

Ponte Vedra Recorder

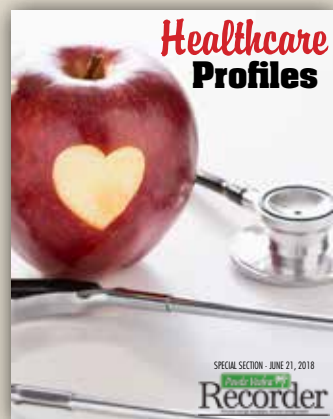
Not your average newspaper, not your average reader

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PonteVedraRecorder.com



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Splashing into Summer

Today is officially the first day of summer. Pictured is Ponte Vedra Beach resident Noelle Burrell playing in the waves in Jacksonville Beach.

Photo by Ashley Burrell

LUNCH AND LEARN Seminars: 6/27 Hilton Garden Inn & 6/28: Valley Smoke
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Send us your news

We welcome submissions of photos, stories, columns and letters to the editor. Let us know what's happening. Email submissions to pvrecorder@opcfla.com or bring them by our office at **1102 A1A N., Unit 108, Ponte Vedra Beach**. Submissions may be published in the paper, on our website or on our social media platforms.

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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.

One reader correctly identified last week's photo as the First Coast Sotheby's sign. The winner was **Andrea Middlebrook**. Congratulations, Andrea — you may pick up your prize at the Recorder office during normal business hours.



ADOPT A PET

CAT OF THE WEEK

My name is Ryan, and I am a 2-year-old male cat who was brought to the pet center as a stray. There may be some traits that are unknown at this time. Come visit me today here at the pet center! #43010



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.

DOG OF THE WEEK

My name is Sally, and I am an 8-year-old German shepherd mix who was brought to the pet center as a stray. I'm heartworm positive, so the adoption fee is waived and the Friends of the Pet Center are willing to sponsor up to \$250 toward treatment. Come visit me today here at the pet center! #43285



PUZZLE SOLUTIONS

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

Solutions correspond to last week's puzzles.



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Extraordinary Water to Golf Views in The Plantation at Ponte Vedra

This open landscape single story Arthur Rutenberg home is an entertainer's dream! Extra-large sliders open the living room onto pool and lanai with stunning water-to-golf views. Don't miss this opportunity to live on one of the most extraordinary lots in The Plantation at Ponte Vedra. **\$985,000**



Sophisticated European Inspired Marsh Landing Home

This 4 bedroom / 4.5 bathroom 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**



Rare Opportunity Providing Multiple Panoramic Views!

Built on one of the few waterfront corner lots with over 300ft of waterfront in the exclusive Harbour Island. This private Mediterranean home was designed with the intracoastal waterway as the defining element. Avid navigators welcome as there is an existing 40' boat slip adjoining the property. **\$1,600,000**



Stunning Riverfront Estate

You will instantly feel as though you have been swept away to a chateau in Normandy, France. Exquisitely designed with extensive custom finishes, this 10,204 square foot tudor-style home is truly a masterpiece in design and built for entertaining. Designed with the materials and attention to detail expected with this architecture, this 4 bedroom, 5 full bath, 5 half bath home will not disappoint. **\$7,800,000**

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For more information about these works, the artists, or other works, contact Bob Nickerson at First Coast Artists at 904.280.8187.



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A Florida Department of Environmental Protection photo shows the impacts of noncompliant sand scraping on the beach off Ponte Vedra Boulevard. Four Ponte Vedra Boulevard residents are being fined \$58,000 for such activity.

Photo courtesy of the Florida DEP Public Online Database

Florida DEP issues \$58,000 fines to Ponte Vedra Boulevard residents for sand scraping

By Benjamin Naim

The Florida Department of Environmental Protection (DEP) is seeking over \$58,000 in civil penalties and costs per homeowner from four Ponte Vedra Boulevard residents, including the CEOs of Web.com and United Airlines, for engaging in non-compliant excavation of beach sand at their properties.

“The department is committed to assisting homeowners recover from hurricane-related impacts as quickly as possible,” Dee Ann Miller of the DEP Press Office said in an email to the Recorder. “DEP is also committed to ensuring that, as corrective actions and restoration activities are implemented for protection to the beach and dune system and private property, they also comply with Florida’s environmental rules and regulations.”

The department’s recent investigation on the matter concluded the residents violated DEP rules. As a result, the DEP will be pursuing Short-form Consent Orders. According to the DEP spokeswoman, a Consent Order is a legally enforceable agreement for violations warranting a formal enforcement action.

The orders, which include over \$58,000 in fines, have been sent to the homeowners for review. The properties are owned by financial advisor Christopher Aitken from Aitken and Associates, resident Margaret Conolly, Web.com CEO

David Brown and United Airlines CEO Oscar Munoz.

“DEP is proposing this amount in fines to account for the fact that the sand used during these multi-day violations was taken from surrounding beaches,” Miller noted, “harming these economically and environmentally important natural resources. The fine also includes the amount the sand would have cost these homeowners had they brought it in correctly.”

Both the DEP and the homeowners must agree to and sign the Consent Order, and the \$58,625 penalty must be paid by June 22.

In March, the department sent warning letters to Aitken, Conolly, Brown and Munoz regarding sand scraping activity on their beachfront properties. Following a department inspection yielding photographic evidence, the DEP concluded that the homeowners scraped or pushed sand from the existing beach to create a small frontal dune at the base of the original eroded dune. Miller noted at the time that the excavation of sand seaward of the Coastal Construction Control line requires a permit, and these activities must be conducted in accordance with the state’s environmental laws and conditions.

The Recorder was unable to get in touch with any of the homeowners for this story. Any updates or input from the homeowners will be added to the online version of this article at pontevedrarecorder.com

ST. JOHNS COUNTY PARKS AND RECREATION CONSULTANT TO HOST MASTER PLAN UPDATE MEETINGS

St. Johns County is hosting Parks and Recreation Master Plan update community meetings on Tuesday, July 17 at THE PLAYERS Community Senior Center in Ponte Vedra Beach and on Wednesday, July 18 at the City of St. Augustine Beach City Hall.

The meetings are a component of a multi-phase Parks and Recreation Master Plan update process that will

create a more dynamic and diverse parks and recreation system to generate economic, social and environmental benefits. Residents are invited to the meetings to offer feedback regarding St. Johns County Parks and Recreation facilities and services. Both meetings will be held from 6 to 8 p.m.

For more information, call (904) 209-0344.

LETTER TO THE EDITOR

St Johns County would seem to be in an enviable position relative to the rest of the state of Florida. It’s one of the wealthiest counties and has one of longest coastlines in the entire state. So why are we essentially non-existent relative to every other comparable county in terms of local funding for beach renourishment? In fact, virtually nothing has been spent on renourishment for its northern beaches, from Ponte Vedra to Vilano.

Our county spends only about \$775,000 per year on beach renourishment, (according to St. Johns County’s 2017 financial plan), and it is basically all directed to the southern half of its coastline. This compares to a range of \$9 to \$13 million per year for comparable counties. Collier, Monroe, Palm Beach, Lee, etc. have similarly long coastlines and high per capita income levels, yet they spend up to 17 times more than we do on our beaches. This huge disparity is unacceptable. Decades of neglect to our northern beaches has resulted in extreme erosion that is now causing property values to spiral downward and threaten our tax base. Summer Haven and South Ponte Vedra/Vilano are already in a dire state with some property values falling about 50 percent as the beach has disappeared. According to Olsen Associates, Ponte Vedra proper has lost 135 feet of width from its beach since the 1970s, and property values there have started falling by about 10 to 20 percent since the recent hurricanes, according to the St. Johns County Property Appraiser.

The coastline of Florida always provides the lion’s share of the tax base for the rest of the state. How will St. Johns County continue to fund vital services such as our prized school system as property values on its coast continue to fall? Why would tourists come here if there isn’t a beach for them to enjoy?

Our county commissioners have a solid proposal, but not all of them are on board. They are considering raising the bed tax (paid by tourists) from 4 percent currently to 5 percent, which would raise over \$2 million per year for the northern 20 miles of coastline in St. Johns County. The Tourist Development Council voted in favor of this measure. Our proposed bed tax rate would be the same or less than other coastal counties. In fact, Nassau, Flagler and Collier have all raised their bed tax rate within the last year to direct more money toward their beaches. However, our commissioners failed to garner the indication of support needed to affect the increase earlier this year! Commissioners Waldron, Morris and Dean indicated support, while Commissioners Smith and Johns did not.

The commissioners plan to vote on the bed tax increase again in July or August. We urge all of them to vote for the measure and ensure the financial viability of this county for both the near- and long-term. The overwhelming majority of renourishment programs in the state of Florida are locally funded by the bed tax, and the difference in the condition of those beaches versus ours is stark. It makes sense to fund such a critical need for the entire county with monies earmarked for it by Florida statutes — the bed tax. Our commissioners have a choice: tax the tourists now, or tax residents later.

We urge the commissioners to make the right choice.

Lori Moffett, Save Ponte Vedra Beach Inc.

Nease NJROTC named 5th Most Outstanding Unit in nation

By Samantha Logue

Allen D. Nease High School's NJROTC Unit recently added yet another impressive achievement to an already successful year when it was recently selected the fifth Most Outstanding NJROTC Unit in the country by Naval Service Training Command.

The national honor comes on the heels of the program's recent distinction as the Most Outstanding Unit in Area 12, which encompasses 60 schools throughout North Florida and all of Georgia, for the sixth time in seven years.

"It truly (was) a group effort, and the 234 cadets in the unit would not have received this prestigious recognition without the consistent efforts of every cadet, and especially without the guidance of our remarkable instructors," said Cadet Cmdr. Arbelyn Short, Nease NJROTC's outgoing battalion commander. "Earning fifth out of 583 units in the nation is absolutely incredible, and I am so thrilled that our unit was rewarded for an amazing year's long effort."

According to Capt. Scott LaRochelle, senior naval science instructor for Nease NJROTC, the unit's continued success can be attributed to its standard of excellence.

"Nease NJROTC succeeds because its cadets, parents, school administration and instructors set the highest standards, then set about a course to meet those goals through hard work and dedication," LaRochelle said. "We will never be outworked by our competitors. We have one speed,



Photo courtesy of Scott LaRochelle

Nease NJROTC was selected the fifth Most Outstanding NJROTC Unit in the country by Naval Service Training Command.

and that's full speed ahead in all we do."

The selection process for the award, LaRochelle said, involves the compilation of data regarding the unit's activities and earned distinctions throughout the year.

"The 60 schools within Area 12, we all submit what's called an End of Year Report," LaRochelle explained. "We submit that to our Navy area manager, and he goes through the validations and makes sure the

reports are accurate. He makes the choice and he chooses the No. 1 unit in Area 12."

Following each of the area managers' decisions, the top five Most Outstanding Units in the nation are selected by Naval Service Training Command in Pensacola. For NJROTC Area 12 Manager and retired Cmdr. Rustie Hibbard, Nease NJROTC stood out from the pack for its persistent commitment to excellence.

"The most remarkable aspect of their success is the extended timeframe it covers, which has included changes of instructor leadership and school administrations," Hibbard noted. "This consistency is a true tribute to the dedication of the instructor team and the commitment of the cadet corps as a whole. They are

NEASE continues on Page 7

PVHS student serves as Youth Governor at State Assembly event

By Benjamin Naim

Daniel Kessler, a 2018 graduate of Ponte Vedra High School, recently served as youth governor for the Florida YMCA Youth in Government State Assembly event in Tallahassee.

The Florida YMCA Youth in Government program offers middle and high school students an opportunity to build leadership skills and learn how the government operates. The State Assembly event, which was held April 11-14 is designed to familiarize students with the organization and roles involved with Florida's governmental process.

Kessler's role as youth governor required the Ponte Vedra High School graduate to hear bills and sign or veto them. Around 850 delegates from around the state congregated for the event and presented legislation to other members of "congress."

"The most challenging aspect wasn't even at State Assembly, but more so leading up to the event," Kessler said. "I was responsible for leading weekly calls with my other presiding officer and just figuring out the dynamics of how teams in general



Photo courtesy of Dalton Agency

Daniel Kessler, a 2018 graduate of Ponte Vedra High School, recently serves as youth governor for the Florida YMCA Youth in Government State Assembly event in Tallahassee.

work and how effort is put into assignments. It was difficult for me at first."

As youth governor, Kessler also led youth relations with the public, press, radio and television; studied parliamentary

procedures, the legislative process and the executive branch; presided over cabinet meetings; hosted the Governor's Banquet & Ball and more.

Kessler said the Youth in Government

program helped him view civil engagement in a different way. Through his involvement, Kessler learned that local representatives maintain an open line of communication with the public so both sides can solve problems.

"The most important thing I learned was to rise for anything that you think is important," Kessler said. "Once you learn that skill you can truly impact the world around you."

Additionally, Kessler said the program made him more optimistic about the way government works and where it's heading.

As for his future, the self-professed "government nerd" will be attending the University of Richmond. The soon-to-be UR Spider is unsure if his interest in the governmental process will lead him to a career in politics or an elected position — but he wants to make an impact in his chosen field.

"I am pretty confident that somehow my job or career will revolve around politics or psychology or economics or law or writing or something of that nature," he said.

For more information on the Florida YMCA Youth in Government program, visit www.floridayig.net.

Sharon Prince has worked as a staff nurse at Ponte Vedra Plastic Surgery for 12 years. She is currently in the process of transitioning to the role of nurse practitioner.

Sharon Prince

Can you please briefly tell us about your background?

I was born and raised in Arkansas. I graduated with my Bachelor of Science in Nursing from Arkansas State University in 1992. I have been married for 26 years, and we have two sons, Austin, 21, and Jason, 18. In 2003, we decided to move here from Springfield, Missouri because my husband Derek purchased the Bogey Grille. Also, we have family here and wanted to be closer to them. In 2015, I decided to further my education and get a master's degree as a nurse practitioner.

What has your journey been like with Ponte Vedra Plastic Surgery?

During my 12 years of working at Ponte Vedra Plastic Surgery, I have worked closely with the surgeons, which has allowed me the opportunity to learn and truly grow as a healthcare provider. It has also given me a better understanding of patient care by developing sincere patient relationships. I started working for the practice in 2006 as a staff nurse, working in the clinic and in the operating room. When I decided to go back to school, I chose an online school so I could continue to work full-time. It was challenging to work while attending graduate school, but it was well worth it in the end. I graduated May 6 with a master's degree as a family nurse practitioner, and since passing my board certification, I am in the process of acquiring my Florida state licensure. In addition, I'm currently training to transition into a nurse practitioner role, which includes administering neuromodulators, dermal fillers and performing interventional facial rejuvenation therapies using hybrid lasers and intense pulse light modalities. I'm extremely grateful that Ponte Vedra Plastic Surgery has offered me the position, and I'm very happy to stay with the same company I've been with since 2006. Since it's one of the largest cosmetic practices in the Southeast, I know I will receive the best training and experience to excel in the aesthetic field. The practice ensures high quality patient care and customer service, and I'm honored to be part of the team.

What's your proudest moment in the 12 years that you've worked at the practice?

I did not go to my recent college graduation because it was in St. Louis, and I wanted to use my time to study for the board certification exam. So, my coworkers, along with my husband, threw me a surprise commencement party. It was amazing; I wore my cap and gown as everyone cheered for me. Dr. Hickman gave a wonderful commencement speech, and the other doctors also had very kind, encouraging words for me. We then continued the celebration at the Bogey Grille of course!

What's something about the plastic surgery field that people don't know or understand?

I don't think people realize how technical and methodical plastic and reconstructive surgery can be. Our surgeons are very skilled, and they approach every patient as a unique individual. Plastic surgeons have an artistic quality, and tissue is their canvas. Living here in Florida, skin cancer is very prevalent, and many times I have witnessed how our surgeons repair and rebuild delicate areas of the face after a cancerous lesion has been removed to help the patient return to a level of normalcy. Our nurse practitioners have years of experience and extensive training to help patients achieve their non-surgical aesthetic goals. Also, they continue to research and learn about new enhancement techniques to provide the most effective surgical and non-surgical treatments for the patients.



Photo by Jon Blauvelt

What do you like to do in your free time?

Now that I have free time again, I enjoy long walks with my dog, spending time with my family and friends and being involved with church activities. Eventually, I would like to volunteer as a nurse practitioner at one of the local healthcare clinics that serves those in need. Like most people, I also enjoy traveling and would like to explore more of our own country. Even though I grew up in Arkansas, I never went to the public diamond mine in the central part of the state; this is one of the things on my travel bucket list.

What do you enjoy most about living and working in this area?

I love living in a coastal environment. The First

Coast exudes a sense of relaxation that is present even after a long day at work. Kicking off your shoes and putting on a pair of flip flops is very therapeutic. Working in this area, I have met many patients who have relocated here just like me, and I enjoy hearing their stories. Everyone has a story to tell, and listening to them tell it enriches my life. I learn so much from others. One way I meet people through work is when I represent Ponte Vedra Plastic Surgery at local events such as the DONNA, THE PLAYERS Championship, McKenzie's Run, etc. Ponte Vedra Plastic Surgery is not just a job for me; it is a family and a connection to our wonderful community.

Edited by Jon Blauvelt

Nease

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a nationally-recognized program for that very reason.”

Even with this national distinction under the unit’s belt, however, LaRoche confirmed that Nease NJROTC’s drive for excellence will not be letting up any time soon.

“Our goal isn’t to be one of the top programs in our area,” he said. “Our goal every year is to be the No. 1 program in our area, and then from there, our goal is to be the No. 1 program in the nation. And I don’t think those goals are born out of arrogance. We’ve got a work ethic, we’ve got a mindset and we’ve got a bunch of cadets that like to work hard, are motivated and engaged, and with each taste of success that they get, they’re inclined to work harder for it.”

Specifying marksmanship and orienting as areas for improvement, LaRoche said he is already looking ahead, planning ways to incorporate this year’s lessons learned into next year’s training.

“At the end of the day, it’s really (about) work ethic,” he said. “If a cadet puts the time, the effort and the energy in, success is going to follow, but we’ve got to keep the kids motivated.”



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About Dr. Camarda & Camarda Wealth
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Magazines** "Top 250 advisors" in the US, and one of Forbes* "Best in State Wealth Advisors" for Florida. His advice has been featured in the Wall Street Journal for years, and he's been quoted as a financial expert in the national press for decades. Barron's* has called advisors like Jeff "the best people in the business" and "truly great financial advisors" and says that they are "accepted in the industry" as the "top 1%" who set "the highest standards of their profession." Forbes says it "scours... financial services industry" and has "uncovered great advisors" like Camarda "that are leading the way" and apply "best practices" to deliver a "high-quality experience for clients." Camarda's completed the CFP®, ChFC®, CLU®, CFS® and BCM™ designations**, and currently holds the CFA® investments expert and EA tax expert designations, as well as graduate degrees in financial planning, including a PhD in Financial and Retirement Planning. Dr. Camarda has written hundreds of articles and dozens of financial reports, whitepapers, and guides, and founded Wealth Education Radio. He is also an award-winning academic researcher into advisor competence and ethics. Camarda Wealth is A+ rated by the Better Business Bureau and has offices in Ponte Vedra Beach and Fleming Island.

Dr. Camarda's Weekly Wealth Nugget

MARKET CRASH STRATEGIES

Attention, stock market investors! Lots of folks are wondering if the stock market's ready for a tumble. Interest rates are going up, the markets seem expensive or worse, and volatility is back with a vengeance. If a bear market's coming, your wealth could be facing risks you may never recover from. We all remember the crashes of 2000 and 2008, and it's been almost 10 years since the last one. On top of that, bond prices drop with rising rates, so many investors could face a double whammy of value loss. Do you need to take proactive risk control measures now before it could be too late? Get my FREE Investors 9 Dangers report to find answers, or even better book a FREE portfolio stress test with me and the Camarda team. But don't wait till it may be too late! We stay busy, so call soon!

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Respected local educators endorse Kelly Barrera's re-election bid for District 4 School Board seat

Three respected local educators have endorsed Kelly Barrera's bid for re-election as the District 4 representative on the St. Johns County School Board.

Former Jacksonville University President Dr. Frances Kinne, Project SOS founder Dr. Pam Mullarkey Robbins and former St. Johns County educator Dr. Christine Arab all endorsed Barrera, who is seeking her second term on the school board.

"As an educator over many decades, it is always exciting to me to identify a talented supporter of education," said Dr. Kinne, chancellor emerita of Jacksonville University. "From the very beginning, (Barrera's) leadership has been outstanding."

Kinne said Barrera's background in business management was an asset to the school board, and praised her ability to respond to the growth being experienced by the St. Johns County schools. In her time

on the school board, Barrera has overseen the construction and opening of three new elementary schools. Two new K-8 schools are also currently under construction.

"The St. Johns County School Board is very fortunate to be blessed with the involvement of Kelly Barrera," Kinne said.

Those sentiments were echoed by Mullarkey Robbins, who founded Project SOS to teach critical life skills to St. Johns County students.

"Kelly's degree in business has helped her oversee a \$315 million annual school district budget for the past four years," she said. "By prioritizing the classrooms, she has helped St. Johns County become a national leader in allocating 97 percent of the annual budget into schools with only 3 percent going to administration.

"Students are always Kelly's first priority — whether it is their school safety, academics, character, vocational skills or mental and emotional health," Mullarkey

Robbins continued. "Kelly is and always will be a champion for the students."

Dr. Arab noted that she had worked closely with Barrera on the Schultz Board, a nonprofit that provides professional development to Northeast Florida educators.

"In my role as chair of the Schultz Board, I have found Ms. Barrera to be an educator, a leader and an exceptional public servant," she said. "As a former educator in St. Johns County, I am well acquainted with the work of the school board and the extraordinary effort it takes to represent all of the county's students with integrity and honesty. I confidently endorse Kelly Barrera for election to another term...."

Barrera said she was humbled to receive the educators' endorsements.

"To receive the support of such well-respected, strong women educators is immensely gratifying," she said. "I appreci-

ate the confidence they have shown in my service and my leadership."

The endorsements by Kinne, Mullarkey Robbins and Arab follow Barrera's recent endorsement by former St. Johns County Schools Superintendent Dr. Joseph Joyner. Under his leadership, St. Johns County was routinely ranked as the top-rated school district in the state of Florida.

"There is no question in my mind that the re-election of Kelly Barrera is essential to the continued success of the St. Johns County School District," Joyner said in his endorsement. "I have worked with many board members in my 40 years in public education and Kelly Barrera is one of the finest."

A graduate of Jacksonville University, Barrera and her husband, Gil Barrera, are the parents of two adult children. They have been Ponte Vedra Beach residents for more than 25 years. For more information on Barrera, visit www.kellybarrera.com.

STEVENSON HOSTS EVENT IN SUPPORT OF RE-ELECTION BID FOR STATE REPRESENTATIVE



Photo by Susan Griffin

Rep. Cyndi Stevenson (fourth from left with sign) gathers with her supporters at a campaign event held at Nona Blue last Thursday, June 14. Stevenson is running for re-election as the District 17 representative for the Florida House of Representatives.

LOCAL ROTARY CLUB DONATES \$15,000 TO KIPP

Rotary Club of Ponte Vedra Beach President Billy Wagner presents KIPP Jacksonville Schools Manager of Development Stephanie Salustro with a check donation for \$15,000 at the club's meeting last Thursday, June 14 at Marsh Landing Country Club.

Photo by Jennifer Logue



LOCAL BOYS RECEIVE EAGLE SCOUT AWARDS



Photo courtesy of Beverly Flanagan

Boy Scout Troop 15 members Jacob Parkulo (from left) of Ponte Vedra Beach and Michael Flanagan of Atlantic Beach stand proudly after receiving their Eagle Scout awards on Saturday, May 26 at St. Paul's Catholic Church in Jacksonville Beach.

Nocatee Happenings

New neighborhood coming to Twenty Mile in winter 2018

The Colony at Twenty Mile is joining Nocatee's Twenty Mile collection of neighborhoods in winter 2018.

The neighborhood will feature one- and two-story single-family homes ranging from 2,450 to 3,800 square feet of living space. David Weekley Homes, Providence Homes and ICI Homes will

offer new homes starting in the high \$300s. Model homes are projected to open in winter 2018.

Located in St. Johns County, The Colony at Twenty Mile will be a short bike ride or golf cart ride away from Twenty Mile Post. For more information, visit www.nocatee.com.

Tidewater at Nocatee townhome grand opening

A grand opening event will be held Saturday, July 7 to showcase the three-story townhomes in Tidewater at Nocatee.

To be held from 11 a.m. to 1 p.m. at 108 Tidecrest Parkway, the event will provide attendees with more informa-

tion about Tidewater, which also offers two-car garages and access to a private amenity center, pool and clubhouse, as well as access to Nocatee Community Park and proximity to the Nocatee Town Center. These townhomes start in the low \$300s. For more information, visit www.nocatee.com.

OBITUARIES

Peg Mulhern

Peg Mulhern, 97, died June 19, 2018, from injuries suffered as a result of a fall. Born Mary Margaret Nessler on Dec. 14, 1920, in Monongahela, Pennsylvania, she was a graduate of Monongahela High School and Carnegie Tech Business College.

In her youth, she was a star gymnast, accomplished pianist and the Pennsylv-



Peg Mulhern

ania State High School tennis champion in 1935. She later resided in Flushing, New York, and Ridgewood, New Jersey, where she was a member of Our Lady of Mount Carmel Church; the Indian Trail

Club in Franklin Lakes, New Jersey; and Arcola Country Club in Paramus, New Jersey. She moved to Ponte Vedra Beach, Florida, in 1979.

She is past president of the Ponte Vedra Beach Women's Club and played on the Ponte Vedra Club ladies' tennis and golf teams, scoring two holes-in-one while participating in the latter. She also held private classes in water aerobics, was an avid bridge player and an active member of Our Lady Star of the Sea Catholic Church, the Carlyle Book Club and a supper club, and was a regular attendee at the Ponte Vedra Club's Friday evening Happy Hour. Famous for her jacket collection, she was always easy to spot in a crowd.

A three-time cancer survivor, she lived her life to glorify God. Her most famous quotation was, "As long as you do the right thing."

She is predeceased by her husband, World War II 1st Lt. James Anthony Mulhern, and son, James Anthony Mulhern Jr. She is survived by six children: Michael (Joyce), Gerie (Richard) and Daniel (Devan), all of Ponte Vedra Beach; Patricia (Kathleen) and Margaret Mary "Maggie" (Stephen Becker) of Franklin Lakes, New Jersey; Matthew (Mary Anne) of Lincoln Park, New Jersey; 14 grandchildren and 12 great-grandchildren.

Her ashes will be interred in the columbarium at Our Lady Star of the Sea Catholic Church, and a celebration of life memorial service for friends and family will be held at a date to be announced.

Jose Azevedo

Jose O. Azevedo, 88, of Atlantic Beach, died June 6, 2018. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Cameron Bell

Cameron R. Bell, 18, of Atlantic Beach, died June 9, 2018. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Robert Berner

Robert L. Berner, 90, of Jacksonville, died June 8, 2018. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Patricia Braden

Patricia Anne Braden, 76, of Jacksonville, died June 8, 2018. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Steven Creekmore

Steven W. Creekmore Jr., 92, of Ponte Vedra Beach, died June 10, 2018. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Dennis Ferguson

Dennis Ferguson, 68, of Jacksonville Beach, died June 6, 2018. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Tony Gerardo

Tony Gerardo, 77, died June 11, 2018. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravally.com.

Gary Healy

Gary M. Healy, 62, died June 8, 2018. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravally.com.

Gregory Hickson

Gregory Richard Hickson, 35, died June 9, 2018. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravally.com.

Ruth Martin

Ruth K. Martin, 94, of Saint Johns, died June 9, 2018. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.


OBITUARIES continues on Page 10

WHY I SERVE

Featuring Wounded Warrior Project

ANDREW COUGHLAN

In this edition of Why I Serve, the Recorder sat down with U.S. Army veteran Andrew Coughlan to discuss his time serving in the military during the Iraq war, his advice for aspiring recruits, how the experience impacted him and more. Coughlan is a recipient of the Courage Award, which is given to a warrior, family member or caregiver who embodies the core values of Wounded Warrior Project. The full version of this feature is available online at www.pontevedrarecorder.com.




Baghdad. Everything from the presence patrols in villages to seeking out the terrorists and counter IED patrols.

Why did you serve?
I was a senior in high school and 9/11 happened. That was really a deciding factor for me. I've always had an interest in the military, my grandfather served in World War II, I had some uncles that served and my brother was already in the Air Force. But 9/11 happened and I felt like it was my duty to serve.

What was your job in the military?
I was an infantryman and light machine gunner. When I was deployed, we conducted combat operations south of

A special series featuring



www.woundedwarriorproject.org



WEDDINGS

Young-Bambach

Ashley Young and Philip Bambach were married April 28, 2018 at the Jacksonville Zoo & Gardens, Range of the Jaguars in Jacksonville with Neil Heffelbower officiating.

The bride is the daughter of Mrs. Ronald (Tamara) Renuart and Mr. Patrick Young, both of St. Johns County. Ashley is a graduate of Florida State University with a bachelor's degree in criminology. She is employed by the Florida Department of Law Enforcement as a crime intelligence analyst.

The groom is the son of Dr. and Mrs. Dennis Bambach of Dublin, Ohio. He is a graduate of Florida State University with a master's degree in geology. He is employed at a private sector environmental engineering firm.

After a honeymoon to Costa Rica, the couple is residing in Tallahassee.



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LEE ANN WOMACK SEPTEMBER 21	IRIS DEMENT w/ PIETA BROWN DECEMBER 8
HERE COME THE MUMMIES SEPTEMBER 22	A PETER WHITE CHRISTMAS w/ RICK BRAUN & EUGE GROOVE DECEMBER 11
COMEDIAN LOUIE ANDERSON SEPTEMBER 27	DONNA THE BUFFALO DECEMBER 29
RICKIE LEE JONES w/ ANDERS OSBORNE SEPTEMBER 29	AN EVENING WITH COMEDIAN ROBERT KLEIN JANUARY 20, 2019
DELBERT MCCLINTON OCTOBER 5	INDIGO GIRLS FEBRUARY 9, 2019
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Obituaries

Continued from 9

Catherine McQuade

Catherine Lorraine McQuade, 95, died May 28, 2018. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalle.com.

Jeffrey Rabin

Jeffrey Irwin Rabin, 74, died June 7, 2018. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalle.com.

Louis Skogen

Louis "Louie" Ole Skogen, 73, died June 2, 2018. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalle.com.



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GRADUATION

Copenhaver

Sisters Amanda Copenhaver Moale and Jenna Copenhaver obtained graduate degrees this spring.

Jenna earned her master's in international business from the University of Florida. She is a 2014 graduate of Ponte Vedra High School and

2017 graduate of UF.

Amanda earned her M.D. from the University of South Florida Morsani College of Medicine and has relocated with her husband, Ryan Moale, Pharm.D., to Baltimore, Maryland, to John's Hopkins for her internal medicine residency. She is a 2010 graduate of Ponte Vedra High and 2014 graduate of UF.



Amanda Copenhaver Moale



Jenna Copenhaver

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REVIEW

Alhambra summer show kicks off with a 'Bang Bang'

Stage version of '60s film features incredible flying car

By Samantha Logue

Steven Spielberg may have been wrong about flying cars being a commodity by 2015, but the Alhambra Theatre & Dining certainly doesn't seem to have received the memo.

Last week, the dinner theater kicked off the summer season by premiering its family-friendly production of "Chitty Chitty Bang Bang," and to the audience's amazement, there was indeed a "flying" car.

With music and lyrics by brothers Richard and Robert Sherman and book by Jeremy Sams, the stage production of "Chitty Chitty Bang Bang" is based on the original 1968 motion picture, which was in turn loosely based on the 1964 novel by James Bond creator Ian Fleming. The movie, which starred Dick Van Dyke and Sally Ann Howes, was nominated for an Academy Award in the "Best Original Song" category.

Set in early-20th-century England, the "phantasmagorical" musical centers on the family of inventor Caractacus Potts, who finds a way to transform an old race car into a floating, flying machine. Unfortunately, the wondrous car catches the attention of the tyrannical Baron Bomburst of Vulgaria, and suddenly the heroes are swept up in the middle of a nefarious plot



Photos courtesy of the Alhambra Theatre & Dining

"Chitty Chitty Bang Bang" is running at the Alhambra Theatre & Dining through July 29.

culminating in a dangerous rescue attempt.

Although the prop car built by Alhambra staff does not literally fly, it comes

awfully close. With the help of advanced machinery and fantastic illusory work, the car and its passengers do in fact soar

above the stage, and it is definitely a sight to see.

While, as always, the entire Alhambra cast performed well, the true stars of the show (aside from the car, that is) proved to be youngsters Trey Murphy and Tatum Matthews. The two 9-year-olds were "truly scrumptious" in their respective portrayals of Jeremy and Jemima Potts. Never missing a beat, both Murphy — making his Alhambra debut — and Matthews — boasting previous Alhambra credits in "Annie" and "Show Boat" — impressed all with their clear musical and acting talents.

One other performance of note was that of Pierre Tannous as the Child Catcher. Those who first experienced the film version of "Chitty Chitty Bang Bang" when they were kids will readily recall the terror instilled in their hearts by Robert Helpmann's unnerving portrayal of the character. That terror, unsettling as it was, does not even begin to compare with that which Tannous inspires, and I would encourage all fans of the original movie to witness his take on the role.

Rife with catchy tunes, incredible props and kid-friendly fun, "Chitty Chitty Bang Bang" will run at the Alhambra through July 29. Snatch up tickets while you can.

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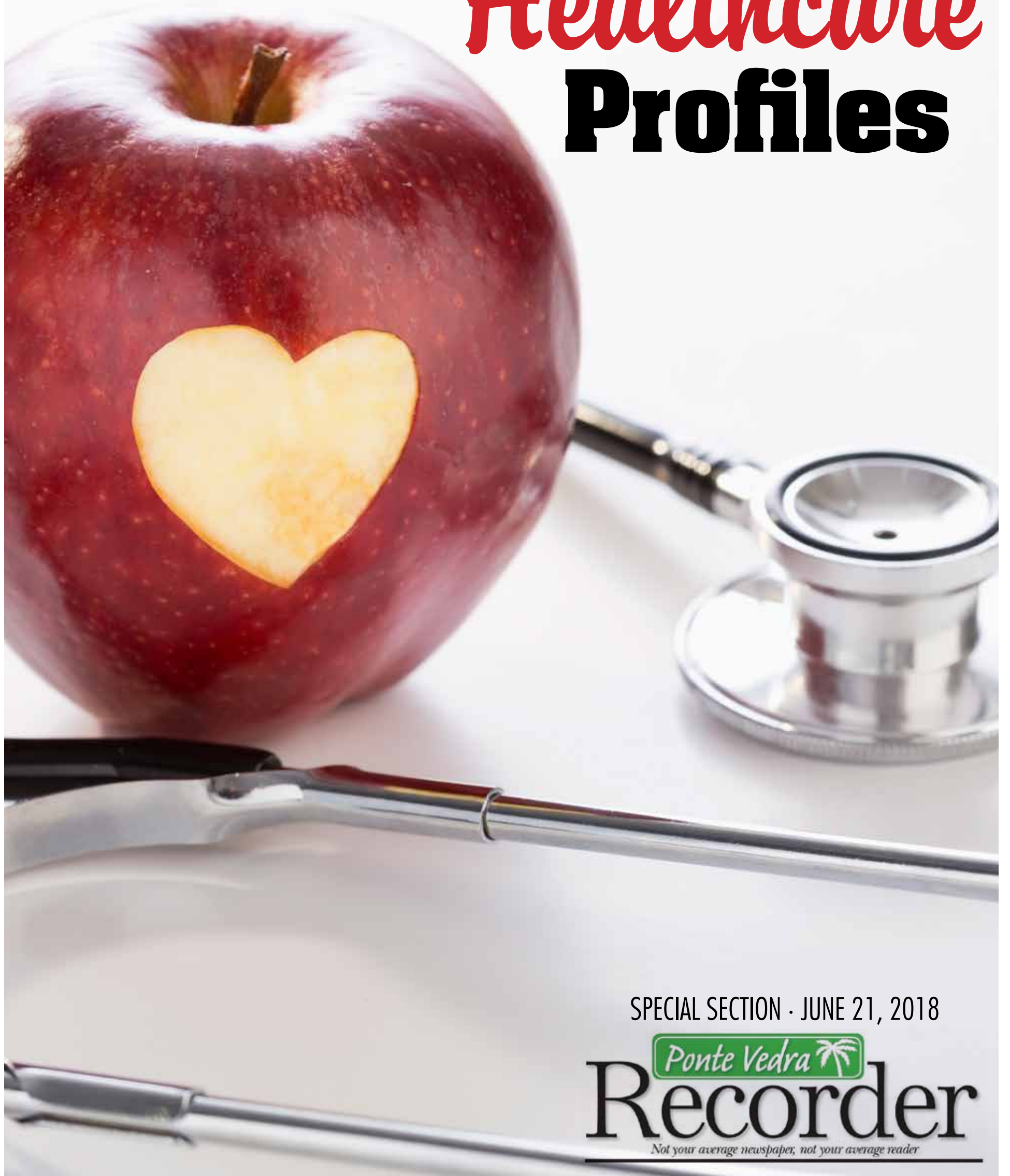
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Healthcare Profiles



SPECIAL SECTION · JUNE 21, 2018

Ponte Vedra 
Recorder
Not your average newspaper, not your average reader

Sears family celebrates 100 years of dentistry on the First Coast

By Jon Blauvelt

The Sears family celebrated the centennial of their dental practice last week with friends and family at a party held at the practice's office in Ponte Vedra Beach.

Held Thursday, June 14, the event featured live music and food, and allowed the family the opportunity to interact with several of their patients from over the past 100 years.

"This celebration is about y'all," Dr. Don Sears said at the celebration. "Every day as we wander the halls of our office and we see you guys, we have a very deep sense of gratitude. Today, we really have it, and it's wonderful. We love you guys."

The family dentistry started in 1918 when Don's father, Dr. Andy Sears, moved to Jacksonville after World War I and established the practice downtown. In 1938, Andy purchased the family's house on Duval Drive in Jacksonville Beach — which was then part of Ponte Vedra Beach — and commuted to the practice's various downtown locations over the years. His sons, Don and Wally, joined the practice, as well as Don's wife, Kim, and they ultimately moved the business to Ponte Vedra Beach in 1992. Dr. Kane Sears, the son of Don and Kim and the third generation of Sears dentistry, joined the practice in 2016 after graduating from the University of Florida's College of Dentistry.

"I feel honored to walk into this practice," Kane said. "When I walked in here, I met friends and patients, just because my last name was Sears. That doesn't mean anything about me. That means something about my family, my grandfather, my uncle and of course my parents."

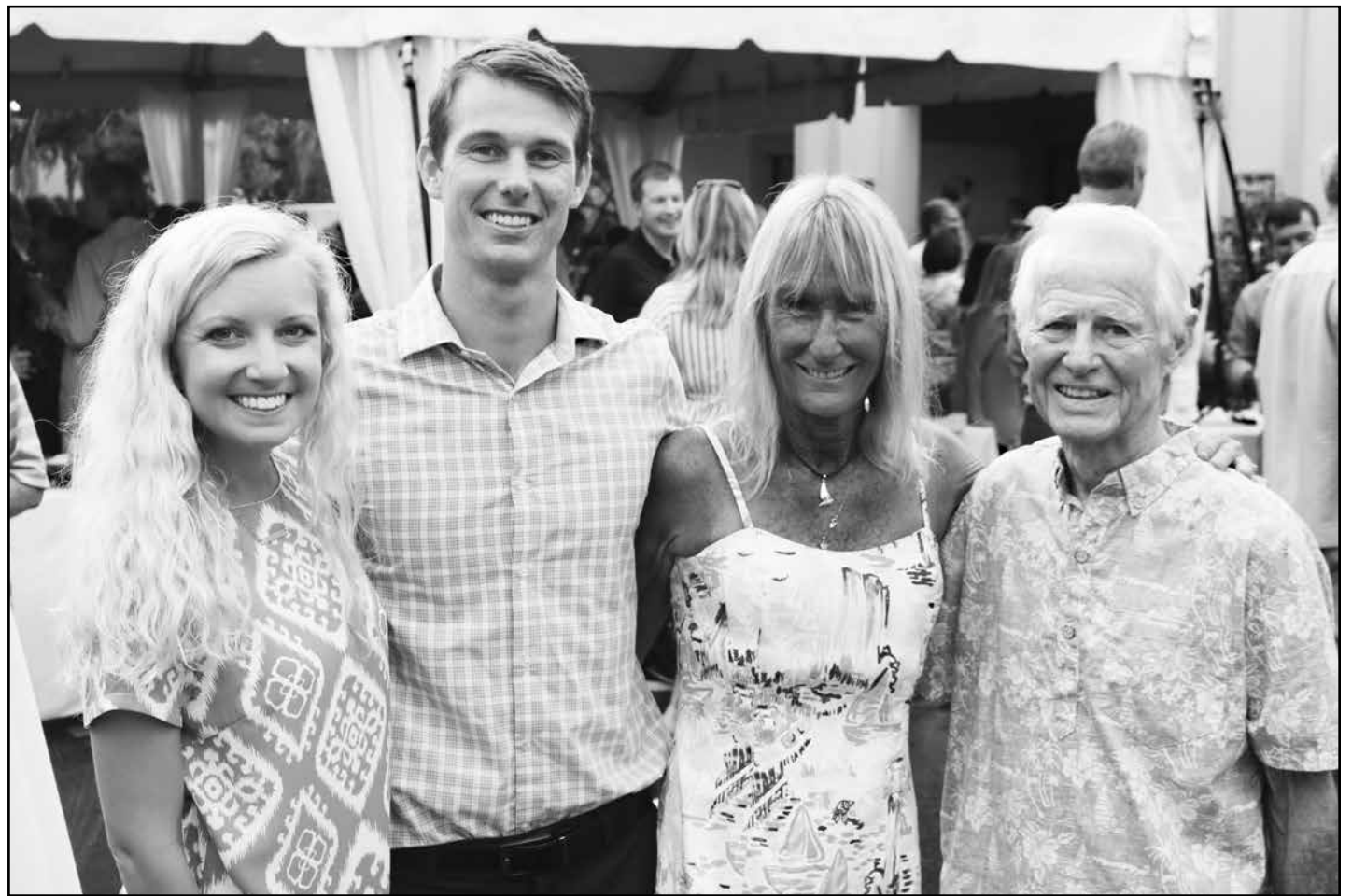
According to Kane, the "secret sauce" for staying in business this long is simple.

"You treat them like a person, not a patient," he said. "These aren't patients anymore. They're friends. They're not colleagues or referral bases. They're friends. That's pretty cool for me."

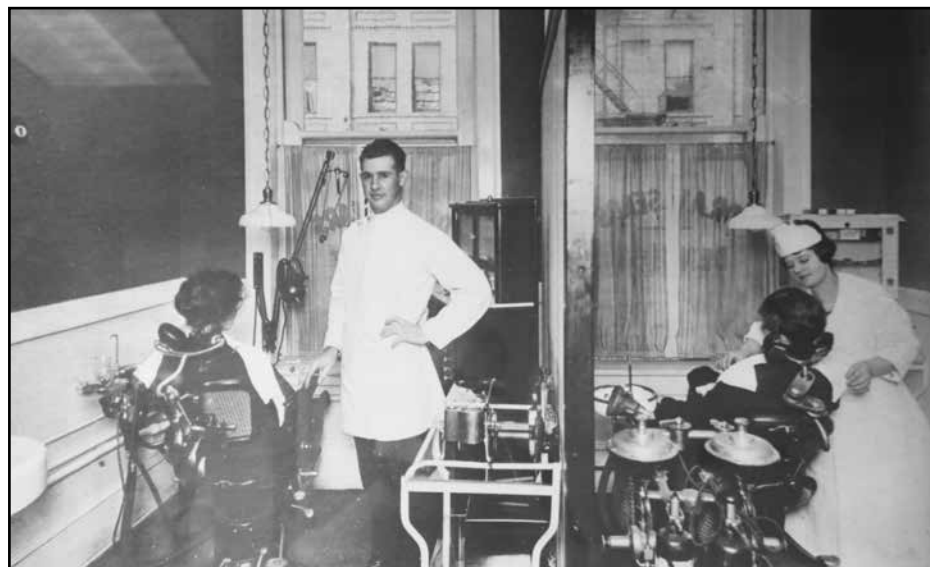
Kim added that family values, integrity and honesty are important to the practice's sustained success. She also noted that the office has treated patients at any time of the day or night if they're in need.

"We get up at any time of day," she said. "We care, and we go down to that office."

Over time, the Sears family has seen multiple generations of families on the First Coast. Kane said one of his patients has a grandmother who came to the practice and now a child who is a patient,



Elizabeth, Kane, Kim and Don Sears gather at the family's celebration of their dental practice's centennial on June 14 in Ponte Vedra Beach.



ABOVE: A photo in the family's office shows practice founder Dr. Andy Sears working in his office.

RIGHT: Gate Petroleum founder Herb Peyton discusses being seen by three generations of the Sears family over the past several decades.

Photos by Jon Blauvelt

spanning four generations altogether. He's even seen several people who used to see his grandfather, such as Gate Petroleum founder Herb Peyton, who said at the party that Dr. Sears pulled his wisdom teeth when he was 16.

"They're telling me stories about how valiant of a man he was," Kane said. "I'm seeing his work and his effect on people years later, which is pretty amazing."



A musician entertains those in attendance of the centennial celebration.



A spread of food was offered to attendees of the event.

Since the Sears' arrival to the First Coast, the family has also been deeply immersed within the community. During the celebration, Don noted that his father was the second president of the Ponte Vedra Community Association. Now, Don is active in the Rotary Club of Ponte Vedra Beach and Kane in the Beaches Rotaract Club. The family also founded an annual summer surf camp for children with

autism, which this year will be held June 26-27 in Neptune Beach.

"This is our home," Don said. "This is a special place, and it's a blessing to be here."

"This whole thing started with our friends and relatives," Don continued. "We're trying to keep the place going. You all have made it happen. We indeed have something to celebrate today."

Baptist Beaches unveils new, high-tech Wilson Farrell Surgery Pavilion

By Samantha Logue

Baptist Medical Center Beaches celebrated the completion of its new Wilson Farrell Surgery Pavilion Tuesday, June 12 with a ribbon-cutting and open house for those who played a key role in making the hospital's surgery center renovations possible.

"We're here to celebrate the new surgical pavilion — the Wilson Farrell Surgical Pavilion — but more importantly, we're here to celebrate the Beaches community," Baptist Beaches President Joe Mitrick said. "We take pride in serving the residents of the Beach, and this facility's going to enable us to carry out our mission to make sure you have the resources here that you need to be cared for."

Attended by local officials and hospital donors and staff, the VIP reception offered attendees the opportunity to explore the new facility and its various improvements on guided tours.

"I was the administrator of this hospital in 1988, when it had 82 beds and more or less than 200 team members, and there are few people (who) remember that, that are in the room," said Hugh Greene, president and CEO of Baptist Health.

Joking that it "used to rain" in the hospital's old operating rooms, Greene added, "There is no way for people who were not here to understand the transformation of this facility over the last 30 years."

With 19 private patient rooms, 12 recovery rooms and seven "smart" operating rooms, the new surgery pavilion offers much in the way of advanced technology. One of the facility's more noteworthy additions is its new da Vinci Surgical System, a robotic system that facilitates complex surgeries with a precise, yet minimally-invasive approach.

Made possible by what Greene described as the "single largest gift ever given to Baptist Beaches," the new facility was named in honor of donor Pat Wilson, whose mother's maiden name was Farrell, and her late husband, J. Tylee Wilson, who also played a philanthropic role in the growth and development of Baptist Beaches in life.

"I am here today to pay tribute to this remarkable man, who lived an incredible life," Wilson said of her late husband. "I really regret he's not here to dedicate this wonderful Wilson Farrell Pavilion. ... It represents his vision of providing future generations with this state-of-the-art facility close to everybody's home in our community hospital. We're fortunate to be able to give this great gift to Baptist Beaches, but it was the right thing for us to do."



ABOVE: Local officials join with hospital staff and donors for a ceremonial ribbon-cutting at Baptist Medical Center Beaches' new Wilson Farrell Surgical Pavilion.



LEFT: Baptist Health CEO Hugh Greene thanks donor Pat Wilson for her generous gift.

BELOW: Baptist Beaches President Joe Mitrick speaks at the VIP reception.

Photos by Samantha Logue



A hospital staff member explains the benefits of using the surgery center's new da Vinci Surgery System for minimally-invasive procedures.



Baptist Medical Center Beaches' new Wilson Farrell Surgical Pavilion features advanced technology, including high-definition monitors.

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Healthy ways to relieve stress throughout the day

Stress affects people from all walks of life, and the causes of stress are as varied as the people it afflicts.

In its 2017 Stress in America™ survey, the American Psychological Association (APA) found that the three most common sources of stress were the future of the nation (63 percent), money (62 percent) and work (61 percent). According to the National Institute of Mental Health, routine stress that becomes chronic can result in a host of negative side effects. Such stress can suppress the immune system, disrupt digestion and have an adverse effect on sleep. But men and women who feel stressed at the end of each day need not resign themselves to sleepless nights and/or weakened immune systems. A proactive approach to alleviating stress during the day can help men and women reduce their stress levels and avoid the negative side effects associated with chronic stress.

■ **Walk away.** The APA notes that taking a break from a stressor is one of a handful of healthy techniques that research has indicated is a successful way to reduce stress, both in the short- and long-term. If a project at work is proving especially stressful, step away for a short period of time to do something else. Avoiding the stress entirely,

especially if it's a work project or a bill that must be paid, is not the answer. But a short break from the stressor can provide a new perspective and time to calm down.

■ **Meditate.** When stressed out, men and women should not discount the potential benefits of meditation. Researchers from Johns Hopkins University examined more than 19,000 meditation studies, ultimately concluding that mindful meditation can ease stresses like anxiety, depression and pain.

■ **Find time to exercise.** The APA notes that research continues to support the notion that exercise is as beneficial to the mind as it is to the body. Exercising several days per week is especially beneficial to mind and body, but even 20-minute exercise sessions in the midst of stressful days can help people combat stress for several hours afterward.

■ **Delegate more.** Work is the third-leading source of stress among Americans. Men and women who feel overworked may benefit by delegating more tasks during their days or simply stepping back and taking on less work. The potential effects on your career of taking on less work will likely pale in comparison to the toll chronic stress takes on your body.

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The health benefits of moving naturally



Dr. Erika Hamer
Guest Columnist

By Dr. Erika Hamer
Special to the Recorder

Even though we live near the beach and have access to golf, tennis and hiking, among other outdoor activities, our busy lives seem to keep us from taking advantage of the

natural beauty and resources our communities provide.

In addition, some of our greatest achievements in modern living have made it more challenging for us to truly connect with the natural world and realize our true health potential. We sit at desks all day or spend the day driving to and from activities and neglect our own need to get up and out to use the full scope of our physical abilities. When we neglect our need for activity, the result can be a compromise of function in our limbs, spine, joints and overall health.

Consider “Green Exercise.” Green exercise is the name given to physical activity performed in nature. Both physical activity and exposure to nature affect health in a positive way. Studies published in the International Journal of Environmental Health Research have concluded that there are distinct synergistic health benefits that occur when these unique factors are combined, and that green exercise has important environmental and public health consequences. In addition, green exercise (including activities such as walking, cycling and boating) helps boost self-esteem and reduces anger, confusion, depression and anxiety. Exercise

performed according to green exercise principles is intended to improve your strength, fitness, mood and physical, mental and spiritual health.

Natural skills and movements

Natural skills and movements can be divided into two principle categories: movements that involve locomotion and movements that involve manipulation. Walking, running, crawling, jumping, swimming and climbing are all examples of locomotive skills, whereas key manipulative skills or movements include catching, carrying, lifting and throwing, among others. Our ancestors had to be adept at many of these natural skills, as they used them in their day to day lives. Today, few people, except for children, engage in this wide range of activities, to the detriment of our musculoskeletal well-being. Inactivity is a major factor in reduced joint range of motion and joint health, including spine function and health.

The restorative power of nature


Performing natural skills in the natural world is a powerful way to combat or prevent chronic musculoskeletal problems and pain but simply spending time in nature is, by itself, an effective way to develop better health. Studies have shown that the restorative effects arising from experiences in nature are greater than those arising from vacation experiences in urban environments or situations involving simple passive relaxation.

Engaging in active play in the natural world is a powerful way to restore physical health, but green exercise positively

HAMER continues on Page 23

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Thursday, June 21	Friday, June 22	Saturday, June 23	Sunday, June 24
<p>Farm Swap & Music Jam Enjoy music from local musicians while shopping for farm-fresh produce at the Florida Agricultural Museum June 21 from 8 a.m. to 1 p.m. The event will feature musicians, singers and songwriters of folk, bluegrass, old time, fiddle, country and blues, along with vendors offering fruits, veggies, honeys, jellies, nuts, arts and more. The Farm Swap & Music Jam will take place at 7900 Old Kings Road N. in Palm Coast. Visit www.floridaagmuseum.org for more information.</p> <p>Yoga for Survivors The Y Healthy Living Center at the Ponte Vedra YMCA will host a Yoga for Survivors class June 21 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>Dinner and a movie Join the Council on Aging June 21 at 4 p.m. for dinner and a movie. Admission costs \$15 for River House members and \$20 for non-members. In addition to dinner, guests will receive a soft drink and popcorn. Beer and wine will also be available at an additional cost. Call (904) 209-3655 to reserve a seat. This event will take place at River House, located at 179 Marine St. in St. Augustine.</p> <p>Grief support group A grief support group will meet June 21 at 7 p.m. at St. Paul's Catholic Church in Room 102 of the Family Life Center. The group is for men and women who are grieving the death of a family member or friend. St. Paul's Catholic Church is located at 578 1st Ave. N. in Jacksonville Beach. For more information, call (904) 553-8933.</p>	<p>Friday Mornings in Jaxparks The Timucuan Parks Foundation has partnered with JaxParks for Friday Mornings in JaxParks, which is a series of volunteer projects to be held from 9 a.m. to noon at various parks around Jacksonville. The next event will be held June 22 at Huguenot Memorial Park at 10980 Heckscher Drive. Volunteers are asked to meet at 9 a.m. and prepare to help with maintenance along the trails, removal of invasive plants and litter pickup. Sign-up at www.uwne-fl.galaxydigital.com/need/?agency_id=86336.</p> <p>St. Augustine Burgers and Beer Week During Burgers and Beer Week, participating restaurants in St. Augustine will offer unique burger and beer combinations and compete for a special award. Participating restaurants include Barley Republic, Beaches, Cheezees Grill, Mango Mango's, One Twenty Three Burger House, Prohibition Kitchen and The Tides Oyster Co. & Grill. Voting for "Most Unique Burger" is available at www.staugustineburgersandbeer.com.</p> <p>Meet the trainers Meet the trainers of Marineland Dolphin Adventure twice every day this month to see them interact with the dolphin family members. The event will take place at 11:30 a.m. and 2:30 p.m. each day. Marineland Dolphin Adventure is located at 9600 Oceanshore Blvd. in St. Augustine. Visit www.marineland.net for more information.</p> <p>'A Chorus line' at Ponte Vedra Concert Hall Apex Theatre Studio will present "A Chorus Line" June 22 at 7:30 p.m. at the Ponte Vedra Concert Hall. For more information or to purchase tickets, visit www.pvconcerthall.com or call the box office at (904) 209-0399.</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>Wendy Wax at the BookMark Author Wendy Wax will appear at The BookMark June 23 at 7 p.m. to talk about and sign copies of her latest "Ten Beach Road" novel, "Best Beach Ever." Wax, a former broadcaster, is the author of 13 novels, including "Sunshine Beach," "A Week at the Lake," "The House on Mermaid Point," and others. The BookMark is located at 220 1st St. in Neptune Beach. Call (904) 241-9026 for more information.</p> <p>St. Augustine Amphitheatre Farmers Market The St. Augustine Amphitheatre Farmers Market will take place every Saturday morning from 8:30 a.m. to 12:30 p.m. The market features more than 100 tents with local produce, flowers, baked goods, handmate arts and crafts and more. The St. Augustine Amphitheatre Farmers Market is located at 1340 A1A S. in St. Augustine.</p> <p>Crescent Beach Challenge This challenge features running, paddling and swimming from Marineland Park/River to Sea Preserve Beach. Registration starts at 7:30 a.m. and races begin at 8:30 a.m. This event, taking place at 9805 N. Ocean Shore Blvd. at Marineland, supports people affected by leukemia and lymphoma. For more information, visit www.crescentbeachchallenge.org.</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>Salt Air Farmers Market The Salt Air Farmers Market features home-grown produce, creative local art and more. The market will be open June 24 from 10 a.m. to 2 p.m. at 9505 Oceanshore Blvd. in St. Augustine.</p> <p>'Pixies' at the Florida Theatre "Pixies," an alt/pop/punk/surf/rock group, will perform a live show June 24 at the Florida Theatre at 7 p.m. For more information and to purchase tickets visit www.floridatheatre.ticketforce.com/eventperformances.asp?evt=472.</p> <p>'Jurassic World: Fallen Kingdom' at IMAX Theater at World Golf Hall of Fame When the island's dormant volcano begins roaring to life, Owen and Claire mount a campaign to rescue the remaining dinosaurs from this extinction-level event. This film is showing at the IMAX Theater at World Golf Hall of Fame. Visit www.worldgolfimax.com for showtimes and to purchase tickets. The World Golf Hall of Fame IMAX Theater is located at 1 World Golf Place in St. Augustine.</p> <p>Limelight Theatre performance In a small-town dime store in West Texas, the Disciples of James Dean gather for their 20th reunion. The arrival of a stunning-but-familiar stranger sets off a series of confrontations that smash their delusions and expose bitter disappointments. This show, entitled "'Come Back to the Five & Dime, Jimmy Dean, Jimmy Dean'" will be performed at the Limelight Theatre June 24 at 2 p.m. Tickets cost \$26 for general admission, \$24 for seniors and \$20 for students and military. Visit www.limelight-theatre.org for more information. Limelight Theatre is located at 11 Old Mission Ave. in St. Augustine.</p>

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Monday, June 25	Tuesday, June 26	Wednesday, June 27	Thursday, June 28
<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>Nature Detective workshop The Bartram Trail Branch Library will host a free, interactive and science-based "Nature Detective" workshop for children ages 6 through 12 June 25 from 10 to 11:30 a.m. Participants will have the opportunity to learn about anole lizards through hands-on activities, take-home materials and books that can be checked out from the library. The Bartram Trail Branch Library is located at 60 Davis Pond Blvd. in St. Johns.</p> <p>The Great America Songbook performance The Great America Songbook, presented by the John Thomas Group, will perform jazz June 25 at the St. Nicholas' Mudville Grille Music Room. John Thomas will be joined by Ray Callender on the trumpet, Al Waters on saxophone, Sean Tillis on bass, Scott Mariash on percussion and vocalist Betty Arnold. Concert tickets cost \$10 per person. To purchase tickets or for more information, contact Ray Lewis at (904) 352-7008 or email FLAMUSIC@bellsouth.net. The St. Nicholas' Mudville Grille Music Room is located at 3105 Beach Blvd. in Jacksonville.</p> <p>Board candidate forum The PV Coalition has invited three school board candidates to address St. Johns County residents June 25 from 10:15 a.m. to noon. Coalition members will ask a series of questions to candidates on current issues vital to the health of local schools. This event will take place at the Ponte Vedra Beach Branch Library, located at 101 Library Blvd. Candidates in attendance will be Kelly Barrera, Denver Cook and Abigail Levirini.</p>	<p>Volunteers needed Volunteers are needed at the St. Johns County Council on Aging to support Sunshine Center Adult Day Care activities and to deliver Meals on Wheels deliveries. The center is looking for upbeat volunteers to help with new summer programs. Contact Amy Leach at (904) 209-3686 or email aleach@stjohnscoa.com for more information.</p> <p>Florida Blue free Tuesday Every Tuesday, enjoy free admission to the Cummer Museum thanks to the support of Florida Blue. The Cummer Museum of Art & Gardens is located at 829 Riverside Ave. in Jacksonville. The Cummer Museum's Tuesday hours are 4 to 9 p.m. No registration is required. For more information, visit www.cummermuseum.org or call (904) 356-6857.</p> <p>Crafty Ladies group Maribeth Wood will host a monthly program series for adults entitled "Crafty Ladies," June 26 at 2 p.m. This event, taking place at the Ponte Vedra Library, will offer guests an opportunity to create, engage and make new friends. To register, email mwood@sjcfl.us or call the library at (904) 827-6950. The Ponte Vedra Library is located at 101 Library Blvd.</p> <p>Yoga on the beach Each Tuesday morning through September, join yoga fitness instructor Emily Busichio as she leads a free yoga session on St. Augustine Beach at 8 a.m., weather permitting. The yoga sessions take place on the beach at the Ocean Hammock Walkover.</p> <p>'Replicating a J.D. Vance Anomaly' showing Middlelayers will host a viewing of its documentary film to engage the public in a conversation on children's rights, civic responsibility and community-based solutions to address disparities in health, education and mobility. The documentary, "Replicating a J.D. Vance Anomaly," will be shown June 26 at the Anastasia Island Public Library at 2 p.m. The library is located at 124 Sea Grove Main St. in St. Augustine Beach.</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>Wednesday Market at St. Augustine Beach The St. Augustine Beach Wednesday Market offers oceanfront shopping at the St. Johns County Pier Park every Wednesday starting at 8 a.m. Approximately 60 to 80 vendors can be found at the market selling locally grown produce, baked goods, prepared foods, arts, crafts and more. Visit www.sabca.org for more information.</p> <p>Chair/mat yoga Join St. Paul's by-the-Sea Episcopal Church for a weekly chair/mat yoga class Wednesdays at 11:30 a.m. All ages and skill levels are welcome. St. Paul's by-the-Sea Episcopal Church is located at 465 11th Ave. N. in Jacksonville. For more information, call (904) 249-4091 Ext. 103 or visit www.stpaulbythesea.net.</p> <p>Yoga and Yarns for preschoolers This class, set to take place June 27 from 3 to 3:40 p.m., will help youngsters develop a love of reading and exercise while offering them a chance to make new friends. Preschoolers ages 2 to 4 and their caregivers are invited monthly to join the Ponte Vedra Beach Branch Library for a special 20-minute class incorporating yoga, stories, songs and more for an interactive literacy session followed by a 20-minute "Stay & Play." Each participant should bring a mat or towel.</p> <p>'Rooms with a View' exhibition This exhibition at The Cultural Center at Ponte Vedra Beach features paintings from advanced acrylic students of Ellen Diamond. Admission to the exhibition is free. The center is open Monday to Saturday from 10 a.m. to 4 p.m. and is located at 50 Executive Way.</p>	<p>Yoga for Survivors The Y Healthy Living Center at the Ponte Vedra YMCA will host a Yoga for Survivors class June 28 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>St. Johns County master gardener plant clinic UF/IFAS Extension St. Johns County Master Gardeners will be available to answer plant diagnostic questions June 28 from 10 a.m. to 1 p.m. at the Home Depot at 1750 U.S. 1 S. in St. Augustine. Visitors are encouraged to stop by with plant samples and pictures.</p> <p>Farm Swap & Music Jam Enjoy music from local musicians while shopping for farm-fresh produce at the Florida Agricultural Museum June 28 from 8 a.m. to 1 p.m. The event will feature musicians, singers and songwriters of folk, bluegrass, old time, fiddle, country and blues, along with vendors offering fruits, veggies, honeys, jellies, nuts, arts and more. The Farm Swap & Music Jam will take place at 7900 Old Kings Road N. in Palm Coast. Visit www.floridaagmuseum.org for more information.</p> <p>Taize Eucharist Join St. Paul's by-the-Sea Episcopal Church for a Taize Eucharist event featuring Taize music Thursdays at noon. St. Paul's by-the-Sea Episcopal Church is located at 465 11th Ave. N. in Jacksonville. For more information, call (904) 249-4091 Ext. 103 or visit www.stpaulbythesea.net.</p> <p>Free calendar listings for community groups and non-profit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to ben@opcfla.com, post online at www.pontevedrarecorder.com using the automated form or call (904) 686-3939.</p>

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Jeremy Mirabile, MD, ABAM, FASAM, FAAFP, is the Medical Director of Recovery Keys addiction treatment and recovery program. Board-certified in addiction medicine and family medicine, Dr. Mirabile oversees all patient care, including conducting patient evaluations, creating treatment plans and educating patients about the neurobiological impacts of addiction. He leads a multidisciplinary team dedicated to caring for patients' physical, mental, emotional and spiritual health during their recovery from substance abuse.

Dr. Mirabile received his medical degree from the University of Florida College of Medicine in 2002. He then completed a residency in family medicine and began work in the field of mental health and substance use disorder treatment.

In 2009, Dr. Mirabile became one of the first physicians in the United States to be certified by the American Board of Addiction Medicine (ABAM), then a newly-formed medical specialty board focusing on the treatment of alcohol, tobacco, drug and prescription pain medication addiction. Now an ABMS accredited subspecialty, Dr. Mirabile is board-certified in Addiction Medicine through The American Board of Preventative Medicine (ABPM). He is also a Fellow of the American Society of Addiction Medicine and a Fellow of the American Academy of Family Physicians.

Dr. Mirabile has experience leading multidisciplinary teams in a variety of substance abuse, psychiatric and behavioral health treatment settings, including both outpatient and residential centers. He is committed to educating medical students, other health professionals and the public about the disease of addiction, including preventing substance abuse, identifying substance abuse and the most up-to-date, evidence-based treatment strategies.

A sought-after speaker and educator, he often presents to medical societies and during hospital grand rounds to fellow physicians, medical students and residents on the evaluation and treatment of addictive disorders. He is also dedicated to raising awareness about substance abuse among members of the community, and helping other healthcare and social services professionals better understand the disease and how to treat it. He frequently serves as a volunteer guest lecturer at other community-based substance use disorder treatment programs, assisting with patient education and staff development. He is often called on for consultations on diagnosing, evaluating and treating patients with substance use disorders.

Dr. Mirabile believes in a holistic approach to treatment that considers the impact of addiction on the whole person, as well as their family and loved ones. He views addiction as a disease, not a personal failing, and takes a treatment approach that heals the mind, body and spirit.

And all other information about the entire program can be found on the website at www.recoverykeys.org.

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Survivor of near fatal car crash opens yoga studio in Ponte Vedra Beach to help others

By Jon Blauvelt

Two years after suffering life-threatening injuries in a car accident and spending more than six months in a wheelchair, Ashley Hanna has opened a yoga studio in Ponte Vedra Beach to help others overcome traumatic experiences of their own.

Located at 111 Solana Road in Suite A, Titanium Yoga opened in late May and specializes in hot yoga, which is the treatment Hanna utilized for her own recovery.

Named after the hardware in Hanna's body — rods extending from her shoulder to elbow and hip to knee and a plate in her left hand — Titanium Yoga was established to help people like her persevere through their respective challenges and become "unbreakable."

The crash

The vision for Titanium Yoga was born March 3, 2016 when Hanna's life took an unexpected, near deadly turn.

The Phoenix native was working for a start-up in the fashion industry, responsible for finding professional athletes to wear the brand and be company spokespeople. Her company sent her to the baseball spring training circuit in Florida, and on this particular day, she was traveling from Fort Lauderdale to Tampa. Outside of Lakeland, her four-door Nissan Versa rental car collided with a semi truck going 70 miles per hour.

"I was immediately air-lifted to Lakeland Regional Hospital," Hanna said. "I was in a coma for a few hours. My shoulder came out, my femur came out and broke in two, and I crushed my left hand."

Hanna spent eight days in the trauma intensive care unit (ICU) and underwent multiple surgeries to repair a fractured femur, broken shoulder and crushed hand. Before heading home to Dallas where she lived at the time, her surgeon said she would most likely spend the rest of her life in a wheelchair. Hanna refused to accept that her once previously active lifestyle was over. Little did she know, it was just beginning.

Recovery

After six months of physical therapy, Hanna was still in a wheelchair, and the future wasn't bright.

"I lived by myself, and I couldn't do anything," she said. "I couldn't twist off a cap of a water bottle. There's a lot you can't do when only one thing works ... only one hand, one arm and one leg."

She tried every form of therapy she thought existed. From cupping to acupuncture to chiropractic care, her condition did not improve. Then, more adversity hit when her health insurance ran out.

Hanna confided in her surgeon in Lakeland to find a solution, and he ultimately suggested hot yoga. He acknowledged the pain



Photo by Jon Blauvelt

Ashley Hanna is the founder and owner of Titanium Yoga in Ponte Vedra Beach, which she opened in May two years after suffering life-threatening injuries in a car accident.



Photos courtesy of Ashley Hanna

Hanna's car is left totaled after she collided with a semi truck outside of Lakeland in March 2016.

she was experiencing and said she needed to build muscle to get better. Having done yoga once before in her life, Hanna was hesitant, but she didn't have many other options. She returned to Dallas and followed her doctor's advice, wheeling herself to a big-box yoga chain. The result was unimaginable.

"I went in the room and the heat took the pain away," Hanna said. "I went back every single day."

Eight months after the crash, Hanna walked again for the first time. On March 3, 2017, the one-year anniversary of the accident, she ran a 5K.

Helping others become "unbreakable"

Hanna, now 32 years old, is confident others can experience similar results and become "unbreakable" at Titanium Yoga.

The studio uses infrared heat, which the business says is used in cancer treatment and to treat acne, Lyme disease, eczema, and allergies, as well as lower blood pressure. Titanium Yoga offers five different classes ranging in levels of heat and including prenatal and weight-based options. Classes last 45 minutes to an hour, with many incorporating fun themes such as "Hip Hop Wednesdays."



Hanna in her wheelchair, which she relied on for more than six months during her recovery.

One drop-in class is \$25, and a 10-pack of classes is \$220. Those interested can take advantage of a promotion and sign up for an unlimited monthly membership for \$100. More information can be found at titaniumyoga.com.

"Everything that's in here, from our infrared heating panels to mixed martial arts flooring on the ground, everything is in here for healing properties," Hanna said. "We can help you rehabilitate in a natural way."

Funk-Zitiello Foundation hosts second annual Champions for Hope Gala at TPC Sawgrass

The Funk-Zitiello Foundation held its second annual Champions for Hope Gala on Friday, June 15 at TPC Sawgrass.

The event, emceed by WTLV-TV's Curtis Dvorak, featured dinner, a silent and live auction and a private concert by the Chris Thomas Band. The gala benefited the JT Townsend Foundation, which helps Florida's First Coast children and adults with disabilities by providing adaptive equipment and resources to improve their lives. Champions for Hope also raised funds for a grant to support pancreatic cancer research at Mayo Clinic's Florida campus.

Judi Zitiello, the chairwoman for the Champions for Hope event and a four-year pancreas cancer survivor, said the gala will make a significant impact for the second consecutive year.

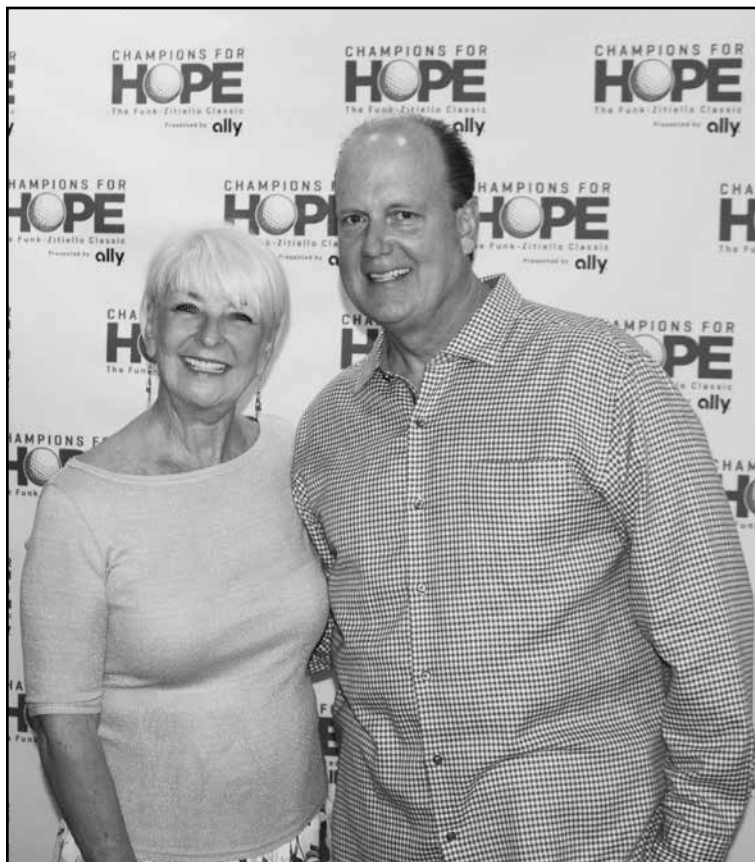
"We hope to do even more this year," Zitiello said. "We actually made \$550,000 at the event itself last year and then the rest of the money came from an anonymous donor."

Zitiello said that helping to fund pancreas cancer research at Mayo Clinic is pivotal because the disease is so deadly.

"It's really important with pancreas cancer to get that early detection because it generally presents when it's too late," she said. "It's metastasized to other organs by that point and they can't really do anything about it."

Live auction items included a 2018 Tim Tebow Golf Classic pin flag, a Cowford Chophouse gift card, an African safari package for two, a Jacksonville Jaguars signed football, an Ancient City Brewing tour and tasting for 10 voucher, a wine package, a Toby Keith autographed guitar and more.

For more information on the JT Townsend Foundation, visit www.jttownsendfoundation.org.



Judi and Tommy Zitiello pose for a photo at the Champions for Hope gala at TPC Sawgrass on Friday, June 15.



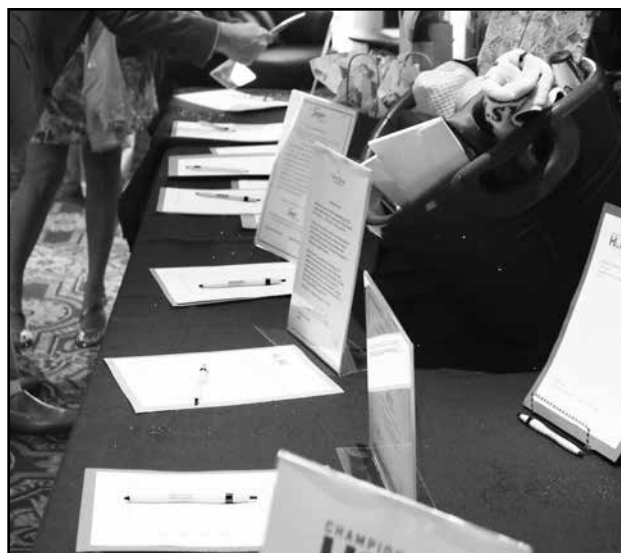
ABOVE: Live music is provided at the event to entertain guests at Champions for Hope.



LEFT: Sam Homra and Savanna Greene

BELOW: Michael D'Errico, Maureen Diederich and Dave Diederich

Photos by Benjamin Naim



The Champions for Hope gala included a number of items up for auction.



Hamer

Continued from 17

affects mental health too. According to a 2010 study published in the journal Environmental Science & Technology, green exercise helps significantly boost mood, especially when performed in the presence of water. This study also noted that the mentally ill showed the greatest improvements in self-esteem among all study participants participating in green exercise and that the environment provides an important health service.

Green exercise is an effective way to re-establish a connection with the natural

world that, for many of us, has been lost from years of sedentary, urban living. Performing ancient skills in a natural setting can improve all facets of health and remind us of our inherent strengths and abilities. It is important to remember that moving naturally is not risk-free and so you should always talk with your health care professional if you have any concerns, to determine the green exercise activities that are most appropriate for you.


Dr. Erika Hamer, DC, DIBCN, DIBE, is a chiropractic neurologist and the owner of Ponte Vedra Wellness Center, offering chiropractic care and related health and wellness services at offices in Ponte Vedra Beach and Nocatee Town Center.

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* Alinsod, Red "Temperature Controlled Radiofrequency for Vulvovaginal Laxity." PRIME, International Journal of Aesthetic and Anti-Ageing Medicine (July 2015) 16-21, Print

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Luann Jones (center) displays her Excellence in NICU Leadership Award alongside **Lori Gunther (from left), Cathy Bush, Barbara Greer, Micki Arrizola, Chrissy Burke and Melissa Gehl.**

Photo courtesy of Synova Associates

March of Dimes, Synova Associates announce winner of Excellence in NICU Leadership Award

Synova Associates, LLC, in partnership with the March of Dimes, announced this year's winner of the March of Dimes Excellence in NICU Leadership Award at the annual NICU Leadership Forum last month at the TPC Sawgrass Marriott in Ponte Vedra Beach.

Lori Gunther, senior director of NICU Innovation and Melissa Gehl, manager of NICU Innovation at the March of Dimes, presented the award to winner Luann Jones, Neonatal Services nursing director

Arkansas Children's Hospital. The award recognizes the significant contributions of NICU leaders.

"One of her colleagues who nominated her put it best," Gunther said. "Luann leads the great teamwork in the NICU that people love. It's the reason they stay, and why more people want to become a part of our team."

Criteria for the award included a demonstration of a strong leader; ability to

SYNOVA continues on **Page 26**



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Lara Logan, Bryan Cranston and Tony Dungy to headline 2018-2019 Florida Forum series

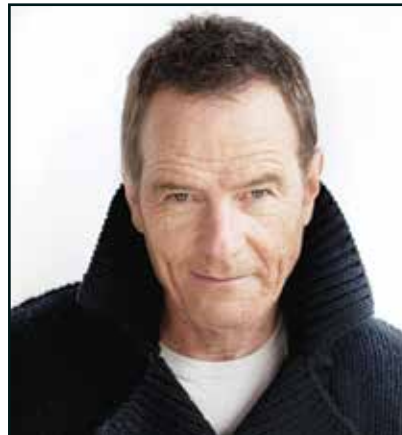
The Women’s Board of Wolfson Children’s Hospital has announced that journalist Lara Logan, actor Bryan Cranston and former NFL head coach Tony Dungy will serve as the featured speakers for the 2018-2019 Florida Forum Speaker Series at the Times-Union Center for the Performing Arts

The series, which raises funds to support the efforts of Wolfson, will open Oct. 17 with Logan, who is a full-time 60 Minutes correspondent, as well as CBS News chief foreign correspondent and chief foreign affairs correspondent. A veteran journalist in Afghanistan and Iraq, Logan earned electronic journalism’s highest award, a DuPont-Columbia University Silver Baton, for her 2010 report from the Afghan battlefield, “A Relentless Enemy.” In 2011, she was almost killed in Tahrir Square in Egypt. While reporting on the revolution there, she was sexually assaulted and beaten by a mob.

The series continues Jan. 28, 2019, with Bryan Cranston, an acclaimed actor, writer, producer, director, and author. On television, Cranston’s portrayal of Walter White on AMC’s “Breaking Bad” garnered him four Emmy® Awards, four SAG Awards and a Golden Globe Award. Cranston holds the honor of being the first actor in a cable series and the second lead actor in the history of the Emmy® Awards to receive three consecutive wins. He was also nominated for a Golden Globe and three Emmy® Awards for his portrayal of Hal in FOX’s “Malcolm in the Middle.” In 2014, he won a Tony Award for his role as President Lyndon B. Johnson in the Broadway



Lara Logan



Bryan Cranston



Tony Dungy

bio-play, “All the Way.” He reprised his role in the HBO television film of the same name and won a SAG Award for his performance. For his leading role in “Trumbo” in 2015, Cranston received widespread acclaim and was nominated for an Academy Award. He recently starred in Wes Anderson’s stop-motion animated film, “Isle of Dogs,” and is currently in production on Disney’s “The One and Only Ivan.” In addition, Cranston is a New York Times bestselling author of “A Life in Parts.”

The season concludes March 27, 2019, with Pro Football Hall of Fame member Tony Dungy, who spent 31 years in the NFL. Dungy amassed a 148-79 overall record as head coach of the Indianapolis Colts and Tampa

Bay Buccaneers. In 2007, he became the first African American coach to lead his team to a championship when the Colts defeated the Chicago Bears in Super Bowl XLI. Dungy won his first Super Bowl ring playing for the Pittsburgh Steelers in 1978. Dungy’s memoir, “Quiet Strength: The Principles, Practices and Priorities of a Winning Life,” was a No. 1 New York Times bestseller.

Since 1992, the Florida Forum has hosted renowned speakers from around the world, offering profound insights and discussion on a broad range of issues. The series is presented by Wells Fargo, Florida Blue and Landstar. For more information, go to The Women’s Board website at womensboardwolfsonchildrenshospital.com.

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Dr. McNicholas

Golfer's eyes

By **Dr. Arun Gulani**

Special to the Recorder

While strokes and stance are what's typically on a golfer's mind, the tranquil yet intense environment that characterizes the sport does call for more than usual TLC for their eyes.

The vision demands and environmental exposure related to golf-associated eye concerns can be classified into the following categories for ease of understanding and future surgical correction:

1. Quantity of vision, such as 20/40, 20/20, etc.

2. Quality of vision, such as contrast sensitivity to decipher different levels of visual inputs in different lighting conditions; depth perception to best apply learned techniques in three dimensions; and spatial resolution to plan and direct putting and long drives effectively.

3. Red appearance of the eyes from pterygium and dry eyes.

When these faculties are in synch and normalcy with hand-eye coordination, we can expect perfect execution for what the mind has planned in this mentally intuitive sport. However, this is not always the case. Below is a brief look at some of the procedures that can be done for golfers' eyes to improve their game.

Beyond 20/20 vision

Recently introduced Bladeless, Flapless and No Cut NextGen Lasik techniques can help most golfers even see 20/20 and in many cases even beyond 20/20.

Golfers who wear contact lenses or glasses may have nearsightedness (myopia), farsightedness (hyperopia) or astigmatism (football shaped cornea). With today's technology, we can diagnose and measure to the minutest level of vision involvement and



Photo courtesy of Dr. Arun Gulani

Dr. Arun Gulani conducts a NextGen Lasik procedure, which can help some golfers see beyond 20/20 vision.

then correct these using computer drive, micron-precision laser technology.

Presbyopia in golfers as they advance in age (beyond 40 years) requires reading glasses because the natural lens inside the eye stops zooming (no more "tele" and "wide" zooming like a camera does). As a result, they need to keep their score cards at a further distance with their arms outstretched to read or record. This condition, called Presbyopia, can be addressed with new generation lens and laser techniques.

For those golfers in their 60s, vision gets cloudy and dim due to cataracts (a cataract is a cloudy transformation of our crystal clear, natural lens). This cataract can be removed using modern, No-Stitch, laser techniques and replaced by an artificial lens implant that can allow them to see without glasses at distance and near. Such lens implants can be Monofocal; Toric (astigmatism correcting); multifocal like ReStor or Symphony; Trifocal; or accommodative like Crystalens and Trulign lens implants.

Additionally, cataract surgery can even be staged with Nexgen Lasik, and patients who had Lasik surgery in their past can now avail of these new generation cataract surgery technologies to once again completely fix the optics of their eyes for a glasses-free vision experience.

Even patients who have undergone previous cataract surgery and did not have a choice of these advanced, multifocal/progressive lens implants at that time can now benefit from New Generation Lasik surgery to help them get rid of glasses altogether.

Dry eyes

Continuous exposure to allergens, tear evaporation and repeated challenges to their ocular surface from the sun induces dry eyes in golfers that can be corrected with today's technological advances.

Lacrimal plugs (for water layer of the tear film) and Meibomian Gland Probing (MGP for the lipid layer of the tear film), along with LipiFlow, Lipiview and newly

introduced medication eye drops, can now help numerous patients with dry eyes.

Red "Golfer's" Eyes

Pterygium is a red, unsightly lesion on the white of the eyes that is rampant among golfers.

Pterygium — yellow-red lesions on the white of the eye (pinguecula) that can start as a cosmetic blemish and become unsightly wedge-shaped growths that may eventually cover the cornea of the eye and adversely affect vision — are usually the result of exposure to sun and a professional hazard for golfers.

Many golfers have pterygia, and we usually counsel them to wear sunglasses with ultraviolet protection to prevent further damage, but when they are advanced, they require surgery.

Technological advances today allow us to strive for cosmetic (bright sparkling, white eye) elegance along with visual perfection. In fact, my "No-Stitch" surgical (SPARKLE™) technique using glued human placenta brings golfers from all over the world to our institute seeking help. These surgeries can be furthered by utilizing 3D technology that uses a 3D IMAX-like screen, instead of the smaller microscope traditionally used for eye surgery.

With today's technology, most golfers can enjoy their sport and maintain or attain vision without glasses or contact lenses and in many cases go beyond 20/20, giving them an obvious advantage. Additionally, unsightly and red eyes can now be corrected using No Stitch techniques to sparkling white eyes.

Protection and prevention is still key, but golfers are encouraged to visit with their eye doctors to evaluate for any of the above-mentioned conditions as chances are, there is a successful option.

Dr. Arun Gulani is an eye surgeon based in Jacksonville. To learn more about his practice, Gulani Vision Institute, visit www.gulanivision.com.

Memorial Hospital ER director to receive national humanitarian award

On June 25, Lorrie Sarver, an ER nurse and the director of the Memorial Hospital ER, will travel to Nashville, Tennessee to receive the Frist Humanitarian Award from the hospital's parent company, HCA, for her work with children of men and women in prison.

"This award honors one exceptional individual in the entire company whose work and life reflects humanitarian values upon which HCA was founded 50 years ago," said Bradley S. Talbert, Memorial Hospital president and CEO. "The exemplary service and selflessness that Lorrie demonstrates in her life challenges and inspires us all to serve others and live our company's mission of caring for and improving human life."

Sarver's efforts started in 2011 when she spearheaded the Angel Tree Project at her church, New Life Church at Jacksonville. She received a list of names of children whose parents were serving time in prison and purchased and delivered them gifts in the name of their parent during a Christmas celebration.

However, helping those children once a year wasn't

enough for Sarver, so she began coordinating monthly field trips for the kids, including trips to the zoo, cookouts, ice cream outings and more. Sarver also wrote letters to the parents and included pictures of their children. While Sarver was implementing this program, she also rearranged her schedule to teach middle school-aged students from broken homes how to excel in school.

"These children have been disappointed by other people in their lives, and I don't want to be a disappointment to them," Sarver said. "I want to show them that someone cares about them. I want to be the glue that holds them together."

In addition, Sarver worked with the Florida Board of Nursing in 2015 to start a Certified Nursing Assistant (CNA) program for 11th and 12th graders interested in entering the healthcare field. She also travels to prisons throughout the state on the weekends through a Prison Fellowship program. Through church services and words of encouragement, Sarver said she tries to restore hope to those affected by crime and incarceration.

Synova

Continued from 24

influence staff within and beyond the NICU; and to lead with care and compassion towards patients, families, colleagues and staff.

"I know it sounds corny, but I was inspired to choose nursing as a profession because of my son Drew's primary nurse in the NICU at Arkansas Children's Hospital," Jones said. "That NICU nurse went well beyond providing quality care to my premature baby. That entire experience set me on the path to become the best NICU nurse I could be."

The theme for this year's annual NICU Leadership Forum was "Leadership: Finding Joy in the Journey."

For the 22nd year, Synova Associates attracted close to 200 nurse leaders from around the country to participate in educational leadership conferences, presentations, round-table discussions and networking opportunities.

For more information about the NICU Nurse Leadership Forum or about Synova Associates, visit www.synovaassociates.com



Tom and Keli Coughlin gather with a Jay Fund family at a launch event for the foundation's new program, Just Among You Siblings or J.A.Y.S. Team, on June 7 at TIAA Bank Field.

Tom Coughlin Jay Fund launches new sibling support program

The Tom Coughlin Jay Fund Foundation launched its new sibling support program, Just Among You Siblings or J.A.Y.S. Team, on Thursday, June 7 at TIAA Bank Field with the help of the Jacksonville Jaguars.

The new program is geared toward siblings between the ages of 6 and 18 who have a brother or sister tackling childhood cancer and need support to stay emotionally and physically healthy.

"A diagnosis of cancer impacts the whole family," said Keli Coughlin, executive director of the Tom Coughlin Jay Fund Foundation. "The emotional impact of childhood cancer is real and can leave siblings with an array of feelings. The goal of our new program is to provide brothers and sisters of children with cancer an opportunity to meet other children who are walking in similar shoes, learn more about their siblings' diagnosis and be there with support."

Families at the launch event were treated to a VIP behind-the-scenes tour of the Jaguars' team areas, as well as fun, games, dinner and a make-your-own ice cream sundae bar. Overall, parents in attendance got a first look at J.A.Y.S. Team, including the program details, what to expect and how the program will be beneficial for the siblings of children with cancer.

"Children experience various emotions when a sibling is diagnosed with cancer, that stress can make it difficult for them to handle," Sibling Support Program Specialist Kim Todd said. "As a certified child life specialist, I have seen how siblings' daily lives quickly change when a brother or sister becomes ill. They are often cared for by extended relatives and may feel forgotten and unloved when parents' time and attention are focused on the child who is ill. J.A.Y.S. Team will provide siblings with opportunities to express their thoughts, fears and feelings openly and to promote positive coping."

For more information on the Tom Coughlin Jay Fund Foundation, visit tcjayfund.org.



A Jay Fund kid tries on a Jaguars helmet.



Jay Fund kids enjoy a VIP behind-the-scenes tour of the Jaguars' team areas.



ABOVE: A Jay Fund kid meets Jaguars head coach Doug Marrone (right) and general manager Dave Caldwell (left) at the J.A.Y.S. Team launch event.



ABOVE: Jay Fund kids take a photo with Jaguars mascot Jaxson de Ville.

RIGHT: Jay Fund families watch Jaguars players work out in the team's facilities.



Photos by Jeff Strohecker



LEFT: A Jay Fund kid enjoys the event's make-your-own ice cream sundae bar.



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Dr. Homra completed his urological residency at University of Louisville. Currently he is the director of sexual medicine and prosthetic implant surgery and is involved in stem cell therapy for erectile dysfunction.

Dr. Alberto Duboy is a graduate of Wake Forrest medical school. During his training he worked with many of the key thought leaders in urology. Dr. Duboy is focused on obtaining the best results for his patients with erectile dysfunction and sexual related problems.

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Business Weekly

AND WHO'S WHO IN INTERIOR DESIGN

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Marsh Landing mansion of former PGA Tour commissioner listed

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A rendering of a potential custom home design available at the new homesites in Preserve Pointe, Ponte Vedra Beach

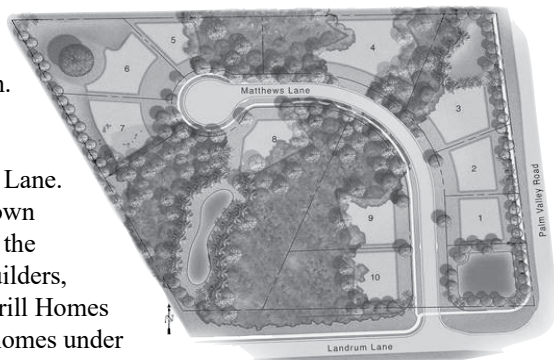
Renderings courtesy of Beson4 Media Group



Corner Lot Properties releases six new custom homesites in Preserve Pointe

Corner Lot Development Group is releasing six new custom homesites in Preserve Pointe, Ponte Vedra Beach.

Preserve Pointe is a new 10-lot, custom-home community located at 4410 Palm Valley Road and Landrum Lane. Prospective residents can bring their own builder or choose to work with one of the community's two preferred custom builders, Andy Reynolds Homes and John Merrill Homes by Adam Merrill. Both already have homes under construction in the neighborhood.



PRESERVE POINTE continues on Page 33

A map of the new Preserve Pointe homesites

Choosing the right window treatments for your home

Homeowners' options for window treatments for their homes are extensive, which can make outfitting home interiors challenging for novice decorators.

One of the first steps to choosing window treatments is determining the end goal. Is privacy the main goal? Are you seeking more natural light in a room? Is there too much light and you need to darken the room? Window treatments can serve multiple functions, and some treatments may make better fits depending on homeowners' ultimate goals.

Semi-sheer window treatments

Semi-sheer window treatments are often fabric and can help brighten rooms with natural light but offer little privacy. They're usually appropriate for spaces where people gather, such as living rooms, dens or dining rooms. Semi-sheer curtains

may be paired with another complementary window treatment so privacy can be customized as needed. For example, sheer curtains let light into a bedroom, but shades can be drawn at night.

Maximum privacy

Bedrooms, work spaces or bathrooms can benefit from extra privacy. While some people may think that privacy comes at the cost of light, that's not always the case.

Functional curtain panels can be drawn closed when privacy is desired and then opened to let in light. The thickness of the fabric will also dictate the amount of privacy the panels create.

Tiers are hung on a short rod-pocket panel and usually cover the lower one-

WINDOW continues on Page 31

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Window

Continued from 29

third of a window. They're popular choices to let light in from the top, but obscure views from the bottom portion of the window.

Cellular shades are another option that provide privacy but still let light in. Cellular shades come in hard and fabric varieties and their use depends on the room. Many cellular shades are constructed with

a honeycomb design, offers the design resource Houzz, so they can insulate as well as decorate windows.

Blackout shades/shutters

Blackout shades do just what their name implies. A dense fabric lining helps keep light out entirely.

Shutters also can block out light but add to the character of the room. They can be painted a bright color to make a statement or match wall colors to blend in seamlessly.



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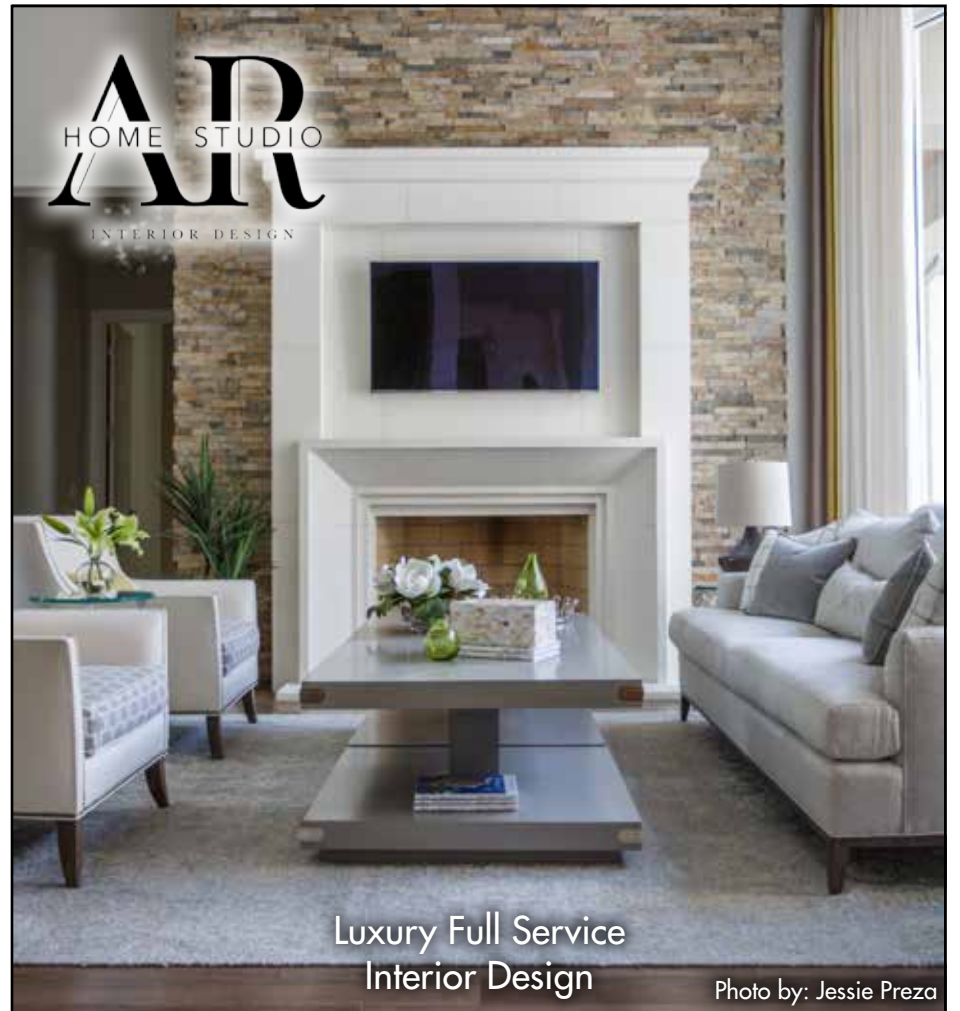
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Deane Beman puts Marsh Landing mansion up for sale

Former PGA Tour commissioner Deane Beman is selling his near 8,000-square-foot estate in Marsh Landing Country Club for \$2,449,000.

Listed by the Coffey Team of First Coast Sotheby's International Realty, the home at 255 Deer Haven Drive in Ponte Vedra Beach features 7,734 square feet, four bedrooms and five baths, and sits on a 1.5-acre lot with 300 feet on the marsh. With access to the Intracoastal Waterway, the property includes a lift that can hold a 25- to 35-foot boat and 20 feet in front of the dock of deep water.

Unique interior elements of the house include high ceilings and doors, oak wood flooring, and custom built-ins. The house also



Photo courtesy of the Coffey Team of First Coast Sotheby's International Realty

BEMAN continues on **Page 34**

Preserve Pointe

Continued from 29

“We’re excited to now be able offer select home sites on a Bring-Your-Own-Builder basis,” said Andy Allen, partner at Corner Lot. “There are few places in this very desirable part of Ponte Vedra Beach where you can build a true custom home in a quiet, private luxury neighborhood like Preserve Pointe. You’re limited to either pseudo-custom production homes or a small handful of undeveloped sites in flood-prone areas.

“Preserve Pointe is a quintessential coastal neighborhood that was developed with the highest level of care,” Allen continued. “It’s a single cul-de-sac of spacious homesites set among towering oak trees. It’s just beautiful — upscale, but at the same time, laid back and unpretentious without the pretense, and hefty annual fees of country club communities. We’re within walking distance of A-rated schools, the YMCA and just a couple of minutes from the beach, championship golf and 5-Star resorts. We already have two of this region’s most trusted custom builders inside our community and are pleased to now be able to welcome others desiring to build in this little slice of paradise.”

Carole Knudson and Tod Robert Knudson of Team Knudson, Keller-Williams Atlantic Partners Southside are the selling agents for John Merrill Homes at Preserve Pointe. For a private showing of the community or more information on lot sizes, pricing and availability, call Carole or Tod at (904) 699-6778.



Rendering courtesy of Beson4 Media Group

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Beman

Continued from 33

features an elevator, two fireplaces, a golf club storage closet, a golf club workshop, two oversized holiday closets, a media/game room, a pool and an in-home fitness center, among other amenities.

Beman is responsible for bringing the PGA Tour to Ponte Vedra Beach and served as commissioner from 1974 to 1994.

For more information about the property, call Janie Coffey at (904) 285-7700 or visit www.sothebysrealty.com/eng/sales/detail/180-1-1117-lpb3jl/255-deerhaven-dr-ponte-vedra-beach-fl-32082.



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Photos by Susan Griffin

Jim Moyers, Jennifer Belisario, Toni Boudreaux, Pat McManamon and Brandon Starks gather at the "Chamber at Noon" event on June 13 at the TPC Clubhouse.



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Ponte Vedra Beach Division hosts Sandler Training president for 'Chamber at Noon'

The Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce hosted Pat McManamon, president of Sandler Training, for the organization's "Chamber at Noon" event on Wednesday, June 13 at the TPC Clubhouse.

McManamon discussed the merits, challenges and purpose of networking while providing tips and techniques to get the most of your time when meeting potential clients.

Sandler Training is a sales management development firm and Jacksonville affiliate of the internationally recognized Sandler Training. For more information, visit www.solutions.sandler.com.



Ashley Folladori and Janet Collins

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THEME: THE 4TH OF JULY

ACROSS

1. Battle ____, pl.
6. Baseball Giant and hall-of-famer
9. Strikebreaker
13. Give out
14. What's old is new again, prefix
15. Money carrier
16. Floridian predator
17. Sin's and cos' partner
18. Don't just stand there
19. *Salad ingredient at a barbecue
21. *One of thirteen in 1776
23. Knighthood designation
24. "____ your keep"
25. Aladdin, for short
28. "The Nutcracker" outfit
30. Soft-boiled egg holder
35. Mark for omission
37. Torso
39. Salpae, sing.
40. Like a devoted fan
41. Bear Down Under
43. Mongolian desert
44. Honey wine, pl.
46. Russian monarch
47. Shakespeare's "at another time"
48. *____ Continental Congress
50. Research facil.
52. One of Bo Peep's flock
53. Smidgen
55. Three strikes
57. *Celebratory events on the 4th

DOWN

61. *"The Star-Spangled Banner"
64. *How you might find most drinks on the 4th
65. Have a cold, e.g.
67. Opposite of ecabtic
69. Step
70. ____ de Janeiro
71. Burnt ____
72. ____ in captivity
73. Canine command
74. Like yellow polka dot bikini
1. Go low, as in jeans
2. Show appreciation
3. Choir voice
4. "____": The Saga of an American Family"
5. Gibraltar, e.g.
6. On top of
7. *Out-of-favor beverage?
8. Polynesian kingdom
9. Court petitioner
10. Rugged rock
11. Fungal spore sacs
12. Between Phi and Kappa
15. Fork tips
20. Lorry in America
22. Old-fashioned "before"
24. Europe/Asia port-manteau
25. *One of 3 Presidents to die on July 4th
26. "Drove my chevy to the ____"
27. Hipbone-related
29. Thomas the Engine's warning

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2				1			
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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.

31. Lady née Stefani Joanne Angelina Germanotta
32. Star Wars attacker
33. Violinist's stroke
34. *"Common Sense" author
36. Edible root of taro plant
38. Dashing style
42. Result of match play?
45. More than snide
49. Bambi's mom
51. Interjection for disapproval
54. Plural of #46 Across
56. Recurring melody
57. Fancy-schmancy
58. Initial stake
59. Iranian money
60. Opposite of base
61. A bunch
62. River in Bohemia
63. Demeanor
66. *Mad King George's number
68. "____, the Beloved Country"

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Sports

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Free baseball clinics to be held at Baseball Grounds of Jacksonville June 29-30

Local Chevrolet dealers are teaming up with the Jacksonville Jumbo Shrimp to provide instructional clinics for baseball and softball players on Friday, June 29 and Saturday, June 30 at the Baseball Grounds of Jacksonville.

The 2018 Chevy Youth Baseball Clinic will be held both days from 9 a.m. to noon, with registration open to players of all skill levels and between the ages of 6 and 14. Each session is limited to 200 players, and registration is required for each participant online at youthsportsclinics.com.

For online registration, select “Market” as “Jacksonville CYB Clinics,” and click “Go!”. Enter the registration code “24389” and click “Submit.” Complete the registration form, starting with parent/guardian information and then clinic participant information. In addition to registering before the event, participants are required to present a completed waiver

form (available online at youthsportsclinics.com) at the registration table on the day of the clinic.

On the day of the event, check-in will begin one hour prior to each clinic at the Home Plate Gate of the Baseball Grounds of Jacksonville.

Participants should wear athletic apparel and bring their own glove, water bottle and bat if available. Metal cleats will not be allowed; only closed-toed, lace-up athletic shoes and rubber cleats will be permitted. Family members are strongly encouraged to attend the entire clinic and park in lots around the Sports Complex. Clinic organizers recommend bringing a cooler with refreshments, as concessions may not be available. Immediately following the clinic, a snack will be provided for all participants.

Visit youthsportsclinics.com/faq to view a list of FAQs or contact CYB Coordinator Jen Stoltz at (678) 313-2470 or jstoltz@gmdealerprograms.com for more information.



Logo courtesy of the Jumbo Shrimp



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