

Ponte Vedra Recorder



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Not your average newspaper, not your average reader

PonteVedraRecorder.com



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Pages 18-19



Business Weekly
Pages 20-25



Sports
Pages 28, 30

A SPECIAL SURF SESSION



Yasniel Collazo and Jason Motes cruise down a wave during the HEAL Foundation's 13th annual surf camp, which was held last week in Neptune Beach for children and young adults with autism and related disabilities. *Read page 10 for more.*

Photo by Jon Blauvelt



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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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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 Nona Blue sign. That person was **Bill Maples**. Congratulations, Bill — you may pick up your prize at the Recorder office during normal business hours.



ADOPT A PET

CAT(S) OF THE WEEK

Several stray kittens are now at the St. Johns County Pet Center looking for new homes. As they are strays, some traits are unknown at this time. Come visit them today!



DOG OF THE WEEK

My name is Articus, and I am a 2-year-old dog 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! #43496



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

St. Johns County Pet Center

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

PUZZLE SOLUTIONS

B	R	A	C	E	Y	A	K	B	A	R	D		
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5	7	9	8	3	4	1	2	6
4	1	2	5	6	9	3	7	8
3	8	6	1	2	7	4	9	5

Solutions correspond to last week's puzzles.



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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. **3 bedrooms and 3.5 bathrooms. \$950,000**



Steps from Ponte Vedra Beaches

Ponte Vedra Beach/ Condo
Do you enjoy listening to the ocean waves while you relax with a glass of wine? This first-floor unit is steps away from Ponte Vedra beaches as well as The Lodge & Club, an exceptional resort with dining, fitness, and several pools. **2 bedrooms and 2 bathrooms. \$650,000**



Luxurious Beach Residence on Ponte Vedra Blvd

Ponte Vedra Beach / Private Beach Access
Enjoy the best of beach living in this recently updated interior, expansive 125' x 600' wooded lot with a spectacular natural environment and private beach access. Impeccably maintained home by award winning Benchmark luxury home builder with bright open plan perfect for entertaining large or intimate socials. **4 bedrooms and 5.5 bathrooms \$1,995,000**



Sophisticated Coastal Living at its Best!

Ponte Vedra Beach / Oceanfront
This home is the epitome of southern charm with over 8,400 sq. ft. that showcase spectacular ocean views. The open living areas, including large formal dining room with grand fireplace, lend themselves to entertaining everything from large celebrations or simply enjoying intimate moments near a roaring fireplace. **5 bedrooms and 5.5 bathrooms \$6,100,000**



Why I Serve

The Ponte Vedra Recorder is excited to bring you Why I Serve, a video series featuring Wounded Warrior Project that highlights local veterans and active service members, revealing why they decided to serve and what the experience provided them.

Watch the series on the Ponte Vedra Recorder website at www.pontevedrarecorder.com.

Future sponsorship opportunities are available for Why I Serve, as well as for similar video series; any interested parties should contact Ben@OPCFLA.com for more information.

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COLLECTION



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\$269,900

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Rhonda Gummerman | 904.994.1721
RGummerman@WatsonRealtyCorp.com



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For more information call or text:
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Outstanding like-new home on a fantastic lot with lake & preserve views! Features 4 bedrooms, 3 full baths, a flex room, elegant foyer, tray ceilings, crown molding, & tile floors throughout living areas. MLS 941513

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District 4 School Board hopefuls debate key issues at local forum

By Samantha Logue

Curriculum, overcrowding and school safety were some of the key issues discussed by St. Johns County School Board District 4 candidates Kelly Barrera, Denver Cook and Dr. Abigail Levrini at a forum held Monday, June 25.

Hosted by the Ponte Vedra Beaches Coalition at the Ponte Vedra Beach Branch Library, the debate offered community members a chance to learn more about the candidates' qualifications and their respective visions for the future of St. Johns County's schools.

Workforce preparation

The first question the candidates fielded was regarding the St. Johns County School District's curriculum.

When asked if he felt students were being adequately prepared for the workforce, Cook expressed a desire for a greater focus on vocational training, contending that too much weight is currently placed on testing.

"We teach to a standardized test — that's what our curriculum does," the Republican and Air Force veteran said. "In third, fourth, fifth grade, we teach to the minimum standard. We need to get past that."

Levrini, a registered Democrat who holds a doctorate in school psychology and counseling psychology, said she felt more should be done to personalize each student's learning experience.

"I think that the unfortunate part about our school system in general is we're teaching to one type of student, and if a student doesn't learn well that way, then they might not be successful," she said. "And unfortunately, the ramifications are such that I get to see kids struggling with anxiety disorders, depression, eating disorders, self-mutilization and other issues that come about when you don't think you're good enough."

Barrera, a Republican and the current holder of the District 4 seat, agreed with Levrini on the importance of individualized learning, contending that the school district already incorporates such methods into its curriculum. With regards to vocational training, she also noted the district already has a technical school in First Coast Technical College, as well as career academies to help prepare students for the workforce.

"What's so neat about our career academies is that each one of them has business advisory boards, and each one of those business advisory boards has input on the curriculum," she said. "They review our curriculum and they tell us



St. Johns County School Board District 4 Representative Kelly Barrera shares her platform at a June 25 candidate forum hosted by the Ponte Vedra Beaches Coalition.

when we're not doing things that are in line with what business is doing right now. It keeps the career academies moving towards that cutting edge, towards that innovation."

Securing our schools

Following the passage of the Marjory Stoneman Douglas High School Public Safety Act earlier this year, schools in Florida have been doubling down on security, but many questions remain about how to keep students safe. When asked how they intended to help accomplish that goal, the candidates shared varying perspectives.

"Intervention and prevention is the key," Barrera said, noting that the school district has already begun taking steps to enhance security across the board. "We're hiring two more school psychologists, we're hiring six mental health counselors and we're also hiring an additional three social services workers to add to the staff that we already have."

Given her background in psychology, Levrini said she felt her experience would prove valuable to the school district regarding mental health awareness, adding that she felt too much attention was being paid to the question of armed security.

"I'm not for arming teachers," she said. "I think teachers are there to teach, and I think that there's a lot more that we



Dr. Abigail Levrini describes her background and experience at the forum.

can be doing in terms of education and mental health before we should even be going there."

Cook, on the other hand, felt the focus should be on hiring safety officers who would not only protect the students, but also serve as a resource and a role model.

"Safety doesn't just come from having a cop in a high school," he contended. "It comes from having a youth resource officer in an elementary school, teaching our kids values, morals and respect."

Growth management

With St. Johns County's continued growth, many in the community have complained of overcrowding in the school system.

Barrera said the main way to combat growth is to build more schools. Citing the opening of additional K-8s and the expansion of Nease High School, she contended the county is doing everything it can in that regard given state restrictions.

"We are always planning ahead for the growth, and I think sometimes it's a misunderstanding that the school district can just go out and build schools," she said. "We have to be at a certain level of overcapacity before the state will even approve us to build more schools."

Cook, however, said he "fundamentally disagreed" with the board on how to combat overcrowding.



Photos by Samantha Logue

Candidate Denver Cook lists his qualifications for the position of school board representative.

"I am not an advocate of K-8s," he said. "They underserve our middle school kids, and they're too big for our elementary kids."

Referencing the recent rezoning of several St. Johns County schools due to the opening of new K-8s, Cook also added that he felt attendance zoning was a major area for improvement.

"I think it's really important as we go through this that you reach out and have serious, long-term conversations with communities about what you're going to do when you zone," he said. "And it can't be when you come out with a plan. It needs to be ongoing, so we understand ... what the processes are and what the pitfalls are."

Levrini, however, said the solution simply came down to being more proactive.

"We've been very reactive, in my opinion," she said. "The schools are overcrowded, and we could be doing better."

Levrini also added that she felt St. Johns County had gotten complacent in its status as the top-ranked school district in the state.

"We can't bank, unfortunately, just on the fact that we think we have good teachers and good this and good that, because ... whatever we're doing now, it's not working."

The primary election is set for Aug. 28. For more information about each of the candidates, visit www.votesjc.com.

Ponte Vedra residents call for strengthened tree ordinance after homeowner clears lot

By Benjamin Naim

A homeowner on Ponte Vedra Circle (off San Juan Drive) has cut down dozens of trees on his property, and neighboring residents in the heavily wooded area are not happy.

According to St. Johns County spokeswoman Sarah Hand, the intent of the homeowner is to clear his lot, demolish his existing house and construct a replacement. Hand noted a residential clearance sheet was submitted by the homeowner to the county on June 14, and a site plan including tree removal is currently under review.

Pete Loftis, a Ponte Vedra resident who lives near the soon-to-be demolished home, suggested that the property owner shouldn't have purchased the lot in the first place.

"What a lot of us are wondering in the neighborhood is why in the world would you buy on a street that is canopied and then cut down live oaks?" he asked. "These trees hold falcon nests; they're beautiful."

Loftis and other residents and local groups have responded by calling for a stronger tree ordinance from St. Johns County to prevent a similar scenario in the future. Current regulations, the neighbor argued, are "extremely weak."

"We're currently working on strengthening the tree ordinance," he added. "The tree ordinance today heavily favors developers. If you want to come in and mow down trees, you can do just that. You can't do that in Amelia Island, you can't do that in Neptune Beach, Jacksonville Beach or St. Augustine, but you can do it in Ponte Vedra."

Another neighbor, Lauri Rice, said every other coastal community she has researched enforces stronger regulations. She also noted that protecting trees in Ponte Vedra could be an uphill battle.

"It looks like we're going against contractors," she said. "Our area is already



Photo by Lauri Rice

After a homeowner on Ponte Vedra Circle cut down a large group of trees on his property, a group of disgruntled neighbors is working to enact a stronger tree ordinance.

fully developed; all of our utilities are underground, and we have huge multi-century oaks that nobody wants to protect."

Suzanne Konchan, growth management director for the county, said the property owner did not break any laws, and he voluntarily agreed to temporarily stop clearing his lot while going through the permitting process associated with building a new home.

"He was not in violation of the code when he was taking those trees down and no specimen trees were taken down," Konchan said. "There is one specimen tree on the property, a Magnolia in the back of the property. As part of our review process, we'll be working with them for the protection of that tree."

Furthermore, Konchan said the county has been in contact with disgruntled residents and has been reviewing possible code amendments with respect to the current tree ordinance.

"We've invited these residents to join us and participate in the community discussion that is ongoing," she revealed. "We are in an engagement process with the community. We've had others that are

interested in tree regulations, and so I do anticipate that people will have continued discussion on this topic and it could lead to some changes to the land development code. What form they take and how they're crafted, it's just too early in the process to predict."

While he respects private property rights, Loftis asserted cutting down a multiplicity of trees can change the integrity of entire neighborhoods. Groups of healthy trees help protect communities from hurricane impacts, he argued, and isolated trees are more likely to get blown down during a storm.

"I like and respect private property laws that allow people to do what they want to do on their property," he said. "But when what you do changes the integrity of a neighborhood, that's why we need laws because we have irresponsible people that feel like they can do anything they want to do to a piece of property."

Rice, who also supports private property rights, said she'd like to see homeowners try and save trees whenever possible.

"I just want there to be some forethought," she said. "If you have a lot with

some very large oaks and that oak tree does not lie within the plot plan of your house, let's try to save it. If it's diseased or a threat to your house then yes, take it down."

Rice also appealed to the environmental impact of cutting down trees on the Ponte Vedra Circle property. After visiting the lot, she noticed eight different species of birds, including four types of woodpeckers, various wildlife and an entire ecological system.

Although a new tree ordinance won't be passed in time to save the trees at the Ponte Vedra Circle property, Loftis, Rice and others are pushing for change. According to Rice, Loftis has been asked to take part in a series of County Commission meetings that could lead to a strengthened ordinance.

"My personal objective is to make sure that this can't be done in the future," Loftis said. "What I'm saying is within reason; people need to be reasonable."

The Recorder was unable to get in touch with the homeowner in question. Any additional input will be added to the online version of this story.

Ponte Vedra man pleads guilty to child pornography charge

Ponte Vedra resident Jeremy Scott Clark, 44, pleaded guilty Friday, June 22 to transporting images depicting child sexual abuse over the internet, according to the FBI.

Employed as a First Coast High School teacher at the time of his arrest, Clark faces a minimum mandatory penalty of five years and up to 20 years in federal prison, as well as a potential life-term of supervision. A sentencing hearing has yet to be scheduled.

According to court documents, on Feb. 22, an individual using the screen



Jeremy Scott Clark

name "LL-CoolJack1973" responded to a message posted by an undercover FBI agent on an internet bulletin board frequented by individuals with a sexual interest in children. The user, later identified as Clark, began an online conversation with the undercover agent.

After engaging in conversations about sexual activity with children, Clark sent an explicit photo of himself to the agent, along with a link to an online storage account containing images of young children being sexually abused. Further investigation traced the internet protocol address to Clark's residence in Ponte Vedra's Walden Chase neighborhood.

On March 8, law enforcement officers executed a search warrant at Clark's home and seized his cellphone. FBI agents were able to confirm that the naked male in the picture sent to the undercover agent was

in fact Clark, lying on his bed in his home. A forensic examination of Clark's phone also revealed that it contained the link to the online storage account previously sent to the agent.

Investigated by the FBI and the St. Johns County Sheriff's Office, this case was brought as a part of Project Safe Childhood, a nationwide initiative launched in May 2006 by the Department of Justice to combat child sexual exploitation and abuse. It is being prosecuted by Assistant United States Attorney D. Rodney Brown.

Jeff Adams worked for 40-plus years in golf at the LPGA and PGA TOUR, as well as on several contract assignments in the industry. He now serves in a volunteer capacity as the vice president of tournaments for Jacksonville Area Golf Association (JAGA).

Jeff Adams

Can you please briefly tell us about your background?

I was raised in Westchester County, New York, in a great town called Chappaqua, which is where the Clintons now live. I graduated from the University of Florida in 1976 with a degree in broadcasting and covered their great golf teams of the mid-70s. Ironically, I introduced myself to then LPGA Commissioner Ray Volpe at the November 1975 LPGA tournament at Selva Marina Country Club in Jacksonville, which led to me being hired. From Gainesville, I went straight to New York City — with a pit stop along the way in Augusta to watch my first Masters — to begin a career in public relations and communications. I spent 10 years with the LPGA in New York and Houston. After several years doing contract work, I came to Ponte Vedra Beach and the PGA Tour in 1998 and retired at the end of 2015. It was 40-plus wonderful years in which I was lucky enough to combine my avocation and vocation and work on every major golf tour in the U.S., as well as with all the international tours.

What's your favorite moment from your career?

I'd have to say it was from my LPGA years. I was the on-site media person in 1978 when Nancy Lopez captured golf headlines all over the world, winning five tournaments in a row and gaining the LPGA attention it had never experienced before. Media outlets from all over the country traveled to meet Nancy, who was terrific. The ironic thing was the streak came to an end in Hershey, Pennsylvania, the week she met her future husband, Tim Melton, a local TV sports anchor. I was honored to be invited to their wedding. Generally speaking, it was a young guy's dream to work with golf icons such as Sarazen, Berg, Wright, Whitworth, Rankin, Palmer, Nicklaus, Floyd, Watson and today's stars like Woods and Mickelson.

What role do you provide at JAGA?

I joined JAGA right after retiring. At the end of the first year, they asked me if I was interested in becoming an officer, which I was happy to do. As VP-Tournaments, I work with other directors to organize the annual tournament schedule, about 10 events, and run them. It's been very enjoyable. I tell people that in the last two-plus years I've been to 20 or 25 courses in North Florida I hadn't stepped foot on during the previous 18 years working for the PGA Tour.

Can you please tell us more about the organization?

JAGA was established in 1954 and is focused on three things: tournaments, scholarships and volunteerism. It is a nonprofit made up of about 100 volunteers who represent the 40 or so JAGA member clubs in Northeast Florida. It is to local golf what the U.S.G.A. is to golf in the U.S. Our mission is to promote golf and related activities. Of particular emphasis and pride is the \$1.75 million JAGA has generated since 1974 for college-bound kids. Twenty-seven area students currently receive scholarships.

We understand you met your wife in Ponte Vedra.

What's the story there?

I was practicing at TPC Sawgrass one hot June afternoon in 2000 in advance of a trip to Scotland. This attractive young lady shows up with four bags of balls and sets up shop near me. I'm figuring with four bags a guy's going to follow any minute. Turns out that guy was me. We got married two years later. She's made me a very lucky and happy man.



Photo by Jon Blauvelt

What do you enjoy most about living in Ponte Vedra?

We like that it provides the warmth and pleasures of Florida but maintains its Southern feel despite the influx of Yankees like me and Lori. We've made a lot of friends here. Being close to UF is a nice bonus. We also like the opportunities to get involved in things. One example is the JUNIOR PLAYERS Championship. Lori and I have hosted a junior golfer all 11 years. Believe it or not, Brooks Koepka was our first. The next year it was C.T. Pan. Lori and I had to laugh this past May when we noticed Brooks' playing partner when he double-eagled the 16th at THE PLAYERS was C.T.

Other than golf, what do you like to do in your free time?

I enjoy following politics and being informed. I also really enjoy listening to "my music," including the Beatles, Allman Brothers, Gregg Allman, James Taylor, Alan Jackson and great single hits from our youth. In addition, I enjoy reading about the Civil War and rock stars and keeping up with the many friends I've been lucky to make all over the country. Our cats Wink and Buster are our kids. We adopted them last July 4 at Katz 4 Keeps.

Edited by Jon Blauvelt

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



New Rotary Club of Ponte Vedra Beach President Mark Farrell stands alongside 2017-2018 club President Billy Wagner, who inducted Farrell at the club's June 21 meeting at Marsh Landing Country Club.



Christine Ng (center) receives the Don Blackburn Award from Bruce Barber (left) and Wagner.



Vickie Cavey receives the Rotarian of the Year Award from Wagner.



ABOVE: Rosemary Takacs (center) receives the Service Above Self Award from Christine Ng (left) and Wagner.

RIGHT: Ed Dalton (center) receives the Rookie of the Year Award from Jennifer Logue and Wagner.



Photos by Jennifer Logue

Rotary Club of Ponte Vedra Beach welcomes new president, presents annual awards

By Jon Blauvelt

The Rotary Club of Ponte Vedra Beach installed new President Mark Farrell on June 21 at the club's final meeting of the 2017-2018 year at Marsh Landing Country Club.

Farrell is the founder of Killashee Investments, LLC in Ponte Vedra Beach and a native of Binghamton, New York. The beginning of his leadership marks the end of Billy Wagner's term as president. Among several other accomplishments, Wagner's presidency included raising thousands of dollars for both Rotary and local charities, building a new website and enhancing the club's technology and holding a five-year strategic planning session. A highlight of the year was the club's chartering of the Rotary Club of Ponte Vedra based in Nocatee, which was the only Rotary club to be chartered in Florida this year.

As a result, Farrell noted Billy's presidency will be a touch act to follow.

"You ever feel like the little guy with a little shovel with a big bucket walking behind the elephants at the circus?" Farrell joked. "Billy, the way you led us this year is admirable. You made us all proud. Everything you touched,

you made better."

Before Farrell was installed as president, Wagner also honored several members for their contributions throughout the year, recognized the club's board of directors and presented a few prominent awards to those who went above and beyond. Vickie Cavey was named Rotarian of the Year, the club's most prestigious honor.

"I can't even tell you how much she (Vickie) has meant to the club and what she has done," Wagner said, recognizing the work Cavey completed in organizing the club's annual Mineral City fundraiser. "I'm so thankful for her. I don't even know what this year would have been without her."

In addition to Cavey, Christine Ng received the Don Blackburn Award; Rosemary Takacs received the Service Above Self Award; and Ed Dalton received the Rookie of the Year Award.

An upcoming edition of the Recorder will feature the efforts of Rosemary Takacs, who led a Rotary-sponsored service project in which she worked with a team of female engineers from the University of North Florida to install a new water distribution system in a Mayan village of Guatemala.

Rotary Club of Ponte Vedra Beach Sunset installs new president

The Rotary Club of Ponte Vedra Beach Sunset installed new President Brian Anderson at its meeting on Tuesday, June 26. The transition meeting also recognized the tenure of outgoing President Cyndi King.



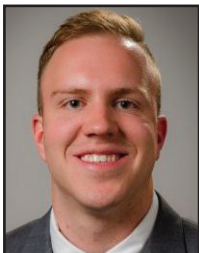
LEFT: Rotary Club of Ponte Vedra Beach Sunset outgoing President Cyndi King passes the gavel to new President Brian Anderson, who was installed Tuesday, June 26.

BELOW: Club members celebrated Anderson and King with a cake.

Photos by Susan Griffin



MESSAGE FROM THE EDITOR



Jon Blauvelt
Editor

Following yet another mass shooting in our country, my heart is in shambles once again. This time, though, I'm especially troubled as the travesty occurred in a setting I'm all too familiar with — a newsroom.

For the better part of my life, I've been inspired by newsrooms and the work of journalists. Telling stories, revealing the truth, keeping the powerful in check ... It's why I studied the field in college and why I made a career shift to jump right back in. Along the way, I've been lucky to learn the industry from old school experts similar to Rob Hiaasen — one of the five Capital Gazette employees killed and reportedly a mentor to several young journalists — and

I now aspire to follow in their footsteps.

Thanks to these mentors and a few years in the field, I've quickly learned those who comprise a newsroom are a special breed. They put in far too many hours, often don't reap the rewards and never stop moving. Yet for many of them, myself included, they love what they do, and they feel honored to do it, because the job is greater than themselves. It's a lifestyle. It's a passion. It's a service for the greater good.

The Capital Gazette continued to provide that service on June 29, printing a paper in Annapolis the day after its own employees were mowed down by a shotgun-wielding villain. CNBC journalist John Harwood tweeted June 28 following the shooting that Pat Ferguson, his former high school classmate and a Capital Gazette reporter, told his wife, Becky, he was safe, charging his phone, trying to find colleagues and "putting out a paper, goddamn it."

Inspirational? You better believe it. But surprising? Not for those of us in the field. It's what we do, as Florida Times-Union sports reporter Garry Smits also tweeted June 28. We keep going.

As the days move forward, we will continue to grieve with our fellow journalists at the Capital Gazette, as well as their families, and we will honor them the only way we know how, by continuing to fight the good fight, regardless of what adversity may strike.

LETTERS TO THE EDITOR

I read the recent article referencing beach refurbishment and the suggestion that Ponte Vedra Beach needs a special tax district to address beach refurbishment and renourishment. But the initiative did not include any mention of an even greater need — improved/increased public access to the north end of Ponte Vedra Beach and the greater concentration of residents in that area.

Any attempt to add a special tax district to the north end of Ponte Vedra Beach should contain a concrete plan to acquire additional land and provide beach access with restrooms and parking in close proximity. What is the value of living so close to the beach if there's no convenient beach access, other than paying for a private beach club membership that few of the residents in the north end of Ponte Vedra Beach can afford?

This morning, July 1, 2018, the parking lot at Mickler's Landing was full, which is generally the case on any nice spring or summer weekend. Early approved beachfront property plats in north Ponte Vedra Beach contained generous "beach access easements," but they did not allow for parking in close proximity to those beach access points. In fact, parking along right-of-ways

in close proximity to the public beach access easements has been greatly restricted over the past 35 to 40 years to the point they are almost non-existent.

Florida has magnificent beaches often described as a great playground. North Ponte Vedra has not asked the county to supply parks and recreation to match the expanding population created by the flood of rezoning that continues to add residential housing units. Or perhaps the county should stipulate any developer wanting increased zoning should provide an allocated amount the county could use to purchase beachfront property to satisfy the growing need for beach access and beach services of parking and restrooms.

We have impact fees, but where are the funds to support the impact of increased demand for convenient beach access? The County Commissioners should consider the great park that already exists but lacks access for the want of parking and restrooms in close proximity.

Everybody in North Ponte Vedra Beach wins if the county provides convenient beach access with adequate parking and restrooms. Who wins? The municipality with the great beach access.

Michael Hannon, Ponte Vedra

For the last four years, I have been a volunteer in the Read Out Loud program at Ocean Palms Elementary School. Overcrowded from the day I arrived, most of my classes were in trailer classrooms. For the coming year, two-thirds of the school population has been transferred to the new Palm Valley Academy near Nocatee.

For the summer, I have volunteered for the reading program at Liberty Pines Academy, west of 95 off State Road 210. As I pass the construction of the new school, I cannot help but wonder if it will be completed in time for the fall semester. Continuing west I can feel the earth strain to handle the weight of a growing population. I am enveloped in a cloud of dust and dirt when I am stopped to allow construction ve-

hicles to tear up the woodlands and destroy natural habitat in preparation for several new communities with utopian names. Thousands of new residents will flood into an area already overstretched for critical county services such as schools, police and fire service, plus infrastructure that now has more vehicle traffic than roads can handle.

The St Johns County Commission, along with zoning, are complicit in allowing these mega developments just so greedy developers can line their pockets with dirty money.

How long before the citizens of St Johns County are going to be asked to pony up additional tax dollars for more services because of irresponsible county officials?

Rick Mansfield, Ponte Vedra

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IN ST. JOHNS **ST. JOHNS COUNTY CHAMBER OF COMMERCE**

ST. AUGUSTINE

ST. AUGUSTINE · WEDNESDAY, AUGUST 1ST
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Politics in St. Johns is a large political gathering hosted by the St. Johns County Chamber of Commerce. It is designed as a fun educational evening aimed at connecting candidates running for office with members of the business community. The event will feature the candidates, candidate informational booths, candidate introductions, and a straw poll vote conducted by St. Johns County Supervisor of Elections Vicky Oakes (with the release of results to the local news media). The event is open to all Chamber members, guests and members of the general public free of charge.

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Children, young adults with autism ride waves at 13th annual surf camp

By Jon Blauvelt

Last week, a group of local children and young adults with Autism Spectrum Disorder (ASD) and related disabilities participated in the HEAL (Helping Enrich Autistic Lives) Foundation's 13th annual surf camp in Neptune Beach.

Held Tuesday, June 26 and Wednesday, June 27 behind the Seahorse Oceanfront Inn, the event hosted 30 campers supported by more than 100 volunteers. Each participant received instruction and the opportunity to surf, paddleboard, boogieboard, kayak and ultimately smile and have fun.

"It was amazing," said Megan Davis, a Green Cove Springs resident whose three sons, two of whom have ASD, participated in the camp. "I don't even think there's a word that can describe the happiness and inspiration."

Several local organizations contributed their resources to support the camp and ensure campers enjoyed the experience free of charge, explained HEAL Foundation Executive Director Jason Gurka. Among those organizations were the Rotary Club of Ponte Vedra Beach, which has provided a monetary contribution and volunteers since the event's inception; Sunrise Surf Shop, which has also been involved from the beginning, contributing equipment and instructors; Beach Life Rentals, which provided umbrellas and chairs; and the Seahorse Oceanfront Inn and Lemon Bar, which made their parking lots available to campers and their families.

For the second consecutive year, the

Care Committee from One Ocean Resort & Spa organized a silent auction to raise funds for the camp. This year, One Ocean raised \$2,208 on items ranging from restaurant gift certificates to flower bouquets from Kuhn Flowers.

"Our associates, all 200 of them, had three hours to bid on a Wednesday afternoon and collect the \$2,200 on over 40 silent auction items," said David Mariotti, general manager of One Ocean Resort & Spa. "In our second year supporting HEAL, it's become personal for many of our associates having witnessed the surf camp in our backyard and seeing the difference it makes in the lives of these children."

Other local organizations that supported the event included the City of Neptune Beach, the Neptune Beach Police Department, Smart Pharmacy, TEAM HEAL, CBS 47 Fox 30 Action News Jax and Halyard Brewing.

The annual surf camp kicked off 13 years ago after longtime Beaches residents Dr. Don Sears and his wife, Kim, saw their neighbor with autism swimming in the ocean and realized the joy she experienced in the water.

"She was free there," Kim Sears said. "She was just like a dolphin. When you would see her in the ocean, it was relaxing."

The Sears family had heard about a surf camp in California for children with autism, and they thought the Beaches community could organize a similar event. So, they partnered with the HEAL

SURF continues on Page 11



ABOVE: After holding a silent auction to benefit the HEAL Foundation, the Care Committee from One Ocean Resort & Spa presents the local nonprofit with a check donation for \$2,208 to support the costs of the surf camp.

Photo courtesy of the HEAL Foundation



TOP LEFT: A camper smiles after riding a wave to the beach.



BOTTOM LEFT: Local children and young adults with autism and related disabilities surf at the HEAL Foundation's 13th annual surf camp held June 26-27 in Neptune Beach.

Photos by Jon Blauvelt

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27 Easy Fix Up Tips to Give You the Competitive Edge When Selling Your Ponte Vedra Home

by Tara Belanger, Watson Realty Corp.

Ponte Vedra - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist homesellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in

control of your situation, and make the best profit possible. In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get the straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

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Surf

Continued from 10

Foundation and organizations like the Rotary Club of Ponte Vedra Beach and Sunrise Surf Shop to make it happen. The first year the event took place in 2006, 10 campers participated, said Leslie Weed, founder of the HEAL Foundation. Since then, the camp has grown significantly and become a yearly tradition for the community.

“It’s like a reunion now,” Weed said. “It’s a reunion of all the surfer volunteers, all the community surfing guys that shed their doctors’ outfits and business suits and hop in the water and absolutely love it. It’s (also) a reunion for the kids who have been doing it for several years. It’s fabulous.”

The HEAL Foundation supports organizations, camps and schools serving those with Autism Spectrum Disorders in Northeast Florida. For more information, visit www.healautismnow.org.



Photo by Jon Blauvelt

Local children and young adults with autism and related disabilities surf at the HEAL Foundation's 13th annual surf camp.

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Thursday, July 5	Friday, July 6	Saturday, July 7	Sunday, July 8
<p>Yoga for Survivors The Y Healthy Living Center at the Ponte Vedra YMCA will host a Yoga for Survivors class July 5 at 11:30 a.m. Cancer patients, survivors, caregivers and others with range of motion and pain limitations are invited to join in this gentle and safe yoga practice, which is free and open to the public. Call (904) 202-5376 or visit www.baptistjax.com/ymca to reserve a spot. The Ponte Vedra YMCA is located at 170 Landrum Lane.</p> <p>Trivia at Atlantic Beach Brewing Join Atlantic Beach Brewing for a Thursday night trivia show July 5 at 7 p.m. Enjoy craft beer, food, live entertainment, prizes and more. Atlantic Beach Brewing Company is located at 725 Atlantic Blvd. in Atlantic Beach. Visit www.FastJaxTrivia.com for more information.</p> <p>NocaTour Locals are invited on a personal golf cart tour on Nocatee's Greenway Trailway System, through Nocatee Community Park and brushing by Coastal Oaks and Del Webb. Following the tour, guests will return to the Welcome Center for a walking tour of the acclaimed Splash Water Park and Fitness Club. The tours are available on multiple dates and times. Visit nocatee.com for more information.</p> <p>Adult Saltwater Fishing Clinic An Adult Saltwater Fishing Clinic will take place July 5 at Washington Oaks Gardens State Park from 9 a.m. to noon. Admission is \$20. Reservations are required and can be made by calling (386) 446-6783. For more information, visit www.washingtonoaks.org. Washington Oaks Gardens State Park is located at 6400 N. Oceanshore Blvd. in Palm Coast.</p> <p>'Interactive Introverts' Dan and Phil will present their new stage show, "Interactive Introverts," July 5 at 7:30 p.m. (doors open at 6 p.m.) at the St. Augustine Amphitheatre. Join the duo as they offer rants, roasts, battles, stories and surprises that will make the audience laugh, cry, cringe and more. For more information or to purchase tickets, call (904) 209-0367.</p>	<p>First Coast Newcomers event Join the First Coast Newcomers Club of Northeast Florida Social for a dinner event July 6 at 6 p.m. Guests will enjoy food, drinks and classic rock and roll music from the 50s and 60s. For venue information and to reserve a spot, call (904) 829-0643.</p> <p>Water Exhibition by Eileen Corse This exhibition by Eileen Corse is on display at The Cultural Center at Ponte Vedra Beach through July 7. Admission to the exhibition is free. The center is open Monday to Saturday from 10 a.m. to 4 p.m. For more information, visit www.ccpvb.org. The Cultural Center at Ponte Vedra Beach is located at 50 Executive Way.</p> <p>Oak Fest III The Colonial Oak Music Park in St. Augustine will present Oak Fest III July 4-7. Featuring musicians such as Monroeville, Ramona The Band, I-vibes, Chillula and many others, music will last from 2 to 10 p.m. each day of the Fest. For further information, contact the Colonial Oak Music Park by phone at (904) 342-2857 or email at Jason@colonialquarter.com.</p> <p>First Friday Garden Walk Visit Washington Oaks Gardens State Park on the first Friday of each month at 10 a.m. for a guided one-hour tour of the gardens. Guests are encouraged to wear comfortable shoes. Admission to the park costs \$5 per vehicle, \$4 per vehicle for single occupancy and \$2 per pedestrian and person on bike. Washington Oaks Gardens State Park is located at 6400 N. Oceanshore Blvd. in Palm Coast.</p> <p>Music in the Courtyard The general public is invited to enjoy live music every Friday and Saturday night from 6 to 9 p.m. at The Courtyard, located at 200 1st St. in Neptune Beach. Guests are encouraged to listen to local music while sipping on a coffee or glass of wine.</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>Coastal Conversation and Clean-Up Join Anastasia State Park for a Coastal Conversation and Clean-Up event July 7 from 8 to 10 a.m. The event will start with an interpretive hike to the beach, and guests will be provided with tools for a beach cleanup session. Park entry is free for participating volunteers. Anastasia State Park is located at 300 Anastasia Park Road in St. Augustine.</p> <p>Weaver First Saturday Free For All The first Saturday of each month at the Cummer Museum is free for all guests, thanks to the support of J. Wayne and Delores Barr Weaver. Visitors can enjoy free admission and art-making activities for all ages in the Cummer Gardens, live music and a docent-led tour at 2 p.m. For more information, call (904) 899-6038. The Cummer Museum is located at 829 Riverside Ave. in Jacksonville.</p> <p>Drum Runner Series Barrel Racing Saddle up and head over to the St. Johns County Fairgrounds for monthly barrel, pole and other timed speed horse events. To be held July 7 at 5 p.m. at 5840 S.R. 207 in Elkton, this event is open to the public and free for spectators. Awards will be presented for each age group.</p> <p>GTM Research Reserve guided exploration hike Join the GTM Research Reserve July 7 at 8:30 a.m. for a guided exploration hike focusing on the Guana Peninsula's 5,000-year history. This 1.5-mile tour departs from the Trailhead Pavilion located west of the Guana Dam. The GTM Research Reserve is located at 505 Guana River Road in Ponte Vedra Beach.</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 July 8 from 10 a.m. to 2 p.m. at 9505 Oceanshore Blvd. in St. Augustine.</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>'Hidden Secrets: Brave' H.E.R. Story Productions will present "Hidden Secrets: Brave" July 8 at New Kingdom Harvest Church International at 5:30 p.m. The show highlights three women on their journey to finding freedom and forgiveness of themselves and others. Visit www.larondahoward.biz/ events to purchase tickets. New Kingdom Harvest Church is located at 3018 Lenox Ave. in Jacksonville.</p> <p>Second Sunday at Stetson's The Stetson Kennedy Foundation will host Second Sunday at Stetson's, featuring live music and more, July 8. For more information, contact Leigh Cort by phone at (904) 806-3613 or via email at leighcort@bellsouth.net. This event will take place at Beluthahatchee Park, located at 1523 State Road 13 in St. Johns County.</p>

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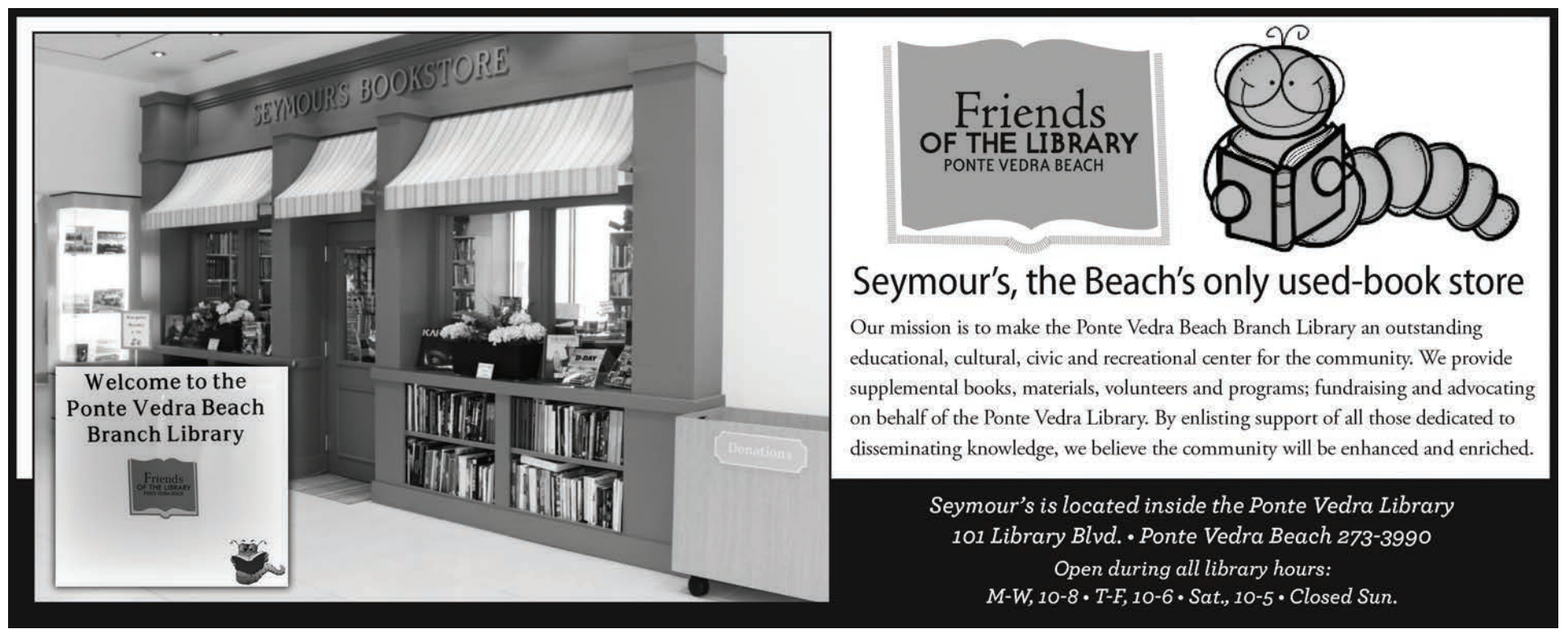
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Monday, July 9	Tuesday, July 10	Wednesday, July 11	Thursday, July 12
<p>MOSH Mondays The Museum of Science and History's MOSH Mondays feature discounts including buy-one-get-one-half-off admission for adults, 10 percent off MOSH-branded items in the 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>'Ant-Man and The Wasp' at IMAX Theater at World Golf Hall of Fame As Scott Lang balances being both a Superhero and a father, Hope van Dyne and Dr. Hank Pym present an urgent new mission that finds the Ant-Man fighting alongside The Wasp to uncover secrets from their past. 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>Anastasia Watersports Camp Looking for a fun way for children to learn how to kayak, paddleboard and sail this summer? Discover watersports, hike through salt marshes and explore the beaches during the second-annual Anastasia Watersports Camp, to be held July 9 through 12 at Anastasia Watersports at Anastasia State Park. For more information and to make a reservation, email info@anastasiawatersports.com. This event will take place at 850 Anastasia Park Road in St. Augustine.</p> <p>Gypsy skirt dancing class Join the River House on Mondays from 10 to 11 a.m. for a festive gypsy skirt dancing class celebrating diversity. Many cultures around the world, including India, Egypt, Spain, Africa, Mexico, and the Caribbean, dance with big skirts. Moves are basic, and the class features fun props. Loaner skirts will be available during each class. Call (904) 209-3655 to make a reservation for this Council on Aging event. The River House is located at 179 Marine St. in St. Augustine.</p>	<p>Volunteers needed Volunteers are needed at the St. Johns County Council on Aging for administrative duties at COA Transportation from 8 a.m. to 1 p.m. any day Monday to Friday. Contact Amy Leach at (904) 209-3686 or email aleach@stjohnscoa.com for more information.</p> <p>Prenatal Yoga Join the Y Healthy Living Center, located at 170 Landrum Lane in Ponte Vedra Beach, for a prenatal yoga session July 10 at 6 p.m. Prenatal and postnatal yoga provides safe, simple and effective exercises designed to help women cope with the changing needs of their body before and after pregnancy and birth.</p> <p>Erik Slader & Ben Thompson at The BookMark Jacksonville author Erik Slader and co-author Ben Thompson will appear at The BookMark July 10 at 7 p.m. to launch their new series for middle graders, "Epic Fails." Slader and Thompson will introduce the series with book one, "The Wright Brothers: Nose-Diving Into History," and book two, "The Race to Space: Countdown to Liftoff." This non-fiction series takes a humorous and unexpected view of history. The BookMark is located at 220 1st St. in Neptune Beach. For more information, call (904) 241-9026.</p> <p>Michael Honig at Coastal Wine Market Michael Honig, winemaker and owner of Honig Vineyard & Winery, will appear at Coastal Wine Market & Tasting Room July 10 at 6 p.m. as part of the business "Meet the Winemaker" series. Honig will take guests on a tasting tour of his sauvignon blancs and cabernet sauvignons, including his Late Harvest Sauvignon Blanc. This is a complimentary tasting. Coastal Wine Market is located at 641 Crosswater Parkway B in Ponte Vedra (Nocatee).</p> <p>First Coast Card Club meeting The First Coast Card Club will meet July 10 at the St. Johns County Main Library at 1 p.m. The library is located at 1960 N. Ponce De Leon Blvd. in St. Augustine.</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>Omni Amelia Island 2018 tennis summer camp Omni Amelia Island Plantation Resort is offering tennis camp Monday through Friday from 9 a.m. to 3 p.m. Kids ages 5 to 14 will have the opportunity to work with professional coaches and improve their skills in tennis, team sports and swimming. For pricing information or to reserve a spot, call (904) 432-1485. Omni Amelia Island Plantation Resort is located at 39 Beach Lagoon Road in Amelia Island.</p> <p>Alligators in Northeast Florida class UF/IFAS Nassau Master Gardener Karl Shaffer will teach a class on alligators in Northeast Florida July 11 at 10 a.m. The session will focus on homeowners who are new to the region and have little to no knowledge of Florida wildlife. The class will be held at the Yulee Extension office, located at 86026 Pages Dairy Road in Yulee.</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>Tabletop Gaming Teens in ninth through 12th grade are invited to have fun with friends and make new ones at the Ponte Vedra Beach Branch Library's Tabletop Gaming event, to be held July 11 at 5 p.m. The event will feature cards, board games and snacks. The Ponte Vedra Beach Branch Library is located at 101 Library Blvd.</p>	<p>Women in the Bible Learn about key women in the Old and New Testaments at this July Bible study series at Lord of Life Lutheran Church. This weekly, one-hour discussion led by Pastor Hinkley or guest leaders, will take place Thursdays from 5:30 to 6:30 p.m. Following a brief presentation, guests will participate in a lively discussion on various women in the Bible and refreshments will be served. Lord of Life Lutheran Church is located at 276 N. Roscoe Blvd. in Ponte Vedra Beach. For more information, visit www.lordoflifepvb.org.</p> <p>Throwback Thursday: 'Field of Dreams' at the Corazon Cinema and Cafe An Iowa corn farmer interprets voices in his head as a command to build a baseball diamond on his field. After building the diamond, the 1919 Chicago White Sox come to play. This film is showing at the Corazon Cinema and Cafe at noon as part of the theater's "Throwback Thursday" series. The Corazon Cinema and Cafe is located at 36 Granada St. in St. Augustine.</p> <p>Chris Redd at The Comedy Zone Chris Redd, an actor, writer, standup, sketch and improv performer, will perform live at The Comedy Zone July 12 at 7:30 p.m. Email info@comedyzone.com or call (904) 292-4242 for more information. The Comedy Zone is located at 3130 Hartley Road in Jacksonville.</p> <p>Farm Swap & Music Jam Enjoy music from local musicians while shopping for produce at the Florida Agricultural Museum July 12 from 8 a.m. to 1 p.m. The event will feature musicians, singers and songwriters 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>Free calendar listings for community groups and nonprofit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to ben@opcfla.com or call (904) 686-3939.</p>



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COMMUNITY OUTPOURING HELPS VETERANS IN NEED



Photo courtesy of Beth Heath

Arlington Women's Club members Pat McBride, Emma Toomer, Sheila Brown-Jefferson and Lu Coberly gather non-perishable food for veterans in need at the Clara White Mission in Jacksonville on June 22. The meal was donated by Angie's Subs in Jacksonville Beach. Prepackaged, non-perishable food for the veterans' future meals was collected by the organization Turning Points in America. In addition to the Arlington Women's Club, VFW 7909, the Ponte Vedra American Legion, the Ponte Vedra Tea Party, the Benghazi Tribute Team and numerous individual donors also provided stacks and stacks of prepackaged food servings.



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Study supports use of dogs to help veterans with PTSD

Purdue University's recent research findings come as no surprise to K9s for Warriors

By Paris Moulden

A recent research study released by Purdue University is reinforcing what K9s for Warriors has been saying all along: Dogs have a genuinely positive impact on the health and well-being of veterans and service members suffering from Post-Traumatic Stress Disorder.

Conducted by the Purdue University College of Veterinary Medicine and co-funded by the Human Animal Bond Research Institute and Bayer Animal Health, the study used physiological markers to document a service dog's effect on veterans diagnosed with PTSD by measuring the stress hormone cortisol when they wake up.

The research was led by Maggie O'Haire, assistant professor of human-animal interaction in the College of Veterinary Medicine, and Kerri Rodriguez, human-animal interaction graduate student, with the help of K9s for Warriors, a nonprofit based in Ponte Vedra Beach that pairs veterans with PTSD with rescue dogs.

"We found that military veterans with a service dog in the home produced more cortisol in the mornings than those on the waitlist," Rodriguez said in a news release. "This pattern is closer to the cortisol profile expected in healthy adults without PTSD. Having a service dog was also associated with less anger, less anxiety and better sleep."

The veterans used in the research were part of the K9s for Warriors program. To measure morning cortisol, saliva samples of veterans with PTSD who had been paired with a service dog were compared to veterans with PTSD who are on the waitlist to get a service dog. In healthy adults without PTSD, there is generally a rise in morning cortisol or the "cortisol awakening response." In people with PTSD, morning cortisol levels don't show an increase. The Purdue study found veterans who have a service dog had an increase in morning cortisol as opposed to veterans without dogs.



Photo by Paris Moulden

The dogs used by K9s for Warriors come primarily from high-kill animal shelters and are trained by the organization to assist veterans and service members suffering from PTSD.

"If you have a healthy brain with no PTSD, you wake up and get this slow morning cortisol rise that lasts throughout the day," K9s for Warriors CEO Rory Diamond said. "Warriors with severe PTSD have no morning cortisol; they just flatline. So, we swabbed the warriors in the morning to test their morning cortisol, and the ones on the waitlist just flatlined. The ones who had a dog for the last six months had a near-normal morning cortisol. That's the physiological biomarker we were able to prove."

Diamond said the results of this study are important because they provide scientific support for what his organization is doing.

"For the last several years, we wanted to prove with hard science that our dogs work," Diamond said. "We know they work. We see it every single day with these warriors that we work with. We see their lives change. We see them become the people they used to be before they went off to war. But the U.S. Department of Veterans Affairs and other funders have told us, 'We don't believe you and you can't prove that your dogs work.' Now we can."

Diamond said an earlier study done by the organization focused on monitoring how the veterans felt mentally and emotionally in the months after getting a service dog, but that study was met with criticism by the

US Department of Veterans Affairs (VA), which suggested respondents might not be completely honest about their feelings.

"This study, you can't fake," Diamond said. "It's morning cortisol. And now we've proven that warriors, in the mornings, who have a dog for at least six months, have near healthy morning cortisol levels."

The next step is a study currently being done by the National Institutes of Health (NIH). The new study will continue with the cortisol mouth swabs on veterans with PTSD, but will also use a Fitbit-like device to measure sleep patterns, overall anxiety, heart rate and how far warriors are straying from their homes before and after receiving a service dog.

"This is the first time anyone in the history of the world has shown that a service dog, or any dog, actually changes the physiology of the brain, which is kind of amazing," Diamond said.

K9s for Warriors is also planning to conduct a study on how much money programs like theirs end up saving the VA per warrior, who are often prescribed medication to treat the symptoms of PTSD.

"Two-thirds of our warriors are off some of their medication within six months, and a third are off all of them," Diamond said. "These prescription drugs are lethal cocktails. They have all sorts of terrible

side effects. The worst thing that can happen if our program doesn't work is that the warrior has a nicely trained dog. It's a good tradeoff."

K9s for Warriors is in the process of opening a second facility outside of Gainesville to assist more warriors, and Diamond said while the scientific studies will hopefully open the eyes of the VA and other government organizations, actually seeing the program in action was proof enough for him that it works.

"On the first day of the program, I typically welcome the warriors here, and you see what I call 'dead eyes,'" Diamond said. "Just spacing out, overmedicated, anxious, nervous, suspicious, all those things. And then over the course of the three-week program, you see the warriors get more and more comfortable with their dogs, more and more comfortable going out into the world again, and then you start to see their personalities come back. And when we hear the warriors laughing together, we know we've broken through some pretty significant barriers."

But Diamond appreciates that the studies back up what he already knows.

"It is reassuring," he said. "I personally knew with every fiber of my being it was true, but to have independent, really smart scientists prove it is really awesome."

For more information on K9s for Warriors, go to www.k9sforwarriors.org.

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- Michael Rothfield, Veterans Volunteer and Educator
- Personally endorsed by Bill Dudley, Navy League Past President and National Director

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UPCOMING EVENTS IN NOCATEE

Treylor Park grand opening
Saturday, July 7 from 6 to 10 p.m.
Nocatee Town Center

The grand opening of Treylor Park in Nocatee will include complimentary tastings and more. Originally based in Savannah, Georgia, this vintage-chic restaurant will feature outdoor seating and offer re-imagined Southern comfort eats, cocktails and craft beers. Located south of Publix and RE/MAX Unlimited on Marketside Avenue, Treylor Park will offer innovative lunch, dinner and weekend brunch options.

Fourth of July weekend celebration
Saturday, July 7 and Sunday, July 8 from 11 a.m. to 2 p.m.
Splash Waterpark

Nocatee residents are invited to celebrate Fourth of July Weekend with live music at the pool by Big Jeff (July 7) and Michael Lee (July 8). The Splash Bar and Rocky’s will also be open.

‘Meet the Winemaker’ at Coastal Wine Market & Tasting Room

Tuesday, July 10 from 6 to 7:30 p.m.
641 Crosswater Parkway Suite B

As part of Coastal Wine’s ongoing “Meet the Winemaker” series, Michael Honig, owner and winemaker of Honig Vineyard & Winery in Napa Valley, will take guests on a palatal tour of his sauvignon blancs and cabernet sauvignons. This is a complimentary tasting.

To learn about more upcoming events in Nocatee, visit www.nocatee.com.



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Summer Health & Beauty

High intensity interval training (HIIT) can help you get fit this summer



Nemiah Rutledge
Guest Columnist

By Nemiah Rutledge
Special to the Recorder

The health benefits of regular exercise have been medically proven time and again; yet according to a new report from the CDC, just 23 percent of American adults get enough aerobic and muscle-strengthening exercise.

There are several reasons why people don't commit to regular exercise, ranging from a busy lifestyle to boredom with fixed-pace workouts like long-distance jogging. If you're looking to get significant results with minimal time commitment, high-intensity interval training (HIIT) may be the perfect fit for you.

What is HIIT?

HIIT is a form of exercise that alternates between intense bursts of activity and fixed periods of less intense activity. Picture doing two minutes of jumping lunges, followed by one minute of plank walk-outs, followed by one minute of push-ups, repeated for three sets.

This style of exercise became popular around the 1990s and dramatically changed the format of workouts and the body shapes of those who use it. Simply put, it's a great way to burn fat and build muscle in a shorter amount of time.

These workouts take an average of 20 minutes or less, and you can practically do them anywhere with little to no equipment. Some of my favorite exercises to integrate into HIIT workouts are jump squats, butterfly kicks, burpees and wall sits.

The benefits of HIIT

HIIT can make a substantial differ-

ence in people who have limited time to exercise or struggle with steady-state exercises that can become mentally tedious.

Most of my clients are people on the go who are working to fit exercise into their business and personal schedules. Not only do time-efficient HIIT programs help with life balance, but they also have the power to burn more calories — especially post-workout — when compared to a fixed-pace exercise.

In addition to being time-efficient, HIIT participants enjoy a constantly changing program that provides a full-body workout. The continuous moving and changing between exercises stimulates the brain and keeps the workout fresh and exciting.

HIIT has also been linked to improving mental health. A recent study published in the journal *Neuroscience Letters* linked high-intensity exercise to improvements in cognitive functioning. A team of Mayo Clinic researchers also suggested that HIIT may help reverse signs of aging on a cellular level.

How to get started

Perhaps the best aspect of HIIT is its versatility. Most people can find time to squeeze a 15-minute workout into their day. You can find a variety of suggested HIIT programs online, but it is always best to consult with a trainer who can help you perform the exercises correctly to avoid injury.

The most important thing is to start moving — once you begin feeling the benefits of regular exercise, you won't want to stop.

Nemiah Rutledge is the founder and owner of Body Paradox, a Jacksonville-based fitness company that provides corporate and personal fitness training. For more information on his exercise programs and philosophy, visit BodyParadox.com.



Photo courtesy of Shailesh Patel

Hand & Stone Massage and Facial Spa will open July 23 in Jacksonville Beach.

Hand & Stone Massage and Facial Spa coming to Jacksonville Beach

By Samantha Logue

Just in time to combat the effects of the sizzling summer sun, a new Hand & Stone Massage and Facial Spa will open in Jacksonville Beach later this month. To be located at 1858 Third St. S. in Pablo Plaza, the spa will hold its grand opening on July 23.

"We will have a grand opening special for people to come and try the spa out," said Shailesh Patel, owner of the new franchise. "It will be an introductory price of \$49.95 to get a service and become a member. Once you become a member, you get one spa a month or one facial a month, and any additional services will be heavily discounted."

Specializing in massages and facial treatments, the spa will offer Swedish, hot stone, Himalayan salt, sports, deep tissue and oncology massages, in addition to a variety of facials for all skin types. Additional services will include add-ons such as hand, foot and scalp treatments, as well as wax-free hair removal.

"Our job is to match the client's needs," Patel said. "So, in the facial, if they've got acne, then that will be treated, or if there's some other issue to resolve, then the treatment for that will be different as well. The idea is to customize it to the customer's needs."

Although there are already several other Hand & Stone locations in the Jacksonville area, Patel's will be the first to open at the Beaches. A businessman with de-

acades of experience in the hospitality industry, Patel said he became drawn to the health and wellness industry about five years ago, when he noticed the increasingly health-conscious trends of society.

"People now look after themselves better, they're very concerned about their health and everybody works out," he said. "But people also want to spoil themselves once in a while, and what a nice way to do it, if you have a nice massage or facial."

Contrasting the franchise against more expensive, high-end spas, Patel said Hand & Stone's affordability is what makes it stand out from the competition.

"Let's face it, not everyone can afford to spend \$150 a month on a massage, but there's a good chance more people can afford to pay \$50 a month to spoil themselves. For \$49.95, you can get a facial or a massage, and it's the same quality."

Patel also noted customers do not have to become members to enjoy the spa's offerings, adding, "If you're a non-member and you just want to come in for a facial or a massage, you're absolutely welcome to."

Down the road, Patel said he hopes to bring the "affordable luxury" of Hand & Stone to other areas of Jacksonville. In the meantime, though, he's looking forward to serving the Beaches community.

"Come check us out," he said. "People can pop in any time. You don't have to have an appointment. Just come and we'll be ready to service you."

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Summer spa specials:

To help you enjoy the rest of the summer, the Recorder has compiled a list of local summer spa specials that could help you relieve stress and rejuvenate your body.

The Spa at Ponte Vedra Inn & Club

Located along the Ponte Vedra oceanfront, the Spa at Ponte Vedra Inn & Club is offering three seasonal specials this summer. The first, entitled "Mango Breeze Refresher Facial," starts at \$150 and begins with a green tea extract cleanse, mango butter exfoliation and a banana and turmeric mask to visibly reduce the look of fine lines. The

"Sparkling Lemon Body Polish" package, starting at \$145, features a natural citrus shea butter polish and nourishing exfoliation. Finally, the \$70 package, "Citrus Honey Blossom Pedicure," offers a custom blended salt, citrus-grass and agave nectar oil scrub and nourishing massage treatment. In July, the

Spa at Ponte Vedra Inn & Club is offering the "Independence Bliss Pedicure," a 50-minute service for \$70 (plus service charge) that includes a blackcurrant extract soak, a rice bran oil and natural sea salt rub and a vitamin-packed strawberry fruit cells and whipped shea butter massage. The experience includes a polish or buff pedicure and a complimentary blueberry bliss cocktail. For more information, visit www.pvspa.com or call (904) 273-7700.



Photo courtesy of Mayfield Group Public Relations

Sawgrass Marriott Golf Resort & Spa

The Sawgrass Spa team is offering several summer specials from July through September. For \$135, guests can enjoy the "Elemis Frangipani Nourishing Wrap," a 50-minute treatment in which participants are cocooned for warmth and encouraged to relax with a scalp and foot massage. "Weekday Wellness," a \$99 service, is a 50-minute Sawgrass Custom Facial beneficial for all skin types. The treatment consists of steaming, exfoliation and cleansing of clogged pores. The "Elemis for Men High Performance Skin Energizer Facial," which costs \$99, is designed to restore skin to a healthier state. The facial combats aging, dehydrated skin and tired eyes. Finally, "Post-Golf Therapy" is an 80-minute treatment costing \$195 that is targeted for athletes and designed to relax sore muscles, tendons and stiff joints. The massage includes a mix of deep tissue, Swedish, reflexology and hot stone techniques.

To book an appointment, call (904) 674-4772 or visit www.sawgrass-marriott.com. Prices include a 20 percent service charge. These specials are only valid Sunday through Thursday and may not be combined with other offers.



Photo courtesy of Sawgrass Marriott Golf Resort & Spa

One Ocean Resort & Spa

Beginning in July, One Ocean Resort & Spa guests can enjoy the "Vanda Orchid Body Bliss." While the sensuous aroma of vibrant Vanda orchids envelops the senses, a gentle orchid polish of white, red and green tea extracts along with goji berry, pomegranate and grape seed extracts sweep away impurities, allowing powerful antioxidants to penetrate the skin. The fruit components alone improve circulation and boost energy levels. The package also features an oil scalp massage followed by a Vanda orchid cream kneaded over the body, hydrating and leaving skin soft and revitalized. Offered through Sept. 30, the experience is a 75-minute treatment that costs \$215, including gratuity. For more information, visit www.oneoceanresort.com or call (904) 249-7402

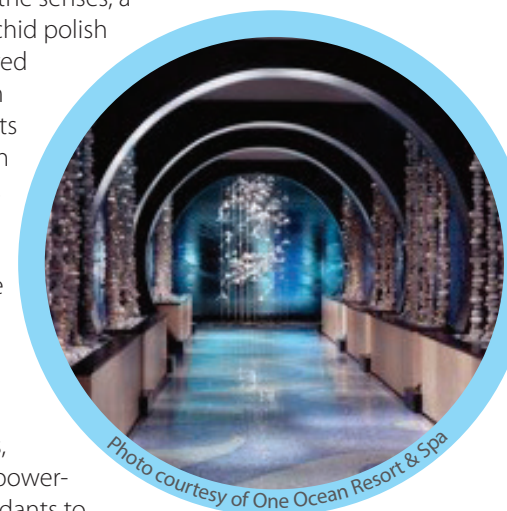


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Business Weekly

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Nissan of St. Augustine
has a lot to celebrate at
'After Hour's event

Page 23

Mulligan's Pub undergoes renovations to accommodate breakfast guests

By Benjamin Naim

Mulligan's Pub, a restaurant and bar located within the Hilton Garden Inn in Ponte Vedra Beach, recently completed several upgrades to make it more inviting for breakfast customers.

"We renovated our dining room about three years ago to give it a little more upscale approach and to make it more of a comfortable spot for our hotel guests and for locals to come in and eat dinner," said Ted Hayes, the director of food and beverage at the Hilton Garden Inn. "After that renovation, we really wanted to eventually upscale our bar as well. We added in a Starbucks location too, so that would be a lot more inviting for our hotel guests to grab a quick coffee on the way out."

Hayes said management decided to move forward with more upgrades to address feedback from hotel guests and the community. The most recent round of renovations took place shortly after THE PLAYERS Championship 2018.

"We were having some trouble with breakfast guests who would come in and not feel as comfortable as we'd



ABOVE: Mulligan's Pub now features a pastry and dessert case to make the restaurant more inviting for breakfast guests.

LEFT: Hilton Garden Inn Director of Food and Beverage Ted Hayes poses for a photo behind the bar at Mulligan's Pub, which recently underwent a series of renovations.

Photos by Benjamin Naim

want them to because it's also a bar," he explained.

In response to the feedback, Mulligan's added a pastry and dessert case featuring an assortment of grab-and-go breakfasts and desserts. Hayes said management wanted to make the pub feel like a breakfast counter restaurant and not just a bar.

Additionally, Mulligan's completed a series of upgrades to the decor of the restaurant.

"We used a lot more warmer colors," Hayes said. "We got rid of a lot of the green that would be associated with an Irish pub and added in some shades to cover up our very nice liquor display during the morning time, to make it less imposing as a bar."

Another addition to Mulligan's that helped enhance the breakfast atmosphere for morning guests, Hayes said, is the Starbucks counter and display case.

"Now it speaks to the fact we're a multi-purpose location that serves breakfast, lunch and dinner and not just a bar," he noted.

According to Hayes, management has been contemplating the changes for about a year.

"Myself, the general manager and owner of the hotel got together and decided that we wanted to be more effective in our a.m. presentation to our guests at the hotel," Hayes said. "With the additions of other restaurants in the area over the last several years, it's become more competitive."

Since making the changes, Hayes said he has received "great feedback" from regular customers.

"I can't think of any negative feedback that we've gotten," he said. "A lot of people who've been coming here for years walked in and barely recognized the place because we added a lot of great textures to the walls, a lot of brick, a lot of distressed signs around the place that adds a nice touch and makes it feel a lot more warm and inviting."

For those who enjoy the atmosphere of a traditional Irish Pub, Mulligan's offers draft beer, a large liquor selection and televisions that play sports and other live events. The menu features fish and chips, shepherd's pie, a signature burger (touted as one of the best in the area by Hayes), prime rib, Boom Boom Shrimp and more.

Visit www.mulliganspubpontevedra.com for more information on Mulligan's.



St. Johns County Commissioner Jimmy Johns (second from right) gathers with leadership from Americrest Luxury Homes for a ribbon-cutting ceremony at the grand opening event for Atlantica Isles at Beachwalk on June 23.

Photos by Susan Griffin

Americrest celebrates Atlantica Isles at Beachwalk with grand opening event

Americrest Luxury Homes hosted a grand opening event for Atlantica Isles at Beachwalk on June 23.

The event kicked off with a media and VIP reception, followed by a ribbon-cutting ceremony with St. Johns County Commissioner Jimmy Johns and leadership from Americrest. Attendees then toured the neighborhood's model homes, took selfies at photo stations and enjoyed non-alcoholic Margaritas served in Atlantica Isles souvenir cups.

Positioned between Interstate 95 and U.S. 1, Beachwalk is located off County Road 210. Atlantica Isles is one of four neighborhoods in the community, with homes ranging in size from 2,553 to 3,073 and priced from the mid-\$400s.

A highlight of the Beachwalk community is its 14-acre Crystal Blue Lagoon. Residents of the com-



A highlight of Beachwalk is its 14-acre Crystal Blue Lagoon.

munity will also have access to retailers, waterfront dining, a 15,000 square foot beach club, sporting outlets and more.

Visit beachwalkstjohnscounty.com for more information.

Community First Credit Union unveils renovated Jacksonville Beach branch

Community First Credit Union recently revealed the full interior and exterior renovation of its existing Beaches Branch at 1451 S. Third Street in Jacksonville Beach.

The renovation is part of the credit union's Branch Transformation Project, the institution's most aggressive and comprehensive branch and facilities upgrade and update in its history that seeks to align physical branch locations with modern banking needs and customer uses. The Beach Branch renovation and retrofitting included interior and exterior upgrades and modernizations. The credit union celebrated the renovations with a grand opening event June 23.

"We are proud to upgrade our Beaches Branch," said John Hirabayashi, CEO and president of Community First. "Our members who rely on this location can look forward to an upgraded banking experience as well as modern technology and features outside and in."

The interior design features modern bright colors, furniture and finishes, along with a mix of carpet and solid flooring and surfaces, most of which are sustainable or recycled. The interior also features a relaxation zone, interactive tablets, transaction counters without barriers, a digital community board and advisory stations. The branch experience includes full- and self-service and assisted service options and interactive kiosks. Specialized financial experts are instantly available through the credit union's Expert Nearby solution.

The branch was designed to maintain a coastal design feel while embracing the new design of Community First's newly constructed and renovated branch locations. Auld & White Constructors of Jacksonville performed the renovations of the location, which started in December 2017.

Community First has served the Beaches for 34 years since it opened membership to its residents in 1984. At that time, the credit union had a part-time location and opened a full-time, full service location in 1985. Community First purchased the current location in 1994



Photo by Susan Griffin

Cara Doerr, April Harden, Trey Dunkley, Monique Evans, Bruno Sangster and Eric Byrd gather in the newly renovated Beach Branch of Community First Credit Union.



ABOVE: Community First Credit Union is located at 1451 S. Third Street in Jacksonville Beach.



LEFT: The new interior of Community First Credit Union's Beaches Branch features modern bright colors, furniture and finishes, along with a mix of carpet and solid flooring and surfaces, most of which are sustainable or recycled.

Photos courtesy of Coppola PR

and located all its Beaches operations to the new building. The Beaches location serves more than 11,000 members.

In addition to renovating its Beaches branch, the credit union has recently opened its newly-built Fleming Island

branch, announced that it will be moving its Yulee branch to a new location this fall and has started construction of its Oakleaf Plantation location, an expansion branch that will increase the credit union's network to 19 locations.

Ponte Vedra Beach resident honored for longtime membership with Oklahoma Society of Certified Public Accountants

The Oklahoma Society of Certified Public Accountants recently honored Ponte Vedra Beach resident Carol A. Reedy, CPA, with a 30-year award certificate and a lapel pin at the 100th Annual Members Meeting in Oklahoma City, Oklahoma.

Reedy was recognized for her membership and for her dedication to both the organization and to the accounting profession.

The group honored its 30-, 40- and 50-year members.



Carol A. Reedy

B&C Financial Advisors promotes Ellis and Guldi

Ponte Vedra Beach-based B&C Financial Advisors has announced the addition of two new shareholders, Executive Vice President Thomas Ellis and Chief Investment Officer Sean Guldi, effective January 2018.

Ellis has been with B&C Financial



Thomas Ellis

Advisors since 2009 and has spent more than 20 years in the financial industry. Holding a bachelor's degree in business administration from the University of North Florida, he previously served as vice president at Bank of America in the Global Wealth Investment Management division and is an Accredited Wealth Management Advisor (AWMA). A Jacksonville Beach resident since 1994, Ellis is a member of both the Panama Canal Society and the Benevolent and Protective Order of the Elks. He is a husband and father of two.



Sean Guldi

Guldi has been a member of the firm since 2013 after graduating from the University of Florida with his Bachelor of Science in business administration with a concentration in finance. He is a Certified Financial Planner, and his primary focus at B&C Financial Advisors is the daily management of client portfolios. In addition to investment management, he works with clients on several aspects of financial planning including education and retirement planning. Guldi is a board member of the Financial Planning Association (FPA) Northeast Florida Chapter and of Teacher's Aid for Student Knowledge (TASK) in St. Johns County, as well as a deacon at Coquina Community Church in St. Augustine. He and his wife have one daughter, Maisie.

Since 1995, B&C Financial Advisors has been a group of hands-on managers of assets for individuals, corporations and trusts. B&C is a fee-only firm that does not accept any fees or compensation based on product sales, instead constructing portfolios of both stocks and bonds that work in the best interest of clients.

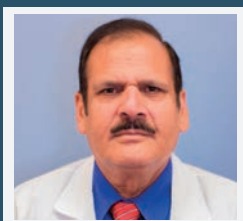
B&C also provides consultation for financial, estate and retirement planning and has the expertise of three Certified Financial Planners (CFPs) on staff. Learn more at www.bandcfinancial.com or call (904) 273-9850.

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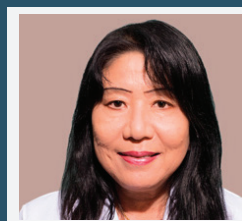
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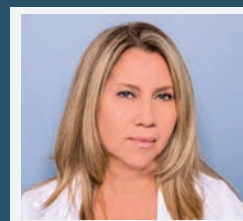
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AKHTAR, M.D.



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Representatives of Nissan of St. Augustine and the St. Johns County Chamber of Commerce participate in a ribbon-cutting ceremony June 13 to celebrate Nissan's new Chamber membership and new management and culture.

Photo courtesy of St. Johns County Chamber of Commerce



Nissan of St. Augustine celebrates new Chamber membership and new management, culture at 'After Hours' event

On June 13, Nissan of St. Augustine celebrated its new membership with the St. Johns County Chamber of Commerce, as well as its new management and culture, at an "After Hours" event that included a ribbon-cutting ceremony.

Recently named executive manager Will Barnes connected with attendees of the event to discuss the business' new direction. In addition, guests enjoyed networking, snacks and beverages.



Photo by Susan Griffin
Will Barnes and Sam Ruiz

Jaguars, TIAA Bank Field stadium partners to host job fair July 8-9

The Jacksonville Jaguars and its stadium partners will host a job fair from 10 a.m. to 2 p.m. on Sunday, July 8 and 4 to 8 p.m. on Monday, July 9 at TIAA Bank Field.

Held by the guest services department in the US Assure Club East, the event will help the team and its stadium partners fill more than 1,000 part-time positions for all 2018 home games and other events. Available positions include food service, bartenders, cooks, prep staff, servers, barbacks, dishwashers, cashiers, merchandise supervisors, sales associates, security, ushers, ticket takers, escalator operators, housekeeping and parking attendants. Professional attire, a smile and a pen are recommended.

Representatives from SMG Jacksonville, S.A.F.E. Management, Delaware North, Fanatics and City Wide will be on site.

Free parking will be available in lots C and D.

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THEME: LIFE UNDERGROUND

- ACROSS**
- Baseball player's sole feature
 - Bug repellent
 - Surfer's stop
 - Wraparound house feature
 - "Back To The Future" actress
 - Hello in 50th state
 - Join forces
 - Banned insecticide
 - Reduce
 - *Mythological underground humanoids
 - *Rapid transit
 - King's title, abbr.
 - Top of the Capitol
 - 1960s altered state inducer
 - Bone-dry
 - Lumberjack's tool
 - At the apex
 - Accepted behavior
 - Samurai dagger
 - Of low density
 - Relish tastebuds' sensation
 - Embarkation location
 - Laundry room appliance
 - Make someone angry
 - Unsubscriber's focus
 - *Underground, adj.
 - Tarot card reader, e.g.
 - First responders' acronym
 - Victoria Beckham, formerly
 - Chill, with "out"
 - *Animal house
 - *Cold storage
 - Body trunk
 - ____-Wan Kenobi
 - Packers QB
 - Russians, e.g.
 - Benatar or Boone, e.g.
 - *"The _____," by "Notes from the Underground" author
 - Explore by touch
 - Infection of the eye
 - *Six feet under preceder?
- DOWN**
- PC "brain"
 - Like a maxi skirt
 - Poetic name of Ireland
 - Cast member
 - Topic of discussion, pl.
 - One of auto pioneers
 - U.S. central bank
 - ____, Stinky and Stretch
 - Like Food movement
 - Home of the Hawkeyes
 - People in general
 - It's got an outer, middle and inner
 - Even though
 - Not odds
 - One behind the plate
 - Ascetic Muslim monk
 - Hog fat, pl.

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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.
- Rubberneck
 - Not Ionic or Corinthian
 - Lion's warning
 - "Lights out" signal
 - Kind of wading bird
 - It included Mr. T
 - *Beneficial garden invertebrates
 - Jury colleague
 - *Contrary to popular belief, it's not blind
 - "Superman" Christopher
 - Copies, for short
 - Likewise
 - Put down again, past tense
 - Same as swaps
 - Clearing in the woods
 - Cowboy's necktie
 - Russia's _____ Mountains
 - Please get back to me
 - *Where you'll find 21 Across
 - Operatic solo
 - *Plant organ
 - Cough syrup amt.
 - *Cave flyer
 - Utmost degree

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My final love letter



Harry Pappas
Columnist

By Harry Pappas

If you are a regular reader of this column, perhaps you know I am a staunch advocate of implementing an effective and prudent estate plan.

Frankly, I do not believe my responsibility is complete by just assisting my clients with his or her investments. Instead, I feel it is my obligation to not only manage clients' money, but also educate them on ways to properly and quickly

transfer assets to their loved ones upon their demise, without giving an unnecessary amount of money to the IRS, accountants and attorneys.

I think it is fair to say that when we think of "estate planning," we often think of the material and monetary aspect of distributing one's estate. However, few people think of a different way to leave a legacy to their beneficiaries, such as the gifts of a final love letter or perhaps a recorded message to let their family or friends know how much they are loved. I suggest that your beneficiaries will most likely not remember, nor particularly care which mutual funds or stocks you owned, but they will remember and cherish your final words to them. Of course, it is incredibly easy to procrastinate and assume that you have plenty of time to complete this arguably critical endeavor. Please do not make this essential mistake.

To nudge you in the right direction, I have

provided you with a couple of narratives that you might find useful as a basis for your "final love letter." I received part of the text from an incredibly good read, "A Good Financial Advisor Will Tell You...: Everything You Need To Know About Retirement, Generating Lifetime Income And Planning Your Legacy," by Jeremy A. Kisner, CFP, and Robert J. Luna, CIMA.

Dear children,

If you are reading this letter, I have probably passed away. Please do not be sad. Raising the two of you was my greatest joy, and ultimately, my family is my greatest accomplishment. I am so proud of each of you. I am so happy that I was able to leave some money behind for each of you and for my precious grandchildren. My trust specifies who gets what. In a nutshell, I wanted to split up my assets in such a way that you each get 40 percent of my estate and the

other 20 percent gets split equally between my grandchildren. I am not going to tell you what to do with the money I left behind, but I hope each of you will use it to make your life more enjoyable and less stressful. Splitting up the money is relatively easy when it comes to real estate or investment accounts. It was a bit more difficult to figure out who should get which piece of jewelry, art, furniture, my car, etc. There is a list of specific requests with my living trust that indicates who gets what. I tried to guess who would want each item. I need you to know that it was not my intention to favor any one of you, and I tried to make the request as even as possible. The only thing I ask is please do not fight over any of this. I would feel terrible to think that my bequests led to any hard feelings.

Your loving dad...

Dear Wife,

If you are reading this letter, I have probably passed away. I can't believe you outlasted me! Thank you for being my partner in life for the last 60-plus years. I am sure that living without me will be a bit of an adjustment, but I hope you will adjust quickly and get on with life. I hope your next chapter will be filled with new people, new places and more quality time with our kids and grandkids. You were a good wife and good mother. I have organized our financial life so you can pick up right where I left off ... paying bills! All joking aside, you will find our financial inventory statement inside our trust binder with account numbers, user names and passwords, phone numbers and notes. Before you do anything, please meet with our financial advisor, as I have gotten to know him very well over the years and I trust him implicitly. In fact, he was directly responsible in helping me establish an effective and prudent estate plan for your benefit. It may be hard to think about this right now, but maybe one day you will remarry. I want you to know that you have my blessing. My only request is that you keep your money separate and make sure our kids inherit what's left after you join me in heaven. I'll be waiting for you there ... but don't rush.

Your loving husband

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Pappas

Continued from 24

Folks, it is never the idea, it is the execution. In other words, I have given you the idea. Now you must execute. The secret to getting ahead is getting started and learning without execution is useless. Momentum is everything! Go get 'em!

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Jacksonville Symphony selected to perform at The Kennedy Center

The Jacksonville Symphony will perform at the Kennedy Center in March 2020 as one of four American orchestras selected for the SHIFT festival in Washington, D.C.

The event, entitled SHIFT: A Festival of American Orchestras, will also feature the Baltimore Symphony Orchestra, the Knoxville Symphony Orchestra and the Orpheus Chamber Orchestra.

The festival highlights the vitality of American orchestras and seeks to showcase how orchestras are responding to and reflecting their communities in meaningful ways, inside and outside the concert hall. SHIFT re-imagines what such a project can be when anchored by two of the nation's leading cultural institutions — the John F. Kennedy Center for the Performing Arts and Washington Performing Arts — in the nation's capital.

The Jacksonville Symphony will perform on the John F. Kennedy Center stage on the second day of the festival, March 24, 2020. The Symphony's program will explore the many influences that



Photo courtesy of the Jacksonville Symphony

The Jacksonville Symphony will perform at the Kennedy Center in March 2020 as one of four American orchestras selected for the Kennedy Center and Washington Performing Arts festival in Washington, D.C.

jazz artists and composers have had on traditional classical composers. The theme, "Bridges," will feature a work by the Symphony's Mary Carr Patton Composer-in-Residence, Courtney Bryan. Also included in the program is Aaron Copland's famed Clarinet Concerto, performed by New

York Philharmonic Principal Clarinetist Anthony McGill; Henri Dutilleux's "Métaboles;" a work that Duke Ellington wrote specifically for the Jacksonville Symphony entitled "Celebration" (premiered in 1972); and Igor Stravinsky's Symphony in C.

"The Jacksonville Symphony is honored

to be recognized as one of the country's most innovative and inspiring 21st century orchestras," said Robert Massey, president and CEO of the Jacksonville Symphony. "Each year, we enrich the human spirit of more than 250,000 individuals throughout the First Coast through symphonic music. We're excited to represent Jacksonville on a national stage."

The SHIFT application required the Symphony to discuss its goals and accomplishments as well as propose new and creative programs that the organization would present if accepted into the festival, along with its role in the First Coast community.

"From the first time Robert and I spoke about the future of the Symphony, we both agreed that our community and our audience were an imperative part of our growth," Music Director Courtney Lewis said. "We have endeavored to produce accessible and engaging programming that not only serves to nurture and build

SYMPHONY continues on **Page 27**

Wu-Tang Clan to perform at St. Augustine Amphitheatre Oct. 7

On Sunday, Oct. 7, all eight original members of the hip hop group Wu-Tang Clan will descend upon the St. Augustine Amphitheatre for the 25th anniversary of the Wu-Tang Clan's debut album "Enter the Wu-Tang (36 Chambers)."

The Wu Tang Clan has released seven gold and platinum studio albums with worldwide sales of more than 40 million albums. With the release of their debut album in 1993, songs like "C.R.E.A.M

and "Protect Ya Neck" introduced hip-hop pioneer, The RZA, as a groundbreaking hip hop craftsman. With lyrics that combine the reality of 1990s New York and the world of martial arts, the Wu-Tang Clan has created a unique mythology that captures the hearts of fans worldwide.

Prior to gates opening on the night of the show, which starts at 7 p.m., a Wu-Tang Clan pre-show party will be hosted

by Jacksonville MCs Stono Echo, Steam Mechanics and DJ 3 CLOPS I with an open mic cypher with Mal Jones on the Front Porch of the St. Augustine Amphitheatre starting at 4 p.m.

Ranging from \$55 to \$89, tickets for the show are currently on sale at the St. Augustine Amphitheatre and Ponte Vedra Concert Hall Box Offices. They also will be available at ticketmaster.com or by phone at (800) 745-3000.

PASStA Art Gallery seeks local artists

PASStA (Professional Artists of St. Augustine) Art Gallery is currently accepting applications for artist members' media that include abstract painting, wood, sculptures, pottery, fiber and mixed media.

Applicants will be juried in, with the gallery accepting applications through September. Those interested should contact gallery President Marlene Zullig at zulligm@gmail.com to set up an appointment to show examples of their work. As a member of the gallery, you are required to work at the gallery at least two days a month, pay a monthly wall fee and participate in gallery functions

Pasta Art Gallery has been a fine art gallery cooperative for over 30 years, located in the historic cultural district of Aviles Street and Charlotte Street. The gallery consists of local and regional professional award-winning artists that specialize in photography, watercolor, acrylic, oil, mixed media, stained glass and jewelry.

Visit www.pastagalleryart.com for more information.

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Symphony

Continued from 26

the audience of today, and tomorrow, but creates a culture of symphonic music that has the ability to impact our community and its residents. Being accepted into the SHIFT festival is a resounding affirmation that we have been making progress towards the goal we set out to accomplish three years ago.”

As a SHIFT participant, the Jacksonville Symphony will participate in the six-day festival featuring “mini-residencies” throughout Washington, D.C. The Symphony will take its artistic ideas out into the D.C. area to showcase its ability to engage with the community. During the

six-day period, Symphony personnel and musicians will also have the opportunity to collaborate and exchange ideas with fellow SHIFT participants.

“Three years ago, we embarked on a five-year campaign to grow and stabilize the Jacksonville Symphony within our community,” said Massey. “In 2020, that campaign will come to an end and I can think of no better way to celebrate that endeavor than through the remarkable opportunity for this orchestra to participate in SHIFT.”

For more information about the Symphony, visit JaxSymphony.org; like them at facebook.com/JaxSymphony; follow them on @jaxsymphony, on Instagram at JaxSymphony and on YouTube at JacksonvilleSymphony.



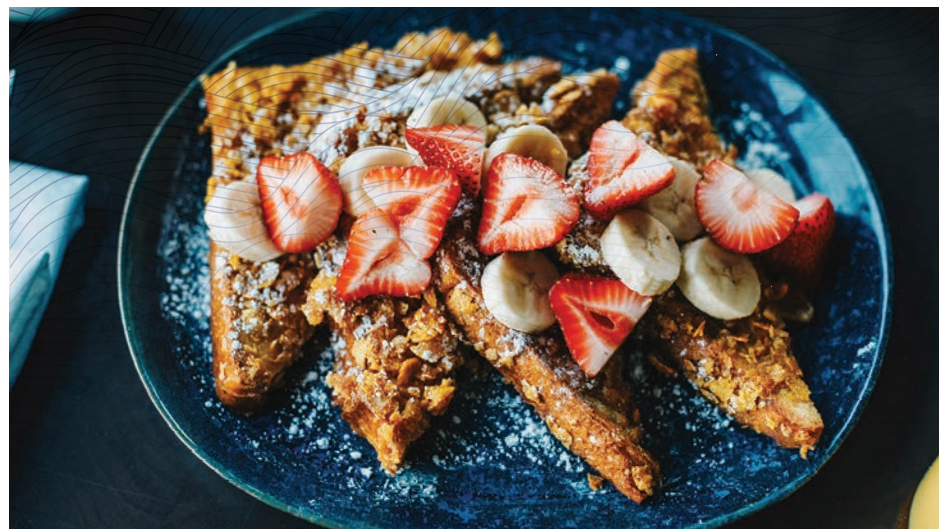
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THURSDAY, JULY 5, 2018 · PAGE 28

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World Golf Hall of Fame unveils new exhibition featuring stories of game's greats

The World Golf Hall of Fame & Museum unveiled its newest exhibition, "Tales from the Collection," during a ribbon-cutting ceremony held Tuesday, June 26 with President Jack Peter and the Hall of Fame team.

The exhibition features unique items, some of which have never been on display in the museum, as it celebrates the global nature of the game of golf. These artifacts tell the stories that shaped the World Golf Hall of Fame Members into the athletes they became.

Throughout the exhibition, artifacts can be seen from Washington, D.C., where one of the most dramatic U.S. Opens of all time took place, to the shores of Vietnam, where the war shaped the career of one of the Hall of Fame golfers. Guests can enjoy seeing these unique artifacts as they hear firsthand stories from the Hall of Famers, which few have ever heard.

"This new exhibition shares incredible stories about our Hall of Famers, with many of them told firsthand from the Hall of Famers themselves," said Jack Peter, president of the World Golf Hall of Fame. "This idea started a long time ago as we've had a lot of unique



items that haven't seen the light of day. Now, we've put a spotlight on these artifacts which represent key moments in the lives and careers of our Hall of Fame Members."

A highlight of the collection is an original Andy Warhol painting of the Golden Bear, Jack Nicklaus. The painting was created by Warhol in 1978 when he was commissioned to work on a project deemed "The Athlete Series," featuring 10 of the greatest star-athletes of that time. The subjects included NBA star Kareem Abdul-Jabbar, famed professional boxer Muhammad Ali, and of course, golf legend Jack Nicklaus.

As guests view the Warhol painting, they can hear Nicklaus recall the moment he sat down for that session



ABOVE: The exhibition features unique items, some of which have never been on display in the museum, as it celebrates the global nature of the game of golf.

Photo courtesy of the World Golf Hall of Fame & Museum

LEFT: The World Golf Hall of Fame & Museum celebrates the opening of its new exhibit, "Tales from the Collection" by participating in a ribbon-cutting ceremony on June 26.

Photo by Susan Griffin

with Andy Warhol, who was famous for his pop-art but new to the sports world.

"There is some funny banter between the two where Warhol continually told Nicklaus to 'Move your stick to the left' and 'Move your stick to the right' as he was trying to get just the right pose," said Brodie Waters, vice president of business affairs at the World Golf Hall of Fame. "To the point where finally Nicklaus said, 'This stick is my golf club,' and joked, 'Does this guy know what he's doing?' Of course, the final product here and in the entire Athlete Series show his incredible blend of sports and pop-art."

EXHIBITION continues on Page 30

SAWGRASS COUNTRY CLUB DONATES \$12,800 TO JAGA SCHOLARSHIP TRUST



Photo courtesy of Jeff Adams

Leadership from Sawgrass Country Club presented Jacksonville Area Golf Association (JAGA) with a check donation of \$12,800 for the nonprofit's scholarship trust Monday, June 25 at JAGA's June meeting. Displayed in the photo are JAGA scholar Sam Ohno (from left), JAGA Directors Ray Gottschalk, Gregg Deiboldt, and Ken Hicks, JAGA scholar Emilio Mirabilio and Sawgrass Country Club General Manager C.W. Cook.

Ponte Vedra resident wins senior event at First Coast Women's Championship

Other PVB residents have success in amateur and super senior divisions

By Paris Moulden

Ponte Vedra Beach resident Tama Caldabaugh won the Senior Division of the First Coast Women's Championship by five strokes on June 21 at Timuquana Country Club.

Caldabaugh, who is also on the tournament's committee, shot a two-day total of 144, making par (72) each day.

"The competition in the Jacksonville area is very good," Caldabaugh said.

"Timuquana can be a tough course, so for me to shoot even par both days, that is very satisfying. That I just happened to win by doing that is an added bonus."

Caldabaugh wasn't the only player from Ponte Vedra to have a successful run at the tournament. Hannah Berman, a Jacksonville University student, finished runner-up after a sudden-death playoff in the Amateur Division.

Berman, a former Ponte Vedra High School standout, fell to Lauren Waidner, who made a 12-foot birdie putt on the second hole to beat Berman and Chloe Schiavone in the playoff. All three finished with even-par 144 total.

CALDABAUGH continues on Page 30

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Exhibition

Continued from 28

Additional artifacts include a samurai sword, an Emmy award, a signed letter from President Ronald Reagan and a pair of chopsticks. To see and learn more, visit the World Golf Hall of Fame & Museum, open Monday through Saturday from 10 a.m. to 6 p.m. and Sunday from noon to 6 p.m. Visit www.worldgolfhalloffame.org for more information.

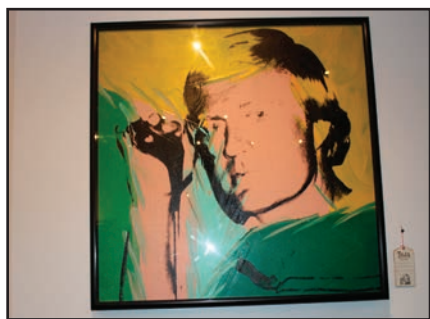


Photo by Susan Griffin

The new exhibit features an original Andy Warhol painting of Jack Nicklaus.

Caldabaugh

Continued from 28

Carol Williams, also of Ponte Vedra Beach, won the Super Senior Division by 17 strokes, shooting a two-day total of 161.

Caldabaugh said this year's event had the most entries since the tournament was revived six years ago, and having players from across several divisions makes the event extra special.

"We don't all compete against each other because we're in separate divisions, but in that we're all there, it's unique," she said. "It's fun to see the young girls hitting it a mile, but we also hope that it's good for them to see it's a game you can play for a lifetime. We have ages from 13 to 83."



Photo courtesy of Tama Caldabaugh

First Coast Women's Amateur Championship Senior Division winner Tama Caldabaugh (left) and Super Senior winner Carol Williams

Next up for Caldabaugh is the Southeastern Cup, where she will be one of 12 senior players representing Florida against Georgia and Alabama in the July 30-31 event at the Long Point at Amelia Island Club.

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