Life Enrichment Day Retreat The Life Enrichment Day Retreat is designed for those with memory changes who want to remain mentally, physically and socially active, while giving caregivers and loved ones some free time for themselves. This program is offered daily at Arbor Terrace Ponte Vedra. For more information call 904-417-7354 or email life_enrichmentgroup@yahoo.com.</p> <p>Instructional art session Vilano Beach Art Programs will offer an instructional art session at the North Shores Improvement Association Community Center on Vilano Beach each Wednesday through June from noon to 3 p.m. For more information, visit vilanobeachfl.com/a1a-multi-use-trail/14-events/49-art-program or call Sarah Carrigan at (847) 899-0808.</p> <p>Mom's Matter postpartum support group Mothers are welcome to discuss the real struggles and adjustments of motherhood, both emotional and physical, April 4 at the Mom's Matter postpartum support group. Attendees will receive support from both new and experienced mothers. This event will take place at the Y Healthy Living Center, located at 170 Landrum Lane, at 11:15 a.m.</p> <p>Storytime class for babies and toddlers Join the Southeast Branch Library for a little ones storytime class for ages 0-2 April 4 from 10:30 to 11 a.m. The Southeast Branch is located at 6670 US 1 S. in St. Augustine.</p>	<p>Yoga for Survivors The Y Healthy Living Center at the Ponte Vedra YMCA will host a Yoga for Survivors class April 5 at 11:30 a.m. Cancer patients, survivors, caregivers and others with range of motion and pain limitations are invited to join in this gentle and safe yoga practice, which is free and open to the public. Call (904) 202-5376 or visit www.baptistjax.com/ymca to reserve a spot. The Ponte Vedra YMCA is located at 170 Landrum Lane.</p> <p>Spring Exhibition by the Jacksonville Watercolor Society This exhibition at The Cultural Center at Ponte Vedra Beach will display works by the Jacksonville Watercolor Society. The Cultural Center at Ponte Vedra Beach, which is open from 10 a.m. to 4 p.m., is located at 50 Executive Way. For more information on the center and its exhibits, visit www.ccpvb.org.</p> <p>Throwback Thursday: 'The Voices' at the Corazon Cinema and Cafe A likable guy pursues his office crush with the help of his evil talking pets, but things turn sinister when she stands him up for a date. This film is showing at the Corazon Cinema and Cafe at noon. Admission costs \$10, which includes a meal, popcorn, small drink and showing of the movie. The Corazon Cinema and Cafe is located at 36 Granada St. in St. Augustine. For more information, visit www.corazoncinemaandcafe.com.</p> <p>Essential oils: Raindrop Technique Inspired by the Lakota Indians, Raindrop Technique uses therapeutic oils for balancing and rejuvenating the mind and body. Guests are invited to take part in this program April 5 from 6 to 7 p.m. at the Anastasia Island Branch Library, located at 124 Seagrove Main St. in St. Augustine Beach.</p>

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FIT & HEALTHY 2018

New study shows regular exercise can reverse heart disease in middle-aged population



Anthony Magnano
Guest Columnist

By Dr. Anthony Magnano
Special to the Recorder

The link between heart health and exercise has been known for a long time, but a new study recently published in the journal *Circulation* demonstrates how adopting a regular exercise routine can actually reverse heart damage in middle-aged people who were formerly inactive.

The two-year study followed a group of individuals aged 45 to 64 who changed their lifestyles to include an exercise regimen recommended by the American Heart Association. The research was conducted by the University of Texas' Institute for Exercise and Environmental Medicine.

Volunteers in the study were assigned an exercise program that included moderate and high-intensity workouts, and some got weight training, balance work and yoga. They all did exercises they chose and that they could stick with.

After two years, the research showed that those who had worked out at least four days per week had healthier hearts and arteries, and were more fit as measured by maximal oxygen uptake.

How exercise strengthens your heart

Your heart needs to be strengthened and conditioned like any other muscle. With regular exercise, your heart can become more efficient over time, which results in lower blood pressure – a key element in managing heart disease.

Physical activity also increases your levels of “good” cholesterol, which can help remove “bad” cholesterol from the arteries and decrease risk of atherosclerosis.

Exercise can also help people quit smoking as well as prevent obesity, diabetes and inflammation – all risk factors for heart disease.

Heart-healthy lifestyle recommendations

While the study in *Circulation* demonstrates the power of exercise alone, it's important to consider all controllable factors when assessing heart health. Some of the most dramatic heart health improvements I have witnessed are in patients who participate in the structured diet programs, such as the Ornish Reversal or Pritikin programs at St. Vincent's HealthCare.

These programs instruct participants how to adopt a lifestyle that includes a heart-healthy diet, regular exercise, stress management and participation in a support group.

Magnano continues on **Page 16**

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A SPARTAN EMERGES

Ponte Vedra senior perseveres despite heart defect

By Jon Blauvelt

After surviving three open-heart surgeries by the age of 18, Avi Wolf doesn't shy away from physical activity. Instead, he has learned to embrace it, and live his life with a level of optimism and motivation unlike most his age.

The Ponte Vedra High School senior is gearing up for his sixth Spartan Race on April 28 in Jacksonville, despite living with a congenital heart defect called Tetralogy of Fallot. Having previously competed in the obstacle course races in Jacksonville, Miami and Tampa, the Sawgrass resident will this time take on the Spartan Super, which consists of more than 25 obstacles and eight miles of rugged terrain. The following day, Wolf will join his younger cousins for the kids' race, and then will wrap up the weekend with the Spartan Sprint, a tamer yet still daunting endeavor comprised of over 20 obstacles and three miles of terrain.

"I'm going to be hurting," laughs Wolf.

The local teen was diagnosed with Tetralogy of Fallot upon his birth on Sept. 11, 1999. Nineteen years later, the Ponte Vedra senior is all too familiar with his condition: He's writing a 15-page college-style thesis on the topic for his AP Physics class.

"My pulmonary valve was not functioning correctly, so it was removed," explained Wolf. "There was a hole between my right and left ventricle, which was then repaired with a Gore-Tex patch."

According to the American Heart Association, Tetralogy of Fallot is comprised of four features: A hole is present between the lower chambers of the heart; an obstruction exists from the heart to the lungs; the aorta lies over the hole in the lower chambers; and the muscle surrounding the lower right chamber becomes overly thickened. According to Wolf's findings, the heart defect occurs in less than one in 2,000 live births and is the most common cyanotic congenital heart



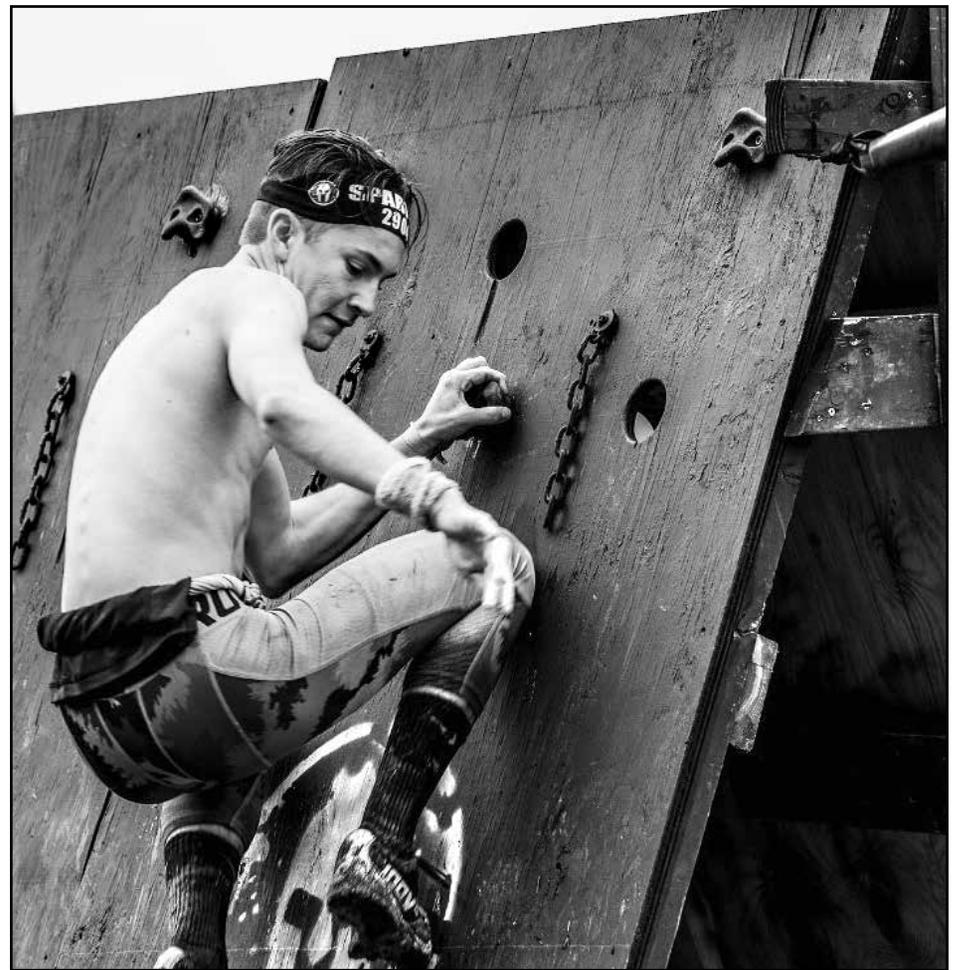
Ponte Vedra High School senior Avi Wolf recovers from his most recent open-heart surgery in June 2017.

defect with 95 percent of patients living beyond the age of 20.

Wolf's first surgery took place just before he was four months old, and the second occurred after his first birthday. His most recent surgery happened in June 2017, a few months before his 18th birthday, and featured the insertion of a new pulmonary valve, which he said helps his heart function significantly better now.

Regardless, the lifelong Ponte Vedra resident said the surgeries have taken a toll on his body, and he's still not attaining 100 percent closure with the valve.

Instead of looking for pity, however, Wolf works harder. After two-and-a-half weeks of the June 2017 surgery, Wolf was back at his gym, Momentum Wellness in Ponte Vedra, to regain the muscle he had lost. Friends and fellow Momentum members Inger and Pat Geraghty, CEO of



Photos courtesy of Avi Wolf

Wolf, who was born with a congenital heart defect called Tetralogy of Fallot, competes in a Spartan Race. His story was recently featured at the 2018 First Coast Heart and Stroke Ball benefiting the American Heart Association in Ponte Vedra in early March.

Florida Blue, took notice.

"Avi made us want to work harder, complain less and appreciate our own health," said the couple in an email to the Recorder. "Avi is an inspiration ... a young man who has faced three heart surgeries and chooses to be optimistic while continuing to challenge himself in life."

The Geraghtys served as the chairs of the 2018 First Coast Heart and Stroke Ball, which raised a record-breaking \$1 million dollars for the American Heart Association. In respect to Wolf's perseverance and strength, the couple asked the teen to feature his story at the 60th annual event held at Sawgrass Marriott Resort & Spa on March 3.

"It was very humbling to see all of the great work the people at the American Heart Association are doing for so many people," said Wolf about the event. "I'm really lucky that I'm still able to be so

physically active and be able to go run, go outside, play football with my friends and do a Spartan Race with my mom and dad. A lot of people with my heart condition aren't able to do that."

Moving forward, Wolf doesn't necessarily know what the future will hold for him and his heart condition. He said the new valve could last between 20 years and a lifetime, but the timetable is unknown due to the new technology involved in the surgery. What he does know, however, is that he plans to keep physical fitness and a healthy lifestyle as priorities in his life and encourage others to do the same.

"I want to encourage people to eat healthy," said Wolf, who will attend University of South Florida in the fall to study mechanical engineering. "If you don't know how to, Google it. Try to be as active as you can. ... You have to do what's best for your body."



Photo by Lyndsey Anne Photography

Wolf (right) addresses the 2018 First Coast Heart and Stroke Ball in Ponte Vedra benefiting the American Heart Association.

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Magnano

Continued from 14

In terms of fitness, the American Heart Association recommends that adults should get at least 150 minutes of moderate exercise, or 60 to 75 minutes of vigorous exercise, per week.

It's important to choose workout routines that get your heart pumping – such as running, walking or cycling – but also ones that you will actually stick to. If you

hate running or experience any back or joint discomfort due to the repetitive impact, try to find another exercise that better suits you. Diversifying your workout can also keep it fun and reduce the risk of overuse injuries.

Committing to a regular exercise regimen can improve the length and quality of your life, no matter what age you decide to become active. Even if you've already experienced a cardiac event, it's not too late to take control of your heart health.

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.

Memorial announces \$13 million expansion to add 36 patient rooms

Memorial Hospital is growing and will soon begin building 36 new private patient rooms on the fifth floor of its West tower, thanks to a \$13 million expansion.

The 27,688-square-foot unit will house additional patient beds for medical/surgical patients, bringing Memorial Hospital's total number of licensed beds

to 454. The five-floor West tower was built in 2009. Since then, the hospital has utilized four of the five floors for patients. The fifth floor was built as shell space, designed and designated for future expansion.

"We know there's a high demand for our healthcare services as we're regularly exceeding our capacity expectations," said Chief Operating Officer Cory Darling. "Being able to accommodate more patients will allow us to continue to carry out our mission and provide high-quality, healthcare services to the people in our community who continually entrust us with their healthcare needs."

Moreover, new jobs will be created to care for the additional number of patients.

Construction is scheduled to begin in April with the fifth floor tentatively scheduled to open by the end of the year. This project coincides with the hospital's current emergency room expansion project.

For more information, visit www.memorialhospitaljax.com/construction.

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IN THE ARTS

'Five Guys Named Moe' to open at Alhambra April 4

"Five Guys Named Moe," a Tony-nominated production for best musical in 1992 and winner of the 1991 Laurence Oliver Award for Best Entertainment, opens April 4 at the Alhambra Theatre & Dining and runs through May 6.

A tribute to the music of rhythm and blues pioneer and alto saxophonist Louis Jordan, "Five Guys Named Moe" was initially produced in London's West End by Cameron Mackintosh. This exhilarating, all-embracing theatrical experience moved to Broadway in 1992 and was nominated for two Tony Awards.

The production is about Nomax. He's broke, his lovely Lorraine left him and he's listening to the radio at 5 a.m. Out of the radio, five guys named Moe appear. Set to Jordan's rhythm and blues/jazz score, the Moes encourage Nomax to turn his life around and tell Lorraine that he loves her.

Alhambra tickets start at \$38 and include a three-course meal that changes for each show, a Broadway-style performance and complimentary parking. Tickets can be purchased online at www.alhambrajax.com or by calling (904) 641-1212.

Harry Connick, Jr. to perform at St. Augustine Amphitheatre June 8

The St. Augustine Amphitheatre will present GRAMMY® and Emmy® Award-Winner Harry Connick, Jr. and "A New Orleans Tricentennial Celebration" for an intimate performance on Friday, June 8. Tickets go on sale this Friday, March 30 at 10 a.m.

The foundation of Connick's art is the music of his native New Orleans, where he began performing as a pianist and vocalist at the age of 5. Over the past three decades, he has established himself as a musician, singer and composer, a live performer and a best-selling artist with millions of CDs sold around the world. Connick has also made his mark as an actor in films (appearing in over 19 films such as "Dolphin Tale," "Hope Floats," "P.S. I Love You," and "Copycat"), on television



Harry Connick, Jr.

("American Idol," "Will & Grace," South Pacific) and on Broadway ("Pajama Game," "Thou Shalt Not"). In the fall of 2016 Connick launched "HARRY," a nationally syndicated daytime television show hosted by Connick and featuring his touring band.

Tickets for the performance range from \$54 to \$104 and will be available at the St. Augustine Amphitheatre and Ponte Vedra Concert Hall Box Offices. Tickets will also be available at ticketmaster.com or by phone at (800) 745-3000.

Doors open at 6 p.m., and the show begins at 7:30 p.m.



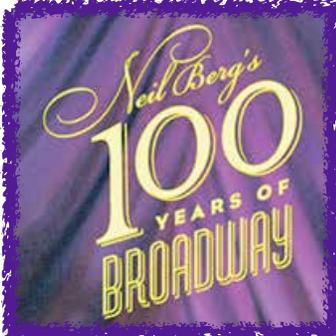
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Guzzo jump-starts organizational transformation for Cultural Center

By Jon Blauvelt

The Cultural Center at Ponte Vedra Beach (CCPVB) is on a mission to reinvent itself, and new Executive Director Donna Guzzo isn't wasting any time to initiate that transformation.

"We're hitting the ground fast," said Guzzo, who was appointed to her leadership role Jan. 29. "There's no time to sit around and think about it."

Just two months into her tenure, Guzzo has changed the structure of the Cultural Center's sponsorships. No longer does the Ponte Vedra institution seek sponsorships for single events. Instead, CCPVB offers yearlong sponsorships that incorporate several events, programming, exhibitions and the organization's Sound Connections music therapy outreach program for children with special needs. As a result, Guzzo said donors are now receiving more benefits, and loving it.

"I listen to their (the donors') objectives," said Guzzo, who was previously the Cultural Center's director of development and has 25 years of experience working in nonprofits. "At the end of the day, it's a business transaction, and they want a return on investment. I run this like a business."

The new executive director is additionally leading the charge to reconstruct the organization's programming. The Cultural Center's board of directors, she said, hired an Atlanta-based company to conduct a feasibility study on the organization in November/December, and that study revealed challenges in the programming department. Guzzo explained that the center is mostly seen as a place for infants, toddlers and seniors, with a considerable gap in between those generations.

As a result, Guzzo has hired a new program manager,

Catherine Tatem, to address the age gap and expand the Cultural Center's arts offerings. Guzzo said the organization is looking into providing more culinary arts, wine tastings, meditation and yoga to do so.

New headquarters

As the Cultural Center's programming expands, Guzzo also has her eye on another expansion. She's leading the organization as it embarks on a multimillion-dollar capital campaign for construction of a larger headquarters.

As of now, the Cultural Center is planning to build a 15,000 square-foot building with two stories and 135 parking space on the land along A1A between Sawgrass Village and the Summer House condos, said Guzzo. That location, however, is currently a parcel of the Oak Bridge Club, and its development is contingent upon the St. Johns County Commission's final vote on development plans slated for a portion of the club's property, which is expected within the next few months.

"Right now, we're waiting for the commissioners' vote," said Guzzo, who expressed optimism about the plans ultimately being supported by the commission. "As soon as that vote happens, it will open the doors for us to move forward."

In the meantime, Guzzo said the Cultural Center's architect has designed a rendering of the building, which would also feature a rooftop for parties, studios that artists can rent and enough space for the center to double its programming.

"This is what the elite residents of Ponte Vedra need," said Guzzo.

If the county votes to support development of the Oak Bridge Club property, Guzzo said construction would begin by the end of this year, with completion estimated for



Photo by Jon Blauvelt

New structure of sponsorships, reconstructed programming and a new headquarters are among the initiatives Donna Guzzo is focused on as executive director of the Cultural Center at Ponte Vedra Beach.

2020. She noted that the organization has already gained significant traction with donors for the project, which Guzzo said would cost about \$7 million.

Establishing a clear identity

Through the organization's changes, however, Guzzo simultaneously wants to ensure the identity of the Cultural Center is clear. She said questions have been raised about the organization's focus, and one of her primary goals is to refine that scope.

"This is an arts education center," said Guzzo. "The focus is on education, and of course with that, our outreach program (Sound Connections) that is already in four schools."

In clarifying the organization's identity, Guzzo said it must always tie back to the center's mission to "bring the arts into the life of the community" through arts education, exhibits and outreach, and with a donor driven philosophy.

For Guzzo, the opportunity to lead the Cultural Center through this overall process and its upcoming changes is an honor, as well as a joy.

"It doesn't feel like work," she said. "It's fun for me, and I tell everybody it's a dream job."

St. Johns Cultural Council celebrates Women in the Arts

The St. Johns Cultural Council celebrated the 2018 Dr. Gail Pflaster R.O.W.I.T.A. (Recognizing Outstanding Women In The Arts) Awards at their celebration ceremony on Sunday, March 11, at the Limelight Theatre.

The four women honored for their lifetime contributions to the arts in St. Johns County were Linda M. Brandt, Deborah Dickey, Carolyn Juliet Fisher and Laurie Allen Klein.

Brandt has spent her life in the arts, mostly as a self-trained artist. She has taught art classes at the St. Johns County Council on Aging, is a board member of the St. Augustine School of the Performing Arts, is a co-founder of Artbreakers, as well as a member of the Ancient City Poets. Her work has been displayed in prestigious venues from Paris to London and New York to Laguna Beach.

Dickey is a playwright and theatre director who received a Master of Fine Arts in acting and directing from the University of Florida. She is a board member of A Classic Theatre, where she serves as a producer and director. She has a special interest in Florida themes and her most recent play, "Sweet Emmaline: The Musical Journey of Debbie McDade," tells the story of a local artist who achieved fame as a jazz singer.



Photo courtesy the St. Johns Cultural Council

R.O.W.I.T.A. Lifetime Award honorees Carolyn Juliet Fisher (from left), Deborah Dickey, Linda M. Brandt, Laurie Allen Klein and R.O.W.I.T.A. Fellowship Award recipients Lydia Karl and Madeline Catton

Fisher received a Bachelor of Arts in education from Bethune Cookman University and a master's degree in education from the University of North Florida. She was a school teacher in the St. Johns County School District for 35 years, receiving Osceola Elementary School's Teacher of the Year award in 1998. Her other true passion is singing, and she began ministering through song at a very early age. Fisher has lent her singing talents to many

organizations in St. Johns County and can be found singing at churches, weddings, funerals, festivals, schools, birthdays and other celebrations.

Klein is a book illustrator and artist whose work has impacted tourism, environmental causes and education in St. Johns County. Her creations can be found in the

UNF to present 'Seeking Refuge' benefit concert April 6

The University of North Florida School of Music Choral Department is presenting benefit concert "Seeking Refuge" at 7:30 p.m. on Friday, April 6, at the Cathedral Basilica of St. Augustine, located at 38 Cathedral Place.

The UNF Choral Department has created an ensemble comprised of refugees from various countries, including Burma, Congo and Eritrea, who have resettled in

Jacksonville and will perform alongside the UNF Chorale as well as The Osprey TREBLE.

"The goal of the benefit concert is to create awareness about the large population of refugees that are in Jacksonville and to spread awareness about their needs as well as to raise funds to support the efforts of the infrastructures in place to help them," said Dr. Cara Tasher, director of

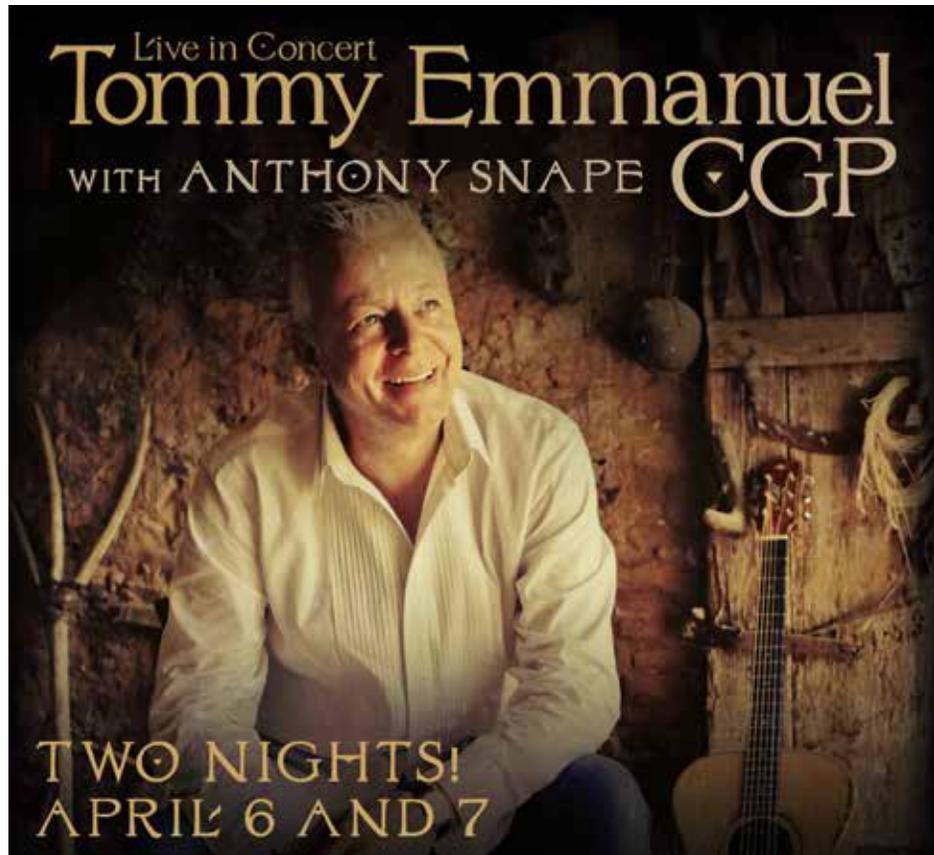
Choral Studies at UNF.

The concert is free; however, donations are encouraged. Proceeds will benefit the three main organizations in Jacksonville that assist refugees: Catholic Charities, Lu-

theran Social Services and World Relief.

For more information about this event, contact Kolanda Douglas, UNF School of Music marketing coordinator, at (904) 620-2864.

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Jacksonville Symphony to present 'EarShot' and 'Become Ocean' concerts

The Jacksonville Symphony recently announced two special concerts coming up in April: "EarShot" and "Become Ocean."

The Symphony will present "EarShot" April 20 at 8 p.m. at Jacoby Symphony Hall. Led by Music Director Courtney Lewis, the performance will be the culmination of a series of private readings, feedback sessions and work with mentor composers Courtney Bryan, Marcos Balter and Steven Mackey.

"EarShot" enables connections between orchestras and emerging composers. Drawing from a national network of advisors and advocates, "EarShot" works with orchestras around the country to identify and support promising composers in the early stages of their careers. Orchestras have relied on "EarShot" to advise them on commissions, competitions and program design in addition to identifying composers consistent with the orchestra's artistic vision.

"EarShot" residencies include established composer mentorship, orchestra readings and musician and conductor

feedback sessions, and are customized to the orchestra's aesthetic and/or demographic interests and community and education activities.

Written by American composer John Luther Adams, "Become Ocean" will be performed April 22 at 3 p.m. at Jacoby Symphony Hall. The show was commissioned by the Seattle Symphony and premiered in Benaroya Hall in 2013; it won the Pulitzer Prize for Music as well as the 2015 Grammy Award for Best Classical Contemporary Composition.

Despite being inspired by the oceans of Alaska and the Pacific Northwest, Adams originally wrote the piece while surrounded by desert. The performance will be bookended by a presentation with Dr. Quinton White from Jacksonville University and a panel featuring Dr. Jim Gelsleichter, coastal biology program director at University of North Florida, Lisa Rinaman from the St. Johns Riverkeeper and St. Augustine Mayor Nancy Shaver.

For more information on the Jacksonville Symphony and to purchase tickets, visit www.jaxsymphony.org.



Artist Royo poses with guests in front of his exhibition "El Color de la Luz" at the Cutter & Cutter Fine Art gallery in Ponte Vedra Beach.

Photos courtesy of Cutter & Cutter Fine Art

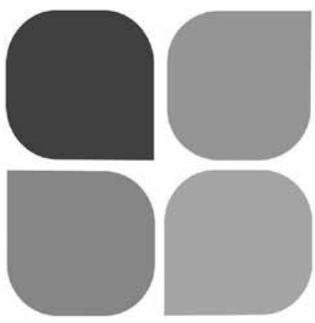
Cutter & Cutter unveils Royo's exhibition 'El Color de la Luz'

The long-awaited release of Royo's 2018 "El Color de la Luz" collection and the unveiling of his newest series, "Esencia," took place March 9 and 10 at Cutter & Cutter Fine Art in Ponte Vedra Beach.

The Sawgrass Village Gallery was brimming with art collectors who witnessed the stunning museum-style presentation of colorful and creative examples of Royo's artistic genius.

For those who missed the event, Cutter & Cutter's Ponte Vedra Beach Gallery is still adorned with 19 of the "El Color de la Luz" paintings, along with three of the "Esencia" series works and several more original paintings. Royo has demonstrated to the world of fine art his willingness to seek out new challenges.

For more information on Cutter & Cutter Fine Art, visit www.cutterandcutter.com.



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August 1 - September 9

R.O.W.I.T.A.

Continued from 18

hallways and cafeterias of St. Johns County schools (R. B Hunt, Ketterlinus, Crookshank and Julington Creek Elementary), in area tourist attractions (St. Augustine Alligator Farm, St. Augustine Lighthouse & Museum, St. Augustine Aquarium and the Guana Tolomato Matanzas National Estuarine Research Reserve) and on the shelves of libraries through her illustrations of children's books, adult and young adult novels and field guides.

During the R.O.W.I.T.A. Awards, Madeline Catton and Brianna Howard, both from Nease High School, and Lydia Karl, from Creekside High School, each received a \$500 Jr. ROWITA Fellowship Award. The students intend to use the funds to further their artistic development.

Just 5 minutes from Town Center!

Business Weekly

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Coastal Oaks at Nocatee introduces new home sites

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Wen Raiti opened House of Leaf & Bean in Jacksonville in December 2017.

House of Leaf & Bean: Jacksonville's organic drive-through café where West meets East

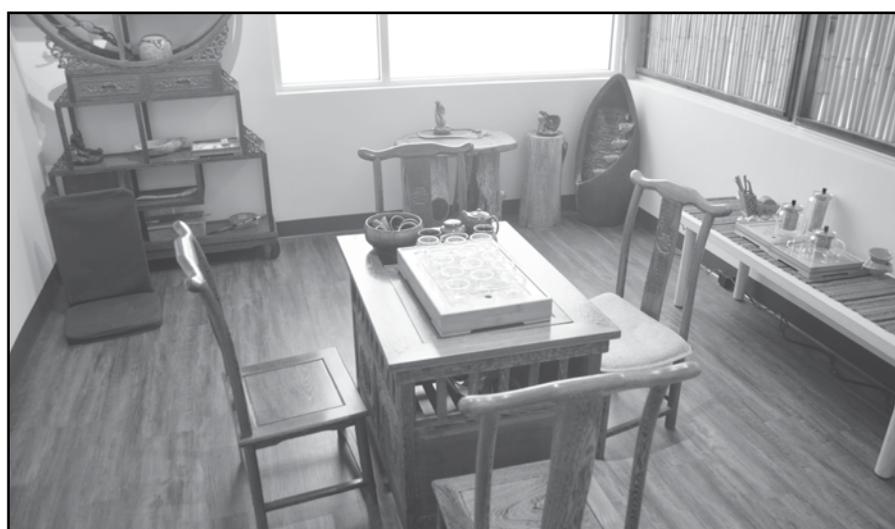
By Benjamin Naim

An organic café recently opened in Jacksonville where Western culture meets the heritage of the Far East.

Opened in December 2017 by Jacksonville resident Wen Raiti, House of Leaf & Bean features organic menu options such as fresh tofu, sandwiches, salads, wraps, rice bowls and more. The menu also features organic smoothies, juice, tea, coffee, light bites, kids' meals and breakfast options. Additionally, Tea & Bean offers a Zen room for customers to relax and unwind from a busy schedule in a gadget-free, quiet room for Chinese tea ceremonies, reading and meditation. Customers can either dine inside or place a to-go order at the drive-through.

Raiti, who worked as a Certified Public Accountant prior to opening her business, said she founded Leaf & Bean because of her passion for healthy eating and the environment. A native of China, Raiti wanted to create a restaurant "Where West Meets East."

Ten years ago, Raiti was diagnosed with a medical condition brought on by a poor diet. However, the restaurant



Photos by Benjamin Naim

The Zen Room allows customers to enjoy a quiet room for meditation and reading.

owner said she essentially cured herself by changing her lifestyle and committing to a more nutritious diet. Now, she wants to give back to the community and help others eat healthy.

"I would like to give back, and I want to help more people who are suffering like me 10 years ago," she said. "I knew it was something I wanted to do – to give back to the community – I wanted an open

house to let the community come in to try alternative options."

Unlike chain restaurants that offer processed foods loaded with sugar and preservatives, Raiti said Leaf & Bean's motto is "simple, organic, fresh." She features plant-based proteins on her menu, natural ingredients, organic teas and other healthy

Timing: It's important in comedy, and arguably more essential during retirement!

By Harry Pappas



Harry Pappas
Columnist

Have you ever heard of the eye-brow-raising concept that has been dubbed the "sequence of returns risk?" It sounds complex, but it really isn't.

Sequence of returns risk has to do with the order in which your investment returns occur during the distribution phase of your investment portfolio. Essentially, sequence of returns risk can be summed up by saying that your earliest retirement years will define your later years. Still confused? How about this? Author Tony Robbins stated in his book, "MONEY Master the Game: 7 Simple Steps to Financial Freedom," that if you suffer investment losses in your early years of retirement, which is entirely a matter of luck, your odds of making it the distance have fallen.

Yep, it is a fact: When one begins to take withdrawals from their portfolio, the timing of good and bad years is everything. In other words, will the stock and bond market be in an upward or downward cycle when it's time to turn on your income spigot? According to Robbins, if someone retired in the mid-1990s, he could have been a "happy camper." If he retired in the mid-2000s, he may have been a "homeless camper." As you can see, deciding when to begin taking income from your portfolio is perhaps akin to a lottery or luck of the draw.

Perhaps Mr. Robbins' simple example will allow you to get a better grasp on the issue in question. For instance, although



EASTER EVENTS

Following up on last week's Easter event calendar, which can be found online at pontevedrarecorder.com, also keep in mind these events as you make plans for the holiday.

50th Anniversary Mandarin Art Festival

To be held Saturday, March 31 from 10 a.m. to 5 p.m. and Sunday, April 1 from 10 a.m. to 4 p.m., the 50th annual Mandarin Art Festival hosts over 100 juried artists and thousands of visitors. The Easter weekend tradition presented by the Mandarin Community Club features a green market, food court, live entertainment, children's art show and activities, bake sale on Saturday (and sometimes extended into Sunday) and prize drawings. Visit www.mandarinartfestival.org/ for more information.

Peter Cottontail Express in St. Marys

The Peter Cottontail Express leaves the train station in St. Marys, Georgia, on Saturday, March 31, at 10 a.m., noon and 2 p.m., for an entertainment-filled journey. At the Midway stage, actors from St. Marys Little Theatre bring an Easter Bunny story to life with lovable characters including Peter Cottontail himself. As the train's locomotive reverses directions, Peter Cottontail boards the train for the return trip to host a special Easter Egg hunt back at the station. Tickets are \$20 for adults and \$14 for children 12 and under. Visit www.stmarysrailroad.com/ for more information.

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8 am • Service • Sanctuary with Brass & soloist Wil Kelly
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GOOD FRIDAY - March 30, 12pm at Waypoint Church
EASTER SUNRISE - April 1, 6:45am at *Mickler's Landing
EASTER SUNDAY - April 1, 9am & 10:30am at PVPC
10:30am at Waypoint

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*In case of inclement weather for Sunrise Service, please check our website or FB page for updates.

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Photos by Susan Griffin

Tom DeStella, Larri Anderson, Toni Boudreaux, Kari Zerrahn, Kathleen Anderson and John Anderson gather at the Chamber "Before Hours" event on March 7 at Allstate.

Allstate hosts recent Chamber 'Before Hours'

Allstate hosted a "Before Hours" event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce on Wednesday, March 7.

The event provided local business professionals the chance to network with each other and enjoy breakfast before work.



Isabelle Rodriguez Renault and Dr. Erika Hamer

New home sites introduced at Coastal Oaks at Nocatee

Coastal Oaks at Nocatee by Toll Brothers has introduced Gardener's Bay, a selection of oversized home sites offering picturesque preserve views.

Homebuyers can choose from a variety of home designs in the Estate & Signature Collection. Priced from the mid-\$500,000s to the low \$800,000s, home designs in this collection are among the community's most luxurious and feature formal living and dining rooms, gourmet kitchens, expansive master suites and three- or four-car garages.

An Estate & Signature Collection home, the two-story, four-bedroom Westbrook features a grand entrance with a two-story foyer and great room with large windows that provide abundant natural light. The home includes a covered entry and a gourmet kitchen with a large center island, walk-in pantry and expansive breakfast area. The first-floor master bedroom features a coffered ceiling, two walk-in closets and a luxurious master bath.

"Gardener's Bay offers residents an ideal location with beautiful views within this sought-after community," said Matt Olive, senior project manager for Coastal Oaks at Nocatee. "We encourage prospective buyers to visit the community to learn more about the variety of available home sites and tour the designer-decorated West-

brook Coastal model home."

Coastal Oaks at Nocatee residents enjoy amenities including a private clubhouse with resort-style swimming pools, and a 6,500 square-foot clubhouse with a catering kitchen and fully equipped fitness center. The community also features peaceful parks, an engaging children's playground, scenic trails, multipurpose fields, tennis and basketball courts and an 880-foot boardwalk that winds through the community's wooded ecosystem.

The Coastal Oaks at Nocatee sales center and decorated models, located at 77 Portsmouth Bay Ave. in Ponte Vedra, are open 11 a.m. until 6 p.m. on Sunday and Monday, and 10 a.m. through 6 p.m. Tuesday through Saturday. For more information, call (904) 285-5550 or visit CoastalOaksatNocatee.com.

In addition to Coastal Oaks, Toll Brothers' Northeast Florida division includes Julington Lakes, a master-planned community in northern St. Johns County, and Toll Brothers at Atlantic Beach Country Club, an exclusive golf and tennis community within walking distance of the beach. Toll Brothers also recently announced plans to build new single-family homes at The Settlement at Twenty Mile, a gated community in Nocatee. For more information, visit TollBrothersFlorida.com.

Pappas

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the following two phrases, "John bit the dog" and "The dog bit John," have the same four words, when arranged in a different sequence, they have an entirely different meaning! Please hang with me, as this stuff gets significantly more noteworthy. In fact, when I am finished with this dispatch, I suggest that you might utter something analogous to the iconic phrase from legendary John McEnroe, "You can't be serious!"

Before moving forward, please understand that the sequence of returns risk only applies when there is cash flow out of your portfolio. I suggest the best way to understand sequence of returns risk is with an example. (This information is hypothetical and is provided for informational purposes only. It is not intended to represent any specific return, yield or investment, nor is it indicative of future results.)

John and Jane earn the same "average" annual return of returns during a 20-year period of 7 percent. Keep in mind that "average" is simply total return divided by the number of years. In this scenario, regardless of how the returns are distributed during the accumulation phase, the average return is

140 percent divided by 20 or 7 percent a year.

Okay, back to John and Jane. Both make annual withdrawals that start at \$50,000 and increase 3 percent a year. However, the sequence of returns (performance) during the distribution phase for Jane is rising in the early years and declining in the latter years while John's returns did essentially the opposite. If you don't think timing is critical during the distribution phase, think again!

John never recovers from early losses and runs out of money by year 19. Yep, John has portfolio ruin and is old and broke while Jane has \$1.7 million after 20 years! This, my friend, is what is known as sequence of returns risk. Two folks, same amount for retirement, same withdrawal strategy. One is old and broke — not a good combination — while the other has some serious Benjamins! The foregoing sentence is worth reading a second time, and a third and a fourth. It is worth reading aloud! As much as everyone is entitled to his/her own opinion, nobody is entitled to his/her own facts! Okay, deep breath. Or loud scream!

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Cafe

Continued from 21

options. Leaf & Bean is unique, Raiti said, because it has received a United States Department of Agriculture [USDA] organic certification.

"I have a lot more appreciation for those people who follow [USDA] guidelines," she said. "The seal itself is not easy to get. For us, I think it took us two years at least in order to get it."

To get a USDA organic seal, Raiti said her restaurant had to use certain ingredients that coincide with specific guidelines.

According to Raiti, another unique attribute of House of Leaf & Bean is that it's a community-oriented restaurant.

"I want to give back to the community," she added. "We also need the community to help us, so we need the community, the community needs us. We put our heart and soul to make everything we put on the table."

Additionally, Raiti noted that she values quality and health benefits over her bottom line. For example, Raiti decided to offer hand-made dumplings on her menu despite the required labor cost because they taste better than dumplings made from a machine.

"This is how you can imagine the decision-making process," she said. "It's about the health benefits, not about money or profit."

For more information on House of Leaf & Bean, call (904) 379-1231 or visit www.HouseofLeafnBean.com. The restaurant is located at 14474 Beach Blvd. in Jacksonville.

Spring Fashion

Love Your Mother Eco Fashion Show coming to Ponte Vedra Beach March 31

The Cultural Center at Ponte Vedra Beach (CCPVB) and Love Your Mother will bring the Love Your Mother Eco Fashion Show to the Marsh Landing Country Club in Ponte Vedra Beach March 31. Proceeds will support CCPVB and its programs, including Sound Connections, which provides music therapy for children with special needs in local schools.

Twelve designers and design groups, as well as more than 50 models will participate in this year's event, which will feature fantastical fashion handcrafted from reused materials, including aluminum cans, dryer lint, bicycle tubes, plastic bags, magazines and used canvases. Designers include opening show designer Lucero Gleaton, 9-year-old Ayla Gray of Ayla's Industrials, the Douglas Anderson School of the Arts, Jennifer Mcmanaway, Donna McCarthy, Halle Elizabeth, Laura O'Neal, Robin Hottinger, Erin Healy Designs, the founder of St. Augustine Fashion Week Brittany Alphonso, Ejo Fox, Colleen Loughlin, Susan Cafiso and Juliana Koutouzakis. The fashion lines will cover themes such as the Industrial Revolution, Coming to America, the Mad Hatter's Tea Party and The Painter.

"This Fashion Show is like no other in this area — think Paris, Milan, NYC, LA and add theatrics to it," said CCPVB Executive Director and Love Your Mother Eco Fashion Show Chair Donna Guzzo. "This event is a sell-out. Hurry to get your tickets."

"We are grateful for Kristy Weeks and Julianna Koutouzakis for allowing us to borrow the concept to benefit the Cultural Center," Guzzo continued. "A shout out to Julio Gomez who has been my right hand with production."

The evening's events will also include dance performances from the Ignite Artist Collaborative. Honoring the beauty and wonder of nature, Ignite Artist Collaborative brings together dancers from Ponte Vedra Ballet and local professional dancers to premiere "Mother Earth/Heart Beats," a dynamic contemporary dance piece choreographed by the Ignite Artist-in-Resident at the Ponte Vedra Ballet & Dance Company, JoAnna Ursal.

Tickets, VIP passes and additional information about the Love Your Mother Eco Fashion Show are available online at www.ccpvb.org. CCPVB visitors can also view an exhibition of photographs displaying the artistry of the show's 2017 designers now through April 21.



Photo courtesy of the Cultural Center at Ponte Vedra Beach
A model (left) stands with designer Julianna Koutouzakis at a previous Love Your Mother Eco Fashion Show Opening Reception at the Cultural Center at Ponte Vedra Beach.

UPCOMING EVENTS

■ **Silver Creek Senior Living** is organizing a spring fashion show that will be held Thursday, April 12. Residents of the St. Augustine retirement community will model the latest spring Chico's apparel at the event, which will take place from 2 to 4 p.m. Guests will have an opportunity to do custom shopping after the show. The event will also feature a 50-50 drawing that will benefit the St. Johns County Council on Aging. In addition, wine and cheese will be available for guests to enjoy. Reservations are required as seating is limited. RSVP to (800) 896-5462.

■ **Underwood's Jewelers** in Ponte Vedra Beach is hosting a cocktail party on Thursday, April 26, that will kick off the business' Ippolita trunk show April 27-28. Proceeds from the event will benefit Angelwood, a Jacksonville-based nonprofit organization that serves adults and children living with developmental disabilities.

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Second annual Jamie Chapin Classic raises funds for brain cancer research



By Benjamin Naim

The second annual Jamie Chapin Classic golf tournament benefiting University of Florida (UF) Health brain cancer research took place on Saturday, March 17, at the Lagoon Course of the Ponte Vedra Inn & Club.

The event hosted by the UF lacrosse team honored former Nease and UF lacrosse star Jamie Chapin, who passed away at age 25 after battling brain cancer. In addition to golf, guests enjoyed live music, hot dogs, burgers, green spirits in honor of St. Patrick's Day, a silent auction and more at the event, which also featured a hospitality tent for attendees. All proceeds benefited UF Health's Brain Cancer Immunotherapy Program.

Deb Chapin, Jamie's mother, said the event was more successful than she had anticipated.

"We're very excited about the enthusiasm, and we're really hopeful," she said. "We know next year it's going to be even bigger."

Events such as the Jamie Chapin Classic make a real impact and bring people

together, Chapin added, because communal events offer an opportunity for groups to collaborate and share information.

"Normally people want to own the research and own the cure," Chapin added. "At this point, if we're going to have a cure or some kind of treatment, it has to be collaborative. This specific event is raising awareness, but our bigger goal is literally to create that collaboration."

Chapin commended Dr. Duane Mitchell, co-director of the Preston A. Wells Jr. Center for Brain Tumor Therapy at UF, for collaborating with other experts and working to improve current medical procedures related to the treatment of brain cancer. Mitchell, who attended the Classic and spoke to attendees about UF's brain cancer research, is the director of the UF Brain Tumor Immunotherapy Program and a Phyllis Kottler Friedman Professor in the department of neurosurgery, among other distinctions.

"We just appreciate that he stays in the game," Chapin said. "That's a really tough place to be. They don't quit; they keep going."

ABOVE: Deb and Sandy Chapin stand with Dr. Duane Mitchell (right) at the second annual Jamie Chapin Classic golf tournament March 17 at the Ponte Vedra Inn & Club.

RIGHT: Sean Hanrahan, Dylan Rodriguez and Keinan Hanrahan gather at the Jamie Chapin Classic.

Photos by Benjamin Naim



Ponte Vedra Thunder selected for youth baseball tournament in Cooperstown

By Mark Mitchell

Special to the Recorder

The 12U Ponte Vedra Thunder baseball team has been selected to play at Cooperstown All-Star Park.

The Thunder will compete against more than 75 other 12U teams from across the country during the week of June 3.

Cooperstown All-Star Village is a world-class family baseball resort located near the Baseball Hall of Fame in Cooperstown, New York. The Thunder's selection marks the first time that a team from the Ponte Vedra Athletic Association will make the pilgrimage to the birthplace of baseball.

"This will be an opportunity to compete against teams from across the country in a setting that celebrates the game of baseball," said Thunder head



Photo by Heather Burky-Lechwar/Winter Moon Photos

The 12U Ponte Vedra Thunder baseball team will compete in a tournament at Cooperstown All-Star Park in June.

coach Terrance Freeman, who previously coached for USA Baseball.

The team will compete in pool games for seating purposes on Sunday, June 3, Monday, June 4 and Tuesday, June 5, with a single elimination tournament beginning Wednesday, June 6.

Aside from the game action, the

Thunder will participate in various skills competitions. During other free time, the boys will enjoy pin trading and playing various pickup games in the open fields with the other 100-plus teams. They also will have the oppor-

THUNDER continues on Page 27

PONTE VEDRA BEACH TEAM WINS PGA NORTH FLORIDA SECTION PRO AM



Photo courtesy of Jane Rollinson

The Ponte Vedra Beach team of Jennifer Steinman (from left), Jane Rollinson, Brad Rollinson and Pong Mattiace gathers after winning the PGA North Florida Section Pro Am at The Palencia Club on March 12. The team won with a score of 120 over a full field of 21 other teams.

Thunder

Continued from 26

tunity to visit the National Baseball Hall of Fame.

The 12U Thunder consist of players from Ponte Vedra and surrounding areas. Participating players are Christian Baggs, Redlee Baggs, Jack Bishop, Cade Eidam, Jake Guarnera, Parker Gunnell, Ryan Hansen, Matty Hoag, Dominic Masto, Cole Mitchell, Doran Moore, Caden Napier and

Ethan Yesensky.

Joining Freeman as coaches for the event are James Eidam, Dillion Hansen and Matt Masto.

Team fundraising efforts are ongoing, with proceeds aiding in players' transportation to and from New York, as well as registration fees. Sponsorship opportunities are also available. To donate or find out more information, contact Eidam at (904) 568-9651 or visit the team's GoFundMe site at www.gofundme.com/pvthunder12u to donate directly.

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Dottie Cameron, Gail Killion, Julia Galac and Nancy Chartrand gather after winning the 18-hole competition at the Valley Girls of TPC Sawgrass member-member tournament on March 13.

Photos courtesy of Jane Rollinson



Valley Girls of TPC Sawgrass play member-member tournament

The Valley Girls of TPC Sawgrass played their member-member tournament at the Dye's Valley Course on March 13.

Winners of the 18-hole competition were Dottie Cameron, Gail Killion, Julia Galac and Nancy Chartrand. Winners of the nine-hole competition were Nancy Andrews and Bev Behrens.

Following golf, the members enjoyed a St. Patrick's Day-themed dinner at Pub 17 prepared by Chef Azhar, which included potato leek shooters, mini Rueben sandwiches, Guinness-braised beef stew and apple crisp. The Valley Girls Golf League is open to all members of the TPC Valley Course.



Nancy Andrews and Bev Behrens stand proudly after winning the nine-hole competition.

Registration open for 2nd annual MixedRITA Tennis Tournament

Registration is open for the 2nd annual MixedRITA Tennis Tournament June 2-3 at Sawgrass Country Club.

"We are so excited to be planning this fun-filled tennis weekend again this year," said Gary Herzfeld, co-founder of The MixedRITA. "We received phenomenal feedback from last year's tournament and have increased the number of mixed teams to 64. Everyone enjoyed themselves and couldn't wait to play again this year."

All proceeds from the tournament will go toward breast cancer and prostate cancer research. Last year's tournament raised \$20,000 with half going to The Mayo Clinic and the other half going to Baptist Beaches Endowment Fund and Bro to Bro Support Group.

The committee has obtained a title sponsor (Tom Bush Family of Dealerships), an ACE plus sponsor (Rockaway Garden Center) and an ACE sponsor (Ullman Brown Wealth Advisors).

"All of our sponsors have faith in our ability to grow this tournament and, not only raise donations, but also an awareness for the ongoing research associated with the causes" Herzfeld said.

For more information about sponsoring an event, visit www.the-rita-foundation.org/mixed-rita and choose "Become a Sponsor."

The MixedRITA Tennis Tournament is open to all mixed-doubles teams 6.0 and above. For registration, visit www.the-rita-foundation.org/mixed-rita. Registration is \$180 per team.



The 2nd Annual MixedRita Tennis Tournament will be held June 2-3 at Sawgrass Country Club.

Photo courtesy of Sherill Herzfeld

1	2	3	4	5		6	7	8		9	10	11	12	
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72							73				74			

THEME: PERSONAL FITNESS

ACROSS

- Inscribed pillar
- Strike caller
- MADD member, colloquially
- Conestoga vehicle
- Salt in cocina
- Caldecott award
- Lusitania destroyer
- School org.
- Idealized image
- *Glutes, e.g.
- *Burnable unit
- Witch's work
- What little piggy did
- Overall part
- "_____ and shine!"
- Chew the fat
- *Lactic _____, cause of sore muscles
- Editor's mark
- Nary a soul
- Be dependent
- Sort of warm
- Seed cover
- Capital near Casablanca
- Embarkation location
- Oates' singing partner
- Second book of Old Testament
- Aphrodite's son
- Nod
- Opposite of riches
- Fleur-de-_____
- *Wearable device
- Rhinitis or dermatitis
- Top scout
- Grade A item in grocery store
- Actress Davis
- Alley tom
- Ciao in the U.S.
- Finish
- *Competitive group
- Ambulance crew
- *Time between sets, pl.

DOWN

- *Swim, swam, _____
- Not to be mentioned
- Prima donnas' problems
- Catfish's cousin
- Deciduous horn
- UPS competitor
- *Yoga turf
- There's none like home?
- Office communique
- Month before Nisan
- Balthasar and Gaspar
- Plant-derived home remedy
- "Paradise Lost" poet
- Be
- Mandela's org.
- Sentimental books and movies
- *Isometric strength training prop
- Mountaineer's tool
- Baggins of the Shire
- *Type of aerobics
- Genesis skipper

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6			5			9	4	
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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.

- Maraud
- Like a feeble old woman
- *Dumb _____ and kettle _____
- Two of a kind
- Wedding cake layer
- Funny
- Ankara country
- Greek letters on campus
- *_____ Sneakers, senior workout programs
- Freshwater diving bird
- Rive Droite and Rive Gauche separator
- T in SAT
- *Resting heart _____
- Site of Taj Mahal
- Chowder mollusc
- Def Leppard's "Rock of _____"
- Singer Stewart and actor Steiger
- Overabundance
- Puppy barks
- *Fitness venue

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