

Celebrating 50 years of the

PONTE VEDRA



# Recorder

June 20, 2019  
Volume 47, No. 128  
75 cents

Not your average newspaper, not your average reader

PonteVedraRecorder.com



Recorder continues  
**BEST OF THE BEST**  
of Ponte Vedra contest  
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**HEALTHCARE PROFILES**  
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**Who's Who in Interior Design**  
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## Paddle into Summer



As summer officially kicks off Friday, June 21, there are plenty of things to do around the area to keep cool and have fun. Locally, Squatch & Siren Adventure Guides provides kayak and stand up paddle eco tours of area waterways. To find out more about it, go to page 5. Also, check out the First Coast Register on June 27 for more summer fun on the water.

Photos courtesy of Squatch & Siren Adventure Guides

### CAR OF THE WEEK

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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](mailto: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.

Visit our website at [www.pontevedrarecorder.com](http://www.pontevedrarecorder.com)

Find the Recorder on Facebook at [www.facebook.com/ThePVRecorder](http://www.facebook.com/ThePVRecorder)

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

### WHAT'S THIS?



**Do you know what this is?**

Email answer to [pvrecorder@opcfla.com](mailto:pvrecorder@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.

Four readers correctly identified last week's photo as the sign for Big Fish Yoga. The winner of the random drawing was **Tena Schlingmann**. Congratulations, Tena — you may pick up your prize at the Recorder office during normal business hours.



### ADOPT A PET

#### CAT OF THE WEEK

Mortisha is a spayed 1-year-old domestic short-hair who came to the Pet Center as a stray. She is sweet and petite. She loves to be loved on and hugged and is looking for her furever friend. Come see Mortisha today at the Pet Center. #50100



#### DOG OF THE WEEK

Georgia is a 1-year-old Great Dane/lab mix, neutered male. He is great with kids, extremely happy, loves to play ball, run around and would love a new family to take care of him. Come see



George today at the Pet Center. #42699

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

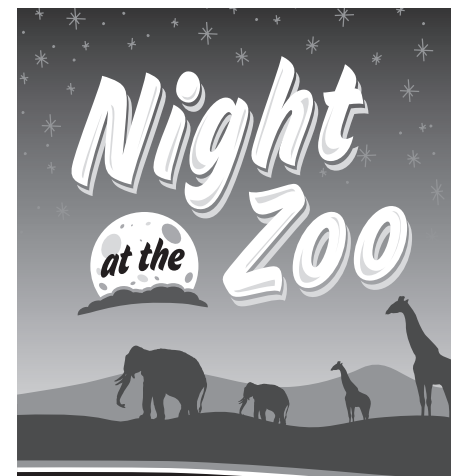
Cat adoptions are \$30 for males and \$40 for females. Dog adoptions are \$45 for males and \$60 for females. Adoption fees include microchipping, neutering/spaying, rabies vaccinations and shots. The Pet Center is located at 130 N. Stratton Road in St. Augustine, off U.S. 1 between County Road 210 and 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

A	F	R	O		W	O	K		D	O	T						
S	L	I	P		T	I	P		E	D	E	M	A				
H	U	G	O		S	N	I	T		D	R	A	I	N			
					B	A	R	B	E	C	U	E		G	I	F	T
						T	O	T	E	M		L	A	V			
A	C	R	O	S	S				S	U	R	E	T	Y			
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O	B	E	Y	S		N	O	R	M		D	A	N	E			
B	U	D				E	S	T		A	P	S	E				

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

Solutions correspond to last week's puzzles.



**STAY UP LATE FOR**  
*Something Great!*

**FRIDAY**  
**JUNE 21**  
6:30 PM - 10:00 PM

**TICKETS AVAILABLE VIA ONLINE PRESALE ONLY**

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# COLLECTION



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**\$413,000 | MLS 999115**  
Michele Stewart | 904.707.5225  
MStewart@WatsonRealtyCorp.com



**DOLPHIN COVE**

13 Seatrout St., Ponte Vedra Beach, FL  
**\$419,900 | MLS 989287**  
Nancy Herbkersman | 904.271.1933  
NancyH@WatsonRealtyCorp.com



**OLD PALM VALLEY**

240 Shell Bluff Ct., Ponte Vedra Beach, FL  
**\$567,500 | MLS 991415**  
Missy DeKay | 904.613.2445  
MissyDeKay@WatsonRealtyCorp.com



**CYPRESS CREEK**

4703 Cattail Lagoon Way, Ponte Vedra Beach, FL  
**\$589,000 | MLS 997353**  
Murray Beard | 904.465.2784  
MurrayBeard@WatsonRealtyCorp.com



**HEAVEN TREES - SAN JOSE AREA**

4358 Heaven Trees Rd. Jacksonville, FL  
**\$659,000 | MLS 989259**  
Ruby Newman | 904.612.0188  
RubyNewman@WatsonRealtyCorp.com



**BALMASEDA**

217 Isle Way Ln., Ponte Vedra Beach, FL  
**\$999,000 | MLS 977056**  
Rhonda Gummerman | 904.994.1721  
RGummerman@WatsonRealtyCorp.com



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# Voting still open for Recorder's Best of the Best of Ponte Vedra contest

## More than 23,000 votes cast so far

The Ponte Vedra Recorder launched the Best of the Best of Ponte Vedra contest May 16 in recognition of the newspaper's 50th anniversary, which will be celebrated in November (#CheersTo50Years). The contest includes ZIP codes 32082 and 32081. Voting is free and open to the public at [www.pontevedrerecorder.com/BestOf2019](http://www.pontevedrerecorder.com/BestOf2019).

Voters can login once each day through 11:59 p.m., July 20 and vote in as many categories (nearly 300) as he or she wants. The nominees who receive the most votes will be named 2019 Best of the Best of Ponte Vedra.

Winners will receive a framed certificate, a Best of the Best of Ponte Vedra window cling and listings in the Recorder's Best of the Best of Ponte



Vedra special section and on the winners' website.

For more information or to find out how to get your nominated business or product involved in promotions throughout the contest cycle, contact your sales representative, email [susan@opcfla.com](mailto:susan@opcfla.com) or call (904) 285-8831.

## ST. JOHNS COUNTY BRIEFS



Doug Bataille

### St. Johns County Parks and Recreation names new director

St. Johns County Parks and Recreation Department recently announced that Doug Bataille was named the department's new director.

A native of Ohio, Bataille has an extensive background in the parks and recreation industry. He comes to the area from Knoxville, Tennessee, where he spent more than 24 years as the senior director for Knox County Parks and Recreation, overseeing all operations, personnel, planning, development and budget for a system of 42 parks totaling 2,500 acres as

well as a public golf course and marina.

Bataille, who has a bachelor's degree from Ohio University and a master's degree in parks and recreation administration from Indiana University, has received numerous awards and accolades over the years including the Tennessee Recreation and Parks Association Fellow Award in 2015.

His new position with St. Johns County Parks and Recreation Department will have Bataille oversee the department's facilities and programming, beach services, maintenance department, St. Johns County ocean and fishing pier, county naturalist programs and St. Johns Golf Club.

### St. Johns County holding solid waste and recycling rates workshops

St. Johns County is hosting public workshops to provide information regarding proposed recycling and solid waste rate increases. The meetings will allow residents to ask questions and receive material regarding the proposed new rates. Those wishing to participate are invited to attend any of the following public workshops:

- June 20, 6-8 p.m.: Southeast Library, 6670 U.S. 1 South.

- June 25, 6-8 p.m.: Switzerland Community Church, 2179 State Road 13.

A final public hearing regarding the proposed special rate assessment is scheduled for the Aug. 6 Board of County Commissioners regular meeting. For more information, call (904) 827-6980.



Caption: Photos courtesy of Dreams Come True

Representatives of THE PLAYERS Championship present a \$60,000 check on June 10 to Dreams Come True, which grants dreams to children battling life-threatening illnesses in Northeast Florida. Pictured from left: Adam Campbell, 2019 Tournament Chairman, THE PLAYERS; Marsha Oliver, Senior Director, Community Outreach, THE PLAYERS; Dreamer Cristian Bernal, 11, and his father John Bernal; Sheri Criswell, Executive Director, Dreams Come True; and Jared Rice, Executive Director, THE PLAYERS.

## Dreams Come True receives \$60K donation from THE PLAYERS

### Fred Couples offers birthday message, celebrating dream-granting organization's 35th anniversary

It was a birthday to remember for Dreams Come True, as the organization received a \$60,000 gift from THE PLAYERS Championship and a special birthday greeting from PGA TOUR member Fred Couples.

The donation celebrates the 35th anniversary of Dreams Come True and commemorates the very first dream fulfilled with Couples during the pro-am of THE PLAYERS in 1984, which launched the Dreams Come True organization. THE PLAYERS' donation will fund "A Year of Dreams," and 12 children in Northeast Florida will have their dreams granted.

"As the home of our first dream, THE PLAYERS has always had a special place in the heart and history of Dreams Come True," said Dreams Come True's Executive Director Sheri Criswell. "We are truly honored by the generous donation in commemoration of our 35th anniversary and even more honored by the inspiration behind it – to provide a year of dreams."

In 1984, the late Thomas R. McGehee, Chairman of Mac Papers, and his wife, Delia, met 17-year-old George Lee, who was battling cystic fibrosis. Lee loved golf and the McGehees arranged for Lee to play with PGA TOUR pro Couples in the pro-am of THE PLAYERS. Following an exciting round of play, Couples gave Lee his driver. This simple act of kindness not only meant the world to Lee, but also to his family. A year later, Lee lost his battle with cystic fibrosis and his prized driver was buried by his side. Lee's round of golf symbolizes Dreams Come True's first dream, and, to date, more than 4,000 dreams have been granted for

children on the First Coast.

"Happy 35th birthday Dreams Come True! It is indeed an honor to have been involved in your very first dream," said Couples, who went on to win THE PLAYERS in 1984 after granting Lee's dream. "It is a special memory that I still hold all these years later. Few things mean more to us than the opportunity to help bring smiles to the faces of children and families during their most challenging times. Congratulations to you for 35 years of doing just that — THE PLAYERS and I wish you continued success."

Through the last 35 years, THE PLAYERS has continued to stay involved with Dreams Come True, helping to fulfill nearly 30 dreams for local children battling life-threatening illnesses.

"Our relationship with Dreams Come True is pretty special," said Jared Rice, Executive Director of THE PLAYERS. "Who knew that a simple act of kindness and compassionate gesture 35 years ago would launch an organization whose entire mission is to fulfill the dreams of children who most certainly deserve them. We share their passion for kids and families, and it is through the support of our fans, proud partners, volunteers and this entire community that we are able to help improve the lives of citizens throughout northeast Florida."

Dreams Come True is the only locally based dream-granting organization whose vision is to grant the dream of every First Coast child battling a life-threatening illness, while bringing them hope and joy throughout their medical journey. For more information about Dreams Come True, visit [Dreamscome-true.org](http://Dreamscome-true.org) or call (904) 296-3030.



Photos courtesy of Squatch &amp; Siren Adventure Guides

Squatch & Siren Adventure Guides provides kayak and stand up paddle eco tours of local waterways.

# Squatch & Siren Adventure Guides finds the magic in the local environment

Palm Valley 'ecotourists' take explorers out to the area's often overlooked natural resources

By Amber Lake

Launching a kayak in the Intracoastal Waterway at night, you might notice how simultaneously loud and strangely quiet it feels. The water slaps the side of the boat like it's trying to wake it up. There is a distant hum of cars along Roscoe Boulevard or soft music playing from someone's porch. You might whisper even though it's plain there's nobody to hear you.

Paddling out, the light from the roadway, homes and restaurants recede and suddenly it's dark — really dark. The blackness fills with the sound of frogs and crickets competing to command the air with chatter. The night sky seems to have taken its cue to light up and the surface of the water looks like ink. In it, however, soft orbs of glowing bioluminescent jellyfish float by as if attempting to imitate the sky above them. The kayak glides over the two worlds, positioned halfway between.

A true adventure reveals the magic of our world. Traveling is completely irrelevant to wonder, which doesn't live within borders. As it stands, Ponte Vedra natives, Serena Bass and Alex Tabone, can certainly vouch for the local area's ecological enchantments. The couple is also known as Squatch & Siren Adventure Guides, so for anyone looking for an adventure, they'll help you find it.

According to "Siren" Bass and



"Squatch" Tabone, Ponte Vedra's backyard is teeming with wonder, breathtaking views and bristling wildlife. They offer either a stand-up paddle board experience or kayak adventures in local waterways — the Intracoastal, St. Johns River, Suwanee River or Silver Springs. Their "eco" tours are tailored to anyone, resident or tourist.

"Our target customer is anyone interested in clean drinking water," said Bass.

As lifelong residents of the area, the couple is not only interested in sharing an experience in nature with others but pre-

serving the natural state of the waterway, which they also live on.

"We (first) got involved in cleaning up trash," Tabone said. "The more you go, the more you're noticing (harmful) algae growing on the eel grass."

In addition to intimately experiencing the local wildlife — such as manatees, dolphins, oak hammocks and even (gasp) alligators, the couple helps explorers see how environmental damage has changed the natural landscape. Bass said that looking through her photographs of the area

over time, she could see how the runoff from septic tanks and golf courses were impacting the places she loved and grew up with.

"The same issues that plague the river also do (Florida's) springs," she said.

The two guides are well familiar with the subtle nuances of the area in which they live. Bass is a fourth-generation Palm Valley resident and has lived on the land her whole life. Tours include a historical perspective as well, with tales that can only be told by generational residents. Bass said during prohibition, many locals would distill illegal liquor on the islands along the Intracoastal.

"There were no people around the area then and so it was really easy to go fast and in the dark," she said. "My grandpa called it 'putting up fenceposts.'" He would say he was going out in the woods to put up fenceposts. I guess that was the code word for making moonshine."

In fact, if you take the time to look, "you can still find old bottles on the islands," Tabone said.

As if there wasn't enough magic to the tours, Bass is also, incidentally, a mermaid.

In addition to the guided adventure tours, the couple provides, "Mermaid Parties," "FinFun Mermaid University,"

*Tony Iannarone is the founder of Clean Ocean Surfboards and co-owns the surf shop, located in Sawgrass Village, with business partner and Nocatee resident Sam Parks. Iannarone is also a well-known surfboard shaper and Beaches resident.*

## Tony Iannarone

### Can you please briefly tell us about your background?

I started surfing at age 8. At age 14, I started experimenting with surfboards building in my parents' backyard. In 1989, during my junior year at Jacksonville University, I founded Clean Ocean Surfboards. By the time I graduated the MBA program I had enough people asking me to make them surfboards that I decided to try to make a living at it.

### What was the inspiration/motivation behind Clean Ocean Surfboards?

My motivation for starting Clean Ocean Surfboards came from frustration with the consistence of the surfboards I was riding at the time.

### What makes Clean Ocean Surfboards different/unique?

What make Clean Ocean Surfboards different and unique is I mix stylistic elements of the past with performance of today. The end result is surfboards that are aesthetically pleasing and still meet the performance expectations of modern surfing.

### How has the surfboard business grown/changed over the years?

Over the last 30 years surfing has become mainstream. When I started in the business surfing was still a fringe sport. Unfortunately, surfing grew so quickly, it drew a lot of non-surfer businesses into the industry resulting in surfing losing some of its sense of community. Our main goal at Clean Ocean Surfboards is to keep that sense of community alive and to give our customers a true surf shop experience.

### What's your favorite part about owning and running a surf shop?

The best part of running a surf shop is the people you meet. Everyone has a story to tell and most are extremely entertaining and interesting.

### What do you enjoy most about being in Ponte Vedra?

The best part of being in the Ponte Vedra area is how friendly the people are.

### What do you like to do in your free time?

I like to surf and spent time with family and friends.



Edited by Paris Moulden

Tony Iannarone (left) with pro surfer Trent Phillips

Photo by Paris Moulden

# 9 Nease NJROTC cadets graduate from Leadership Academy

Nease NJROTC, the No. 1 program in Area-12 and one of the top 10 programs nationally, restocked its high-performing cadet leadership ranks, successfully graduating nine cadets at the Area-12 NJROTC Leadership Academy in Gainesville, Georgia from June 7-13.

More than 200 high-performing cadets from Area-12's 60 NJROTC high school programs (Northern Florida and the state of Georgia) participated in the training. The top Navy, Marine Corps and Coast Guard JROTC naval science instructors from Northern Florida and state of Georgia directed the training which covered leadership, precision drill, academics and physical fitness.

This year's attendees included rising seniors Eduardo Castellon, Kevin Valinho and Ethan Wissel; and rising juniors Tatiana Donnelly, Dylan Dosio, Abigail and Amber Vidler, Forrest Vosburg and Michael Winczner. Cadet Hayden Rowe served as cadre during the week, assisting in the mentoring and training of the cadets. Two of Nease's naval science instructors, Capt. Scott LaRochelle and Master Chief Duane Spears, worked as instructors for the program.

"Amazing. I loved it, made great friends from other schools and learned so much about leadership at the same time," Cadet Tatiana Donnelly said.



Photo courtesy of Nease NJROTC

**Nease NJROTC instructors and cadets completed the Area-12 Leadership Academy at Riverside Military Academy in Gainesville, Georgia. Standing, from left: Master Chief Duane Spears, Ethan Wissel, Hayden Rowe, Dylan Dosio, Michael Winczner, Forrest Vosburg, Eduardo Castellon, Tatiana Donnelly, Amber Vidler, Abigail Vidler and Capt. Scott LaRochelle.**

Cadets received individual commendations for exceptional performance during the training, including Cadets Abigail and Amber Vidler as the No. 1 and No. 3 female athletes; Cadets Abigail and Amber

Vidler as Honor Platoon cadet recognizing the top overall cadet in their respective platoons; and Cadet Amber Vidler serving as platoon commander for the overall top-rated platoon during the week.

"Best week of my life," Cadet Eduardo Castellon said. "From reveille at 5 a.m. until taps at 10 p.m., we were nonstop learning, drilling, exercising ... it was awesome."

## CAPITAL ANALYSTS OF JACKSONVILLE

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Thursday, June 20	Friday, June 21	Saturday, June 22	Sunday, June 23
<p><b>Solid Waste and Recycling Rates workshop</b> St. Johns County is hosting a series of public workshops to provide information regarding the proposed recycling and solid waste rate increases. The meetings will allow residents to ask questions and receive material regarding the proposed new rates. The next workshop is June 20 at the Southeast Branch Library from 6 to 8 p.m. The Southeast Branch Library is located at 6670 US-1 S. in St. Augustine.</p> <p><b>Grief support group</b> A grief support group meets on the third Thursday of every month at St. Paul's Catholic Church, in Room 102 of the Family Life Center. The group is for men and women who are grieving the death of a family member or friend. The next meeting will be on Thursday, June 20 at 7 p.m. For information, call Kathy at (904) 553-8933 or Catherine at (904) 247-0665. St. Paul's Catholic Church is located at 578 First Ave. N. in Jacksonville Beach.</p> <p><b>Drake Bell at Surfer the Bar</b> "Hug me brother!!" Drake Bell is an internationally recognized actor and musician. He is most recognized for his role as Drake Parker on the hit Nickelodeon series "Drake and Josh" and the voice of Peter Parker on "The Ultimate Spiderman." He is currently making waves in the music industry with his new sound and working with artists such as Josh Dun, Mike Taylor and Lil Mama. Join Drake Bell on June 20 at 7:30 p.m. to see a side of him that few have seen before. Purchase tickets by visiting <a href="http://www.ticketweb.com">www.ticketweb.com</a> Surfer the Bar is located at 200 First St. in Jacksonville Beach.</p> <p><b>Coloring in the Gardens adult workshop</b> Take a break from your busy life and enjoy a relaxing activity in our historic Cummer Gardens on June 20, from 6 to 8 p.m. Each attendee will receive an adult coloring book with a French theme and colored pencils. This is a self-directed event that encourages mindfulness. Beer, wine and small bites will be provided. This event is \$30 for members and \$40 for nonmembers and registration is required. For further information or to register call (904) 899.6038</p>	<p><b>Greenhouse Yoga</b> Join Maggie's Herb Farm every Wednesday and Friday morning from 10 to 11:30 a.m. for a mindful Kripalu flow yoga practice in the greenhouse at Maggie's Herb Farm. Soothe the body and mind in the fresh air, grounded on natural, river pebbles for a unique greenhouse yoga experience. Practice yoga surrounded by beautiful greenery, butterflies, herbs, hummingbirds and free-range chickens. Attendees are encouraged to bring their yoga mat, towel and water bottle. Pre-registration is not required. Maggie's Herb Farm is located at 11400 Country Road 13 N. in St. Augustine.</p> <p><b>Public Art Week 2019</b> From June 17 to June 23, Friends of Hemming Park and partners including the Cultural Council of Greater Jacksonville, MOCA Jacksonville, The Cummer Museum of Art &amp; Gardens, Jacksonville Public Library, Jacksonville Transportation Authority (JTA), Art Republic and the University of North Florida present an entire week of activities to showcase public art in Northeast Florida. The event celebrates the opening of the city's new Laura Street Sculpture Garden and will host hands-on arts activities all week and provide public art tours. The event will close out the week with a community celebration featuring an artists' market and a free concert by local performers Let's Ride Brass Band and Spice and the Po Boys and New Orleans-based headliner Flow Tribe.</p> <p><b>Movie night 'The Goonies'</b> Join Tabula Rasa Brewing in the backyard for Movie Night, featuring "The Goonies." T Boyz Tacos will serve up amazing food while attendees enjoy the 1985 classic and some of the brewery's great beer. This event is on June 21 at 8 p.m. at Tabula Rasa Brewing, located at 2385 Corbett St. in Jacksonville.</p>	<p><b>A Historical Look into the Old Spanish Quarries</b> On June 22, experience a new perspective of the Old Spanish Quarries at Anastasia State Park in relation to the famous Castillo de San Marcos, and the survival of Saint Augustine. This informative program with a fun and knowledgeable ranger will bring the history of the quarry to life, as participants learn about the amazing work that occurred in the Old Spanish Quarries and the architecture that influenced the history of Saint Augustine. Please meet for the program in the quarry parking area by the front entrance gate. This free event runs from 10 to 11 a.m. at Anastasia State Park, 300 Anastasia Park Road in St. Augustine.</p> <p><b>First Coast Card Club</b> Join the First Coast Card Club on Saturday, June 22 for lunch and cards. The club will be meeting at the Italian Café in St. Augustine at 12:30 p.m. Contact club organizers for membership information, RSVPs, and questions at (904) 829-0643.</p> <p><b>3rd Annual Watermelon Fest</b> It's the 3rd Annual Watermelon Fest, from June 22 through June 23 at the Clay County Fairgrounds in Green Cove Springs. The event runs from 10 a.m. to 5 p.m. The Watermelon Fest will feature family fun and festivities, free water slide, art and crafts, free bounce houses, live entertainment, vendors, wacky watermelon games, delicious food, watermelon eating contest, pony rides, free watermelon samples, yummy treats, watermelon wine slush mixes, free corn hole, cutest baby contest, free petting farm, watermelon seed spitting contest, face painting, free rock painting, watermelon fudge, karaoke, train rides, free coloring contest, free inside toddler play area, watermelon bingo, watermelon smoothies, free sack races, photo op, whole watermelons and much more. Admission is \$6, kids 2 and under are free. The Clay County Fairgrounds are located at 2497 SR 16 west in Green Cove Springs.</p>	<p><b>Sundays at Surfer the Bar</b> Every Sunday, join Big Fish Power Yoga for a free Music &amp; Flow class at Surfer the Bar. The class is held upstairs at the bar and runs from 10 to 11 a.m. every week. Bring friends and family and enjoy brunch and mimosas downstairs following class. Register under classes on <a href="http://bigfishpoweryoga.com">bigfishpoweryoga.com</a>. Surfer the Bar is located at 200 First St. in Jacksonville Beach.</p> <p><b>Swing Dance Sundays</b> Swing Dance Sundays is a weekly event with free lessons starting at 7 p.m. at The Volstead. Attendees can either bring a partner or come alone. The Volstead is located at 115 West Adams St. in Jacksonville.</p> <p><b>Dog Days of Summer Paw-ty</b> Calling all dog lovers! Wicked Barley is throwing a Dog Days of Summer Paw-ty benefiting Friends of Jacksonville Animals, Inc. Bring the pup and join the brewery in the Beer Garden on Sunday, June 23 for Sunday brunch, live music, local vendors and more. Wicked Barley will be donating a portion of the Beer Garden sales to Friends of Jacksonville Animals, Inc., a nonprofit fundraising group that advocates for Animal Care and Protective Services. This event will be held from 11 a.m. until 4 p.m. at Wicked Barley Brewing Company at 4100 Baymeadows Road in Jacksonville.</p> <p><b>Sunrise Beach Yoga Supporting Yoga 4 Change</b> Join Hot Spot Power Yoga teachers at the beach for a fun yoga flow supporting Yoga 4 Change. The event will meet on the beach, in front of the Seawalk Pavilion. Registration starts at 6:30 a.m. and yoga practice will begin at 7 a.m. on June 23. Following class, there will be light refreshments from Lucky's Market Neptune Beach and coffee from Bold Bean. Please bring a reusable coffee cup/mug to avoid trash, a yoga mat and water. Yoga 4 Change is an organization on a mission to promote healthy living and foster self confidence among veterans, individuals who are incarcerated, at-risk youth and those recovering from substance use, through the practices and teachings of Yoga. Visit <a href="http://y4c.org">y4c.org</a> for more information. There is a \$15 suggested donation.</p>

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Monday, June 24	Tuesday, June 25	Wednesday, June 26	Thursday, June 27
<p><b>Castaway Cantina features 'Monday locals' weekly specials</b> Every Monday, Castaway Cantina at the Embassy Suites in St. Augustine Beach invites locals to come out for weekly Monday specials. Enjoy \$3 Tecates and tacos and \$5 frozen margaritas. Listen to live music, enjoy complimentary valet parking and a spectacular oceanfront view of the Atlantic from 5 to 8 p.m. Castaway Cantina is located at 300 A1A Beach Blvd. in St. Augustine Beach.</p> <p><b>Team Big Bananas Wine Night</b> Team Big Bananas Wine Night will be hosted at Tim's Wine Market. The event will be on June 24 from 5:30 p.m. until 7:30 p.m. This year's event will host a larger variety of wines, both California and European. There will also be cheese trays, pizza and a special prize drawing. In addition, there will be a small silent auction for a 5-night Pinehurst vacation, automobile pin stripping and more. Tickets are limited and are only \$30 each, with \$25 going to the National Multiple Sclerosis Society. Tickets can be ordered via email to Bruce Reid at slowride36@gmail.com.</p> <p><b>LEGO Robotics Summer Camp: Smart Cities</b> Join the LEGO Robotics Education Summer Camp with several robotic models built and programmed by the students in Grades K through eighth. The camp runs from June 24 until June 28 at 5 p.m. Students work in four big classrooms organized by their grade and skillset with two staff members for every 15 students. Lunch and healthy snacks can be purchased on-site. Extended day available both Morning (drop-off between 8 to 9 a.m.) and afternoon (pick-up between 3 to 5 p.m.) The Shiva Robotics Academy is located at 7044 Beach Blvd. in Jacksonville. More information can be found at <a href="http://www.shivarobotics.com">www.shivarobotics.com</a></p>	<p><b>Florida Blue free Tuesdays at The Cummer Museum of Art &amp; Gardens</b> Each Tuesday evening from 4 to 9 p.m. enjoy free admission to the Cummer Museum and its historic art galleries and gardens, thanks to the generous support of Florida Blue. The Cummer Café is also open for Tapas Tuesday, sponsored by Vystar. The Cummer Museum of Art &amp; Gardens is located at 829 Riverside Ave. in Jacksonville.</p> <p><b>Kids \$1 Tuesdays at Trasca Co. &amp; Eatery</b> Take the kids out to eat and save some money every Tuesday at Trasca &amp; Co Eatery. Children eat for \$1 with the purchase of an adult entrée. The special works for dine-in, take out and deliveries. For more information, call Trasca &amp; Co Eatery at (904) 395-3989. Trasca &amp; Co Eatery is located at 155 Tourside Drive in Ponte Vedra Beach.</p> <p><b>The Vixen Workout at XDANCE fitness</b> Listen to Beyonce, Rick Ross, J.Lo and more while burning 500 to 1000+ calories in 60 minutes of twerking, hair-whipping and booty-blasting work outs. No experience is required. Just bring some comfortable shoes and get ready to dance. Class runs from 8 to 9 p.m. Wear leggings, a tank top or whatever is most comfortable for high-energy cardio. Hair and makeup is optional, but encouraged. Sign up online at <a href="http://www.XDanceFitness.com/book">www.XDanceFitness.com/book</a>. Class is \$15. XDANCE fitness is located at 391 Third Ave. S. in Jacksonville Beach.</p> <p><b>St. Augustine Distillery Port Finished Bourbon Release Party</b> Area residents are cordially invited to celebrate the release of St Augustine Distillery's newest release, the Port Finished Bourbon on June 25 from 6:30 until 10 p.m. Join the St. Augustine Distillery as they will start the evening with tastings and small bites at the distillery for the first hour. There, attendees will hear about the inspiration and insider details behind the bourbon from the distillers themselves followed by a party upstairs at the Ice Plant. The distillery will have complementary food and plenty of port bourbon on hand to enjoy neat or in one of their cocktail creations. RSVP's are encouraged as the event is expected to fill up fast.</p>	<p><b>Twilight golf league at St. Johns Golf Club</b> Sign up a three-person, captain's choice team for St. Johns Club's drop-in every Wednesday evening at 5:30 p.m. The league runs through fall and costs \$17 for members and \$23 for non-members. For more information, contact Tommy Aycock at <a href="mailto:taycock@sjcfl.us">taycock@sjcfl.us</a> or (904) 209-0350. The St. Johns Club is located at 4900 Cypress Links Blvd. in Elkton.</p> <p><b>Wine Wednesday at the Renaissance</b> Join the World Golf Village every Wednesday evening in the Villagio Lounge from 5:30 to 6:30 p.m. for complimentary wine and hors d'oeuvre tastings. Attendees can sample red and white wines from around the world and savor chef-inspired appetizers to complement the wines. The World Golf Village is located at 1 World Golf Place in St. Augustine.</p> <p><b>Living with Snakes and Gators</b> Join Park Naturalist Kelly Ussia at the Ponte Vedra Beach Branch Library for a family-friendly presentation about the snakes and alligators found throughout the state of Florida (and possibly in the backyard!) Live animals will be on site for this exciting informational program on June 26 at 2 p.m. This event is presented in the partnership with the St. Johns County Parks and Recreation Department. Seating for this program is first come, first serve. Call (904) 827-6950 for more information. The Ponte Vedra Beach Branch Library is located at 101 Library Blvd. in Ponte Vedra Beach.</p> <p><b>Boardwalk Talk: The Allman Brothers Band and American Music</b> Fifty years ago in Jacksonville's Riverside neighborhood, a group of six southern musicians gathered to play together for the first time. In doing so, the Allman Brothers Band created a new form of American music. Learn about the band's development, its Florida and Jacksonville roots and their impact on American music on June 26 at 6 to 7 p.m. at the Beaches Museum. Historian, museum consultant and music lover, Bob Beatty, achieved a lifelong goal in 2018 when he wrote a Ph.D. dissertation on Duane Allman and the founding of the Allman Brothers Band.</p>	<p><b>St. Augustine Concerts in the Plaza returns for its 29th season</b> Concerts in the Plaza, St. Augustine's free summer-long music series, returns for its 29th season serving up some of the best musical entertainment in Northeast Florida. The series includes two-hour concerts held every Thursday at 7 p.m. starting May 30 and continuing through August 29 with a special performance on July 4, beginning at 6 p.m. On June 27, catch the Timberwood Band, an acoustic folk concert at the Plaza. For complete information including a printable schedule visit <a href="http://www.CityStAug.com/Concerts">www.CityStAug.com/Concerts</a>.</p> <p><b>Brows &amp; Bubbles</b> Residents are invited to Momni Boutique's exclusive Brows &amp; Bubbles event where attendees will learn how to shape, blend, fill in and perfect their brows. Professionals Kiara Shanelle and Megan Whalen will be showing their best tips and tricks all while customizing everyone's technique to her own brow and face shape. Upon attendance, attendees will receive a free gift (Glossier Boy Brow tinted brow gel) and 20% off your purchase at Momni Boutique. Champagne will be provided to attendees as well. This event will be held on June 27, from 6 to 8 p.m. at the Momni Boutique. Momni Boutique is located at 1132 Edgewood Ave. S. in Jacksonville.</p> <p><b>Matt O'Ree and Eryn</b> Matt's talent was recognized globally when he got the nod to join rock legends Bon Jovi as their guitarist/backing vocalist on their 2015 stadium tour of the Far East. In addition, Matt was recognized by the industry as a guitar great after winning a national guitar contest hosted by BB King and John Mayer. Doors open at 7 p.m. and the show begins at 8 p.m. Tickets are \$25 at the door on June 27. The Blue Jay Listening Room is in Jacksonville Beach.</p> <p><b>Free calendar listings for community groups and nonprofit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to <a href="mailto:Daniela@opcfla.com">Daniela@opcfla.com</a> or call (904) 686-3939.</b></p>

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# Cypress Village donates gear, steak dinner to local fire department

Cypress Village residents Jennifer and Chuck Fouts learned their neighborhood fire department received a second set of gear from the city, but not a second set of particulate hoods. The couple asked Cypress Village Executive Director, Ty Morgan, if there was anything the senior living community could do to help.

“There was no question. The team at Station 59 has been and will continue to be the lifeline to our residents at Cypress Village when there is an emergency situation,” Morgan said.

On Thursday, Cypress Village donated 15 GORE particulate hoods and steak din-

ners for each first responder at Station 59.

“We wanted to show our appreciation for everything they do, and with being in the food industry, bringing them a steak and potato dinner seemed like the right thing to do,” Thomas Rivers, director of dining services, said.

Cypress Village is a Retirement Care Community that offers residents an outstanding standard of living with an array of services and amenities. Located adjacent to the Mayo Clinic, Cypress Village has homes and apartments on a 120-acre campus. For information, call (904) 223-6100.



**Firefighters at Station 59 received regulation hoods and steak dinners from the Cypress Village Retirement Care Community.**

Photos courtesy of Cypress Village



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Photo by Jon Blauvelt

# Nocatee Spray Park offers fun way to cool off on hot summer days

Summer is officially here, and Nocatee residents have a great way to cool off at the new Nocatee Spray Park, which officially opened March 9. Here are some things you may not know about the Nocatee Spray Park, where residents can splash, play, relax, eat and more.

Nine Nocatee Spray Park fun facts:

- The four-story above-ground interactive spray playground, Whale Harbor, is the tallest of its kind in Northeast Florida.
- The main pool, surrounding Whale Harbor, has more than 17,000 square feet of surface area, making it the largest pool in Nocatee, almost twice as large as the Lagoon Pool in Nocatee Splash Park.
- The slides and play structure were built by ProSlide Technology, considered the best water slide manufacturer in the world. ProSlide also built Volcano Bay for Universal Studios in Orlando.
- There are more than 75 water features

on the main Whale Harbor structure.

- There are five water slides with two enclosed creating a dark slide.
  - The main pool, Whale Harbor, holds 50,000 gallons of water. The Spray Pad and Scuttle Cove hold about 2,500 gallons.
  - The underground holding tank for the main pool is 10,000 gallons (20% of the pool volume).
  - The pools are treated with a state-of-the-art chemical controller system that monitors Chlorine, pH and ORP and makes adjustments 24 hours a day.
  - There are more than 750 chairs currently placed in the park for relaxing.
- The Spray Park also includes Serenity Bay, a resort-style beach environment with beach volleyball and blue sand cabanas available to residents on a first-come, first-served basis. For Nocatee's youngest residents, Scuttle Cove is a smaller spray park for younger chil-

dren. Also included is Paradise Park playground featuring multiple tunnels, astro turf and shaded areas.

To learn more about Nocatee Spray Water Park, stop by the Nocatee Welcome Center, call (904) 924-6863 or visit [www.nocatee.com](http://www.nocatee.com).

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Fireworks Over The Matanzas is produced by the City of St. Augustine with funding support from the St. Johns County Tourist Development Council. Visit [www.FloridasHistoricCoast.com](http://www.FloridasHistoricCoast.com) or for St. Augustine, Ponte Vedra and the Beaches visitor information. The Park & Ride Shuttle is a service provided by the City of St. Augustine with support from Ripley's Red Train Tours and Old Town Trolley Tours.



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# Congressman John Rutherford secures \$17.6 million to ease Jacksonville congestion

Congressman John Rutherford (FL-04) recently announced \$17.6 million from the U.S. Department of Transportation to address rail congestion in Jacksonville's urban core created by major railroad interchanges.

Rutherford used his position on the House Appropriations Subcommittee that funds DOT to strongly advocate for this project in Washington.

"Northeast Florida, with its intricate network of railroads, highways and ports, remains a hotbed for federal

investment and economic growth," said Rutherford. "Following other major awards to the region, this grant will ease congestion downtown and clear rail obstructions near major hospitals. I thank Secretary Chao for her partnership in positioning Northeast Florida as the logistical hub of the Eastern Seaboard."

"These investments in intercity passenger and freight rail will benefit surrounding communities, make grade crossings safer and improve service reliability," said U.S.

Transportation Secretary Elaine L. Chao.

This \$17.6 million was awarded as part of the Consolidated Rail Infrastructure and Safety Improvements competitive grant program.

The funding for the Mitigating Jacksonville's Freight Train-Vehicle/Pedestrian Conflicts project will alleviate chokepoints at major downtown intersections to improve movement of people, patients, vehicles and freight throughout the Jacksonville region.

## OBITUARIES

### Mary Dwyer Gressett

Mary Dwyer Gressett was born on August 19, 1932, in Metairie, Louisiana, which is the first suburb of New Orleans. She was a wife and mother who loved and cared for her family and friends. She departed on June 7, 2019.

In her early life, she enjoyed being an aunt and helping care for her nephews and nieces in New Orleans. She also worked at AT&T as an operator until she met and married her husband, Otho "Jim" Columbus Gressett, Jr., who was a naval officer. They were married on May 19, 1962, and spent the next 52 years making friends and raising a family while living in California, Japan, Louisiana, Mississippi and Florida. She loved children and after her sons were raised, she became "Nana" and helped raise the children of two families in Jacksonville Beach, Florida. Annika, Katrina, Katie, Stewart and "Kimmy" were like grandchildren to her.

After the passing of her husband on November 2, 2014, she lived in Ponte Vedra Beach, Florida. She leaves behind her sons Chris and Randall; stepson Michael

"Scott"; and three grandchildren, James, Grace and Bailey.

Her remaining family members and friends are grateful for the positive influence and love she brought to their lives. Her memory will be cherished and preserved by all those who were fortunate to have known her.

Visitation was held June 13 in Quinn-Shalz Funeral Home. A Mass of Christian Burial was celebrated by her family and friends June 14 in Our Lady Star of the Sea Catholic Church in Ponte Vedra Beach. She was laid to rest with her husband at the Jacksonville National Cemetery.

Donations may be made in Mary's name to Community Hospice & Palliative Care, McGraw Center, 4266 Sunbeam Rd., Jacksonville, FL 32257. Please visit the online Tribute at [www.quinn-shalz.com](http://www.quinn-shalz.com). Arrangements by Quinn-Shalz Family Funeral Home.



### Edman Lewis Elledge

Edman Lewis Elledge, of Ponte Vedra Beach, Florida, died June 10, 2019. Elledge was born June 17, 1930 in Thebes, Illinois, to Pleasant (Willard) and Ada Lewis Elledge. His family moved to Madison, Wisconsin where his parents worked for Oscar Mayer.

Elledge was raised in Madison where he excelled in track. He enlisted in the U.S. Navy after high school. After serving, Elledge attended the University of Wisconsin-Madison, where he joined ROTC and graduated with a degree in Economics. Upon graduation, he joined the U.S. Army where he was commissioned as a first lieutenant and stationed in Berlin.

Elledge returned to the states where he began his career with The Dow Chemical Company, his career-long employer. He met and married Deborah Ann Day of Grosse Pointe in 1960. Elledge subsequently adopted Deborah's son Michael and the family settled in Farmington, Michigan. Elledge's sales career with

Dow took him twice from southeast Michigan to Midland, Michigan, and finally to Westport, Connecticut. Elledge and Deb ultimately moved to Ponte Vedra Beach, first as residents of The Plantation. Elledge moved to the retirement community of Vicars Landing shortly after Deborah's death in 2009.

Edman will be remembered as a man of integrity, intelligence and humor. Elledge was also the consummate, well-dressed gentleman, devoted to his wife Deborah and her son Michael, loved by numerous friends and family. Elledge loved skiing, golf, reading (particularly espionage novels), crossword puzzles and running. He ran in numerous marathons in his 40s and 50s, including the Marine Corps (Washington, D.C.) and New York marathons, and had an abiding interest in fine wine and food. Elledge relished spending time with his extended family and maintained strong ties with them until his death. He especially enjoyed visits by his son and stepdaughter, granddaughters and great grandchildren.

He is survived by his sister Nancy Hamby, brother and sister-in-law Bill and Carla Day, sister-in-law Janet Day and their extended families; son Michael and wife Amy Stevenson; grandchildren Heather (Miller), Jennifer and Lindsay; great grandchildren Conor and Grayson (Miller); nieces Patricia and Barbara; nephew Michael and their extended families; and longtime caregiver Tuleeca Buttery. The family is especially grateful for the constant love and support given to Deborah and Edman by Tuleeca, which was instrumental to their health and well-being.

According to his wishes, Elledge's cremated remains will join his wife's in the Easter garden of Christ Church Cranbrook in Bloomfield Hills, Michigan, as well as one of his favorite ski destinations.

Visit the online Tribute at [www.quinn-shalz.com](http://www.quinn-shalz.com). Arrangements by Quinn-Shalz Family Funeral Home.



### Adela Bobis

Adela Bobis, 66, of Jacksonville, died June 11, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre.

### Charles Henry Dupraw

Charles Henry Dupraw, Jr., 62, of Jacksonville, died June 16, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre.

### Michael Frank DuRocher

Michael Frank DuRocher, 68, of Jacksonville Beach, died June 9, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre.

### Patricia A. Griffiths

Patricia A. Griffiths, 82, of Atlantic Beach, died June 11, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre.

### William D. Henderson

William D. Henderson, 90, of Jacksonville, died June 11, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre.

### Charles Lasiter

Charles Lasiter, 85, of Atlantic Beach, died June 14, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre.

### Stewart Means

Stewart Means, 91, of Ponte Vedra Beach, died June 15, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre.

### Helen D. Nielsen

Helen D. Nielsen, 94, of Jacksonville Beach, passed away June 18, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre.

### Charles Eugene Rodgers

Charles Eugene Rodgers, 80, of Jacksonville, died away June 14, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre.

### Hugh J. Williams

Hugh J. Williams, Sr., 95, of Ponte Vedra Beach, died June 15, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre.

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# Eco Tours

Continued from 5

(for learning to swim like one) and a “Siren Sighting” tour where children can join and “spot” a mermaid lounging on the banks of the Tolomato River in St. Augustine.

Bass makes her own mermaid accessories, bejeweled shell bra and functioning flipper included, and sells them on the website for any prospecting mer-people.

“There’s a huge mermaid community, actually,” Bass said.

While it is clear Bass successfully holds the “Siren” position of the Adventure Guides, the “Squatch” aspect of the duo seems to rest on Tabone needing a shave.

Regardless, the two’s adventuring days are far from over. They are working on opening a new tour for Rum Island Spring and Park, on the Santa Fe River. The couple is looking at having the tour available soon. Currently, they are offering the daylight, sunset and starlight paddles on



A banded water snake spotted on a tour.

the Intracoastal, stand-up paddle summer nights (featuring a six-person SUP board), Swamp to Gulf: Sweep the Suwannee and Silver River Saturdays.

“If you’re looking to go outside and have an adventure,” Bass said. “We’ll find something fun to do.”

For more information or to book a tour visit [squatchandsiren.com](http://squatchandsiren.com), email [squatchandsiren@gmail.com](mailto:squatchandsiren@gmail.com) or call (904) 607-9497.



Photos courtesy of Squatch & Siren Adventure Guides

Squatch & Siren Adventure Guides provides kayak and stand up paddle eco tours of local waterways.

# Music and reading make perfect pairing



Photo courtesy of Ponte Vedra Beach Branch Library

Eager children swarm Jacksonville Symphony’s Principal Tubaist James Jenkins to ask him questions about his tuba and himself after Tuba Storytime at the Ponte Vedra Beach Branch Library. Tuba Storytime was the library’s first preschool Storytime class since late April. Jenkins incorporated his tuba-playing skills to the reading of with the story “Little Boy with a Big Horn” by Jack Bechdolt.

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\*Accredited Investor Definition: For an individual to be considered an accredited investor, he or she must have a net worth of at least one million US dollars, not including the value of one's primary residence or have income at least \$200,000 each year for the last two years (or \$300,000 together with his or her spouse if married) and have the expectation to make the same amount this year. Risk Disclaimer: Investing in private real estate funds and notes secured by real estate has certain inherent risks, which could result in the loss of some or all of your principal investment. Your decision to purchase and invest should be based on your own particular financial circumstances and investment objectives. DLP Capital Partners LLC, its officers, and representatives can in no way guarantee or warrant your success. Consult your tax advisor or financial advisor before investing. Past performance does not guarantee future performance. Please see fund offering documents for full details & disclosure.



Photos courtesy of Sarah Carrigan

Supporters welcome cyclist Chris Dieringer to St. Augustine after his cross-country trek to show support for programs serving abused, abandoned and neglected children.

## Cyclist completes coast-to-coast ride for abused, neglected children

Chris Dieringer treks from San Diego to St. Augustine in support of Guardian ad Litem programs

The Florida Guardian ad Litem Program was celebrating as cyclist Chris Dieringer completed his ride from California to Northeast Florida to raise awareness for programs serving abused, abandoned and neglected children.

Dieringer arrived in St. Augustine on Saturday, June 1, and dipped his front tire in the ocean at Crescent Beach.

Dieringer began his journey in San Diego on Feb. 28, to call attention to the Guardian ad Litem and Court Appointed Special Advocates programs, which represent children in dependency courts across the country.

In Florida, these children are represented by Guardian ad Litem, and in the Seventh Judicial Circuit, which serves St. Johns, Putnam, Flagler and Volusia counties. There are more than 1,500 children in the child welfare system and almost 500 without a Guardian ad Litem volunteer. Statewide, more than 13,000 volunteer child advocates represented more than 39,000 children in 2018.

“Chris’ ride brings attention to the cause,” Guardian ad Litem Circuit Director Shirley Holland said. “It brings attention to a volunteer’s generosity and his commitment to do good things for the children we serve – whether we serve them in New York, Texas or Florida.”

Dieringer, who is retired, was a volunteer child advocate for five years, and was encouraged by the interest his trip drew from potential donors and volunteers. He was escorted on the last leg of his trip by St. Johns County Sheriff’s Deputy Sam Sheffield, who rode with him from the county line to Crescent Beach.

“It’s not an easy thing,” Dieringer said of representing abused and neglected children. “It’s a really tough assignment. But it comes with really big rewards when you can see the impact on a child.”



Dieringer was accompanied by St. Johns County Sheriff’s Deputy Sam Sheffield on the final leg of the journey from the county line to Crescent Beach.

Holland said her program must take advantage of every opportunity to recruit volunteer advocates for maltreated children. Volunteers are trained and supported by professionals to be the voice in court helping to find each child find a safe, permanent home. Children with a Guardian ad Litem volunteer do better in school, receive more services and are less likely to return to foster care than children without.

“It means the world that one of our volunteers would do this, because it’s so heartfelt,” said Guardian ad Litem Executive Director Alan Abramowitz. “We congratulate Chris, and we thank him.”

For more information about the Guardian ad Litem Program or to become a volunteer, visit [www.GuardianadLitem.org](http://www.GuardianadLitem.org) or call 1-866-341-1GAL.



Photos courtesy of United Way of Northeast Florida

Bill Haley, Family Foundations President & CEO and Robin Rose, Girls Inc. CEO enjoy an evening of celebration at United Way of Northeast Florida’s annual Volunteer United event on June 5 at the Main Library Downtown.



United Way of Northeast Florida staff members Jenny O’Donnell (from left), Nyobi Brodgon and Ahyanna Shepard celebrate volunteers from across Northeast Florida at the annual Volunteer United event.

## United Way of Northeast Florida holds annual Volunteer United event

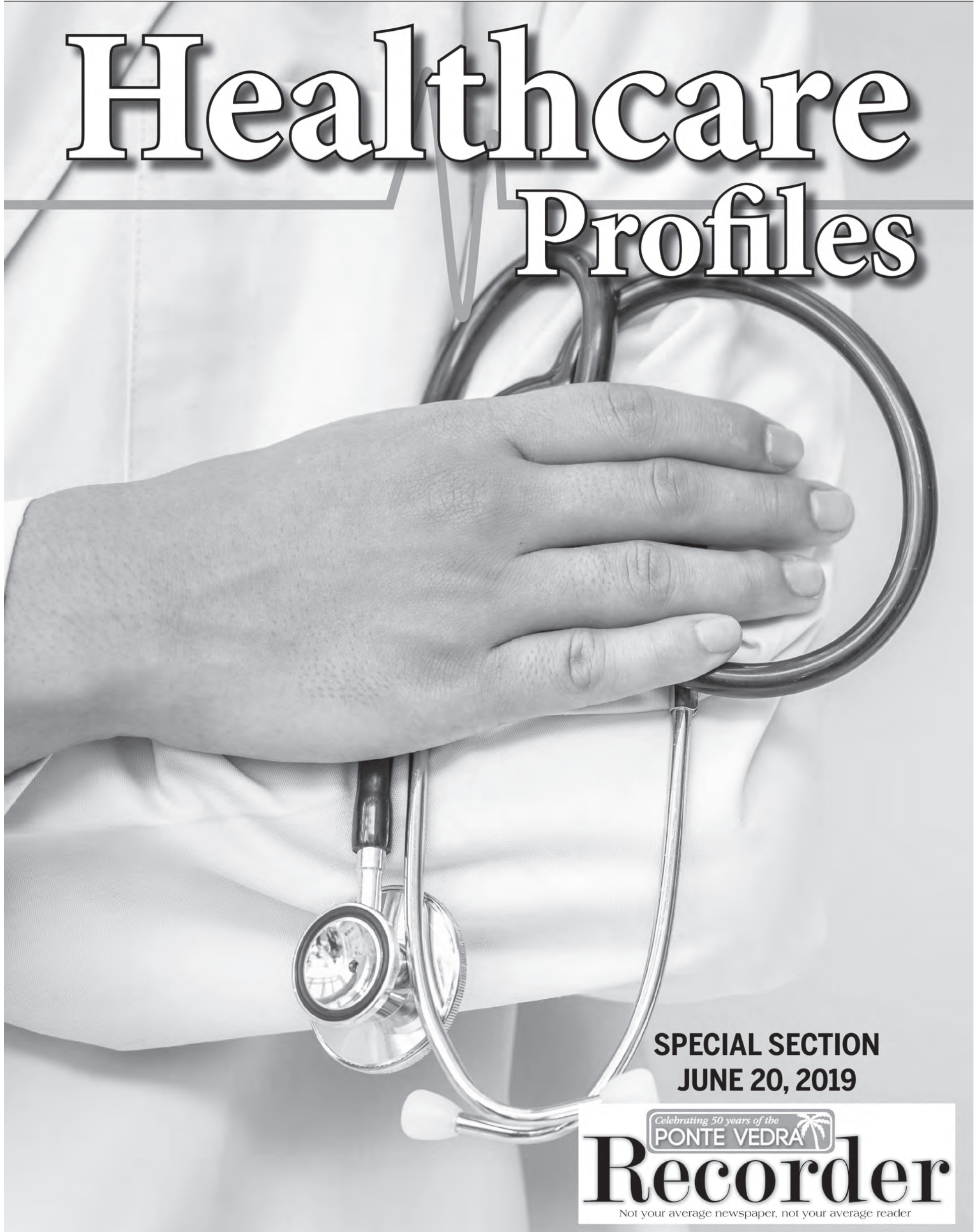
United Way of Northeast Florida’s annual Volunteer United event took place on June 5 at the Jacksonville Public Library Downtown.

Volunteers from across Northeast Florida gathered for United Way’s annual volunteer recognition celebration.



Achiever For Lifetime, Jazzlyn and her mentor Sara McMillan, vice president, Development at The Arc of Jacksonville speak to United Way of Northeast Florida volunteers at the annual Volunteer United celebration.

# Healthcare Profiles



**SPECIAL SECTION  
JUNE 20, 2019**

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# Recorder

Not your average newspaper, not your average reader

# Flagler Health+ ribbon cutting for new primary care, pediatrics location in Palencia

Flagler Health+ announced the opening of its new primary care and pediatrics office in Palencia. A ribbon-cutting ceremony took place Monday, June 10, outside the new offices. Among guests at the event were representatives from the St. Johns County Chamber of Commerce, Flagler Health+ President & CEO Jason Barrett, Flagler Health+ VP of Primary and Ambulatory Care Dr. Todd Batenhorst, as well as Dr. Juliana Raymaker and Dr. Meredith Brazell, both of whom will be working in Palencia.

“We are excited to bring this comprehensive primary care and pediatrics offering to Palencia,” Flagler Health+ President and CEO Jason Barrett said. “Our team is here to treat patients when they are sick, but most importantly, we are also here to keep you well. Preventive care, behavioral health, disease management and wellness offerings have all been designed with the whole family’s health and well-being in mind.”

Conveniently located within the

Palencia community, this opening marks the first expansion of Flagler Health+ since its rebranding this past February. Future expansions are set to include the opening of the Flagler Health+ Village in MuraBella in July and another Flagler Health+ Village in Nocatee in Summer 2020.

Patrick Appolonia, Flagler Health+ communications coordinator, said he was looking forward to establishing the new office in the community.

“At Flagler Health+ we enjoy connecting with the communities we serve, and this event was a great opportunity to do just that as we commemorate the opening of our new Primary Care and Pediatrics office,” he said.

Flagler Health+ is an extension of Flagler Hospital, which has a 130-year legacy of caring for the community. The 335-bed hospital has been named among America’s 100 Best Hospitals out of nearly 4,500 nationwide. Flagler Health+ is located at 120 Palencia Village Drive, Suite 107 in St. Augustine. Learn more at [flaglerhealth.org](http://flaglerhealth.org).



Photo by Susan Griffin

Representatives from Flagler Health+ celebrate the opening of its new primary care and pediatrics office in Palencia with a ribbon-cutting ceremony on June 10.

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# Heart-healthy tips for exercising in summer heat



**Dr. Anthony Magnano**  
Guest Columnist

A summer day is the perfect motivation to go outside and get moving, but summer heat and exercise can be a risky combination. While we think of summer as a time for swimming, running, cycling and going to the beach, your heart must work harder

than usual in the summer sun. With this summer shaping up to be one of the hottest ever, it's important to protect yourself from increased risk of dehydration, heat exhaustion and heat stroke. With a few simple precautions, feel free to participate in favorite outdoor activities while keeping your heart healthy.

## The effects of heat on the heart

Summer heat can be a problem when exercising outside because the high temperatures and humidity make it harder for your heart to pump blood throughout the body and keep it cool. As the heart pumps harder and strains to maintain body temperature, the body simultaneously produces sweat to help in the cooling process. We may think a good sweat is a sign of a healthy workout, but the production of excessive sweat can lead to extreme dehydration, depleting salt levels dramatically.

This dehydration and added stress on the heart can lead to serious heat-related illnesses, like heat exhaustion and heat stroke. Symptoms of these issues include dizziness, nausea, cramps and rapid heartbeat — and in some cases, they can be deadly.

## Heart disease and medications can make you more heat sensitive

People with heart disease, cholesterol in the arteries or high blood pressure are especially at risk. In fact, some heart medications make it harder for your body to cool down. For example, beta-blockers slow the heartbeat and cause other physiologic effects that make it more difficult to regulate heat exchange throughout the body. Those on diuretics are more susceptible to dehydration. Other medications to watch out

for are ace inhibitors and calcium channel blockers that can cause arteries to dilate, leading to a potentially dangerous drop in blood pressure during periods of heat and dehydration.

Of course, you should always take your medicine, but it's important to know exactly how it affects your ability to handle the summer weather — that way, you can take further precautionary measures. If you have any questions, consult your physician.

## Tips for exercising in summer heat

Enjoy outdoor activities this summer and exercise safely by following just a few steps. The most important thing is to keep your body cool and hydrated by drinking plenty of water before, during and after being active outside. Try to avoid excessive alcohol and caffeine intake within a few hours of exercise, as they can accelerate dehydration.

Another important step is to stay inside during peak heat times, which are generally from noon to 3 p.m. While outdoor activities are generally safer during the morning or evening, always check the heat index first to make sure it's safe to exercise outside. Then, choose shaded trails or pathways to avoid the sun.

Finally, when outside, be sure to dress appropriately. Wear a hat and lightweight clothing to protect your skin and help with the evaporation of sweat. Also, apply sunscreen with at least SPF 15 and reapply it every two hours.

## Keep your heart healthy and prevent heat-related illness

If you feel or notice someone experiencing the symptoms of a heat-related illness or a heart issue, act immediately. For heat exhaustion, move to a cool place, drink water and monitor the condition. For heat stroke and heart issues, call 911, as they could be life-threatening conditions.

With the right preparations, you can keep your heart healthy while enjoying a great summer filled with plenty of exercise and outdoor activities.

*Dr. Anthony Magnano is a Ponte Vedra resident and cardiologist at Ascension St. Vincent's Riverside. For more information on Dr. Magnano and his specialty treating atrial fibrillation, visit [Jaxhealth.com/services/afib](http://Jaxhealth.com/services/afib).*



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# Health screenings men should discuss with their physicians

Routine doctor visits are a vital component of a healthy lifestyle. As noted by the U.S. National Library of Medicine, even men who feel healthy and live active lifestyles must make routine visits to their healthcare providers. Such visits can assess risk for future medical problems and offer men the opportunity to update vaccinations. Routine health checkups also give doctors a chance to screen for medical issues.

Doctors consider a man's age and other risk factors to determine when and how frequently he will need certain medical screenings. For example, while men between the ages of 40 and 64 are often advised to get blood pressure screenings at least once per year, those with diabetes, heart disease, kidney problems, and other conditions may need more frequent screenings.

No two men have the same medical histories, which only highlights the need for men of all ages to schedule annual physical exams with their physicians. Such exams can reveal potential problems and also make for great opportunities to discuss more specific medical screenings with their physicians. The following are some general screening tests and guidelines recommended for all men between the ages of 40 and 64, courtesy of the USNLM.



Photo courtesy of metrocreativeconnection.com

**As noted by the U.S. National Library of Medicine, even men who feel healthy and live active lifestyles must make routine visits to their healthcare providers.**

## Prostate cancer

The USNLM notes that most men age 50 or older should discuss screening for prostate cancer with their physicians. Ethnicity and family history are some of the recognized risk factors for prostate cancer. As a result, African American men and men with a family history of prostate cancer in a first degree relative younger than 65 should

discuss screenings beginning at age 45. There are pros and cons to prostate cancer screenings, and these should be part of men's discussions with their physicians.

## Colorectal cancer

All men between the ages of 50 and 75 should be screened for colorectal cancer. Physicians may recommend colorectal

screening for men under age 50 with a family history of colon cancer or polyps. In addition, physicians may consider screenings for men under 50 who have a history of inflammatory bowel disease.

## Cholesterol

The USNLM advises men to have their cholesterol levels checked every five years. Men with certain conditions, such as diabetes and heart disease, may need to be checked more often.


## Diabetes

Diabetes screenings are recommended every three years for men age 45 and older. Men who are overweight and younger than 45 should ask their physicians if they should be screened before they reach 45.

## Osteoporosis

Women are more likely to develop osteoporosis than men, but that doesn't mean men are immune to this condition marked by a weakening of the bones due to tissue loss. Fractures after age 50, heavy alcohol use, smoking, and low body weight are some risk factors that can make men vulnerable to osteoporosis.

Health screenings can catch diseases and other conditions in their early stages when they're most treatable. Such screenings should be a vital part of men's health routines.




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## Baptist Health wound care centers earn national award

Wound care centers at Baptist Jacksonville and Baptist Beaches are recipients of the 2018 Center of Excellence award from Healogics Inc., a provider of advanced wound care services. Both Baptist Health locations achieved patient satisfaction rates higher than 92% and a healing rate of at least 91% in less than 30 median days to heal, for a minimum of two consecutive years.

"Chronic wounds affect 25% of diabetics and 1 in 4 families have a family member with a chronic wound," said Denise Anderson, program manager for Baptist Beaches Wound Care Center. "At best, a wound interferes with enjoying the beach or the pool, or at worst, can lead to amputation. Early intervention with specialized wound care centers like the ones we have at Baptist Health prevent amputation and allows people get back to enjoying their lives."

Baptist Health's wound care centers offer highly specialized wound care to patients suffering from diabetic ulcers, pressure ulcers, infections and other chronic wounds that have not healed in a reasonable amount of time. Leading-edge treatments include total contact casts and compression wraps for diabetic foot ulcers, total contact negative pressure wound therapy, bio-engineered tissues, biosynthetic dressings and growth factor therapies. The centers also offer hyperbaric oxygen therapy, which works by breathing in 100% oxygen to help the wound heal.

The wound care centers at Baptist Jacksonville and Baptist Beaches are members of the Healogics network of nearly 700 wound care centers, with access to benchmarking data and proven experience treating approximately 2.5 million chronic wounds.

# Fitness training pays off on the course for pro golfers, casual players



**Chris Kopp**  
Guest Columnist

Are golfers really athletes?

There was a time when golf was viewed more as a game than a true sport. Professional golfers back in the day did not necessarily portray themselves as the most fit individuals

compared to other sport stars. In fact, smoking cigarettes was commonplace, even while on TV.

Not anymore.

Just look at some of the physiques on tour now, particularly current No. 1 golfer in the world, Brooks Koepka. His arms are like tree trunks. If any of you happened to watch and listen to the 2019 U.S. Open golf coverage, announcers repeatedly commented about the strength required to hit a shot or this golfer has been known for his power (winner Gary Woodland). However, they also referred to their incredible touch and mental toughness. Most people think Tiger Woods was the inspiration for this change of working out and playing golf, but that is not exactly true.

How about a little trip down memory lane and how golf became an “athletic activity?”

Gary Player was really the first professional golfer to take physical fitness seriously. In fact, he was often ridiculed for his workout routine. However, if you see Player now compared to some of his peers from his era of professional golf, you can see that maybe Player was right in his approach. Greg Norman was another who also took exercise seriously. Certainly, when Woods came along and all the success he had, along his muscular build, it really did push the needle toward golf and

athleticism and ultimately became a huge influence for the professional golfer.

But when is too much of a good thing a bad thing? That is really the key to any activity and training. Woods has obviously had severe physical breakdowns, knee surgery and several back surgeries that eventually led to a fusion. However, it is Woods’ dedication to his fitness that has also allowed him to come back and play at a high level even with his back fused, winning The Masters this year and the Tour Championship last year. It’s pretty amazing, really.

Golf can be an activity that puts tremendous stress on the body, particularly the spine due to the rotational nature of the game and the frequent bending and stooping, teeing the golf ball as well as retrieving the ball from the hole. Anyone who plays golf regularly, or even infrequently, has most likely experienced back pain. Sometimes, pain results from just bending down to get something out of the golf bag or putting on shoes. Other areas that can be injured are, of course, the knees, hips and shoulders.

When participating in any sport that requires repetitive motions and stresses, injuries are inevitable, however, they can be prevented with a little effort. Most of us do not have the time that professional golfers do or the resources available to have personal physios, chiropractors, massage therapists and trainers. That being said, here is a good tip.

**WARM UP!** Yes, try to arrive at the course before tee time and perform a structured warmup program. I like the Orange Whip or a weighted club to loosen up, around 20 to 30 gentle swings gradually increasing your range of motion of your body as you go. Then do some deep squats with a club overhead (as far as your knees will allow). Then do big leg swings, arm circles and gradually work



Photo courtesy of metrocreativeconnection.com

up from pitching wedge to driver. The best advice is to consult with a golf-specific fitness or health professional and be properly evaluated to learn what would be a good routine specific to your physical capabilities and limitations.

The stronger and more flexible you are, the less likely you are to hurt yourself

playing — and you may even become a better, more consistent golfer as well.

**Chris Kopp PT is a physical therapist and owner of Premier Physical Therapy Jacksonville and Ponte Vedra specializing in golf fitness and rehabilitation. For information, email [info@premierptjax.com](mailto:info@premierptjax.com) or visit [www.premierptjax.com/golf](http://www.premierptjax.com/golf).**

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# SKINNY JAX CELEBRATES OPENING WITH RIBBON CUTTING



LEFT: Jax Chamber Beaches Division held its monthly Coffee of the Coast at Skinny Jax on May 30. The event also included a ribbon-cutting ceremony.



ABOVE: Ponte Vedra resident Alyson Cannady recently opened Skinny JAX, a medical weight loss spa located in south Jacksonville Beach, along with board certified physician, Dr. Donald S. Freedman. The clinic offers customized weight loss programs, nutritional programs, medical grade supplements, metabolism enhancers, B-12 complex/Lipolean injections and prescription weight loss. In addition, the spa offers noninvasive beautification treatments for skin tightening and wrinkle reduction, called Venus Freeze and Venus Viva.

Photos by Susan Griffin

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# How antioxidants reduce inflammation



**Dr. Erica Hamer**  
Guest Columnist

If you are a health-conscious person, you have probably heard about antioxidants. These important molecules do a lot to protect your body from damage caused by toxins and disease. One of the most significant

duties antioxidants perform is reducing inflammation — a risk factor for numerous diseases and health problems.

## Is all inflammation bad?

No. Some inflammation is necessary to heal the body. When muscles, tendons or ligaments are damaged, you often see inflammation and reduced function in the affected areas. The inflammatory response allows tissue repair and limits further damage by restricting movement in the injured area. However, excessive or chronic inflammation prevents healing, and the body becomes more susceptible to disease.

Antioxidants protect against free radical molecules, which promote inflammation. Besides joint-related diseases like arthritis, inflammation can be a key contributor to heart disease, stroke, cancer, inflammatory bowel disease, Alzheimer's disease and chronic fatigue syndrome. It is not possible to completely stop production of free radicals because it is part of natural metabolic processes. In fact, every time you breathe, you create free radicals. However, there are steps you can take to limit the production of free radicals and reduce inflammation.

Our environment and lifestyle can contribute significantly to the development of inflammation. Avoid exposure to pesticides by eating organic food. When it comes to diet, consume plenty of fruits and vegetables, especially raspberries, blueberries, strawberries, kale and spinach. For protein-rich sources, opt for fish over meat. Legumes and nuts are also good sources of protein. Exercise to maintain an appropriate weight range. Stress also promotes inflammation, so learn stress management techniques to keep it under control.

## Plant extracts may reduce inflammation

Recent research shows that common herbs and tea may provide excellent protection against inflammation.

A British study investigated the healing effects of 21 plant extracts.

The researchers were focused primarily on how inflammation affects skin cells, as inflammatory conditions cause wrinkled skin and premature aging. The substances that exhibited the most anti-inflammatory action were white tea, witch hazel and rose — all contain antioxidant compounds. The study reported that these three botanical substances play a role in blocking the body from producing the compound interleukin 8, a pro-inflammatory substance.

A study of botanical substances and inflammation published in the Journal of Lipid Research revealed thyme oil had a powerful effect at suppressing the inflammatory substance known as COX-2. The research studied six plant extracts: thyme, clove, rose, eucalyptus, fennel and bergamot. While all six showed anti-inflammatory action, thyme performed the best by reducing COX-2 presence in cells by 75% — compared to 25% for the other plant extracts. This is likely the result of antioxidant flavonoids and high levels of carvacrol, a key ingredient in thyme that both suppresses inflammation and fights bacteria in the body.

## Spicy ginger cools inflammation

Chronic inflammation is linked to an increased risk of cancer.

A study published in Cancer Prevention Research showed that extracts of ginger root could be developed as a therapeutic tool in the prevention of colon cancer. The study consisted of 30 participants who were randomly assigned either a placebo pill or a ginger root supplement (2 grams) taken daily. After the research period of 28 days, scientists measured colon inflammation levels in the patients, and discovered statistically significant reductions in inflammation markers in the ginger extract group.

The antioxidants in ginger could also help relieve muscle pain induced by inflammation. Research appearing in the Journal of Pain indicated ginger acts in a similar way to nonsteroidal anti-inflammatory drugs, known as NSAIDs. Conducted by the University of Georgia and Georgia College and State University, the study researchers enrolled college students to perform specific exercises. As well, one group of students received daily ginger supplements and a second group consumed a placebo. The students who received ginger reported lower intensity of exercise-induced muscle pain.

**Contributed by Dr. Erica Hamer, DC, DIBCN, DIBE, Board Certified Chiropractic Neurologist and owner of Ponte Vedra Wellness Center with offices in Ponte Vedra Beach and Nocatee Town Center.**



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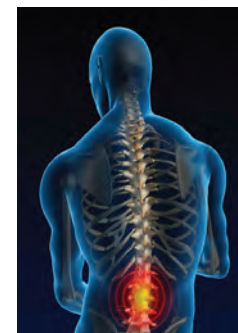
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## Keystone Behavioral Pediatrics to close in July

For more than 13 years, Keystone Behavioral Pediatrics served patients with behavioral and developmental therapies and their families. Unfortunately, Keystone plans to close the Southpoint practice effective July 26, because of increasing financial and administrative pressures during the past six months regarding reimbursement for care provided to Medicaid patients. Pressures to close include recent audits, changes in vendors, delays in credentialing and authorizations, and long stretches of non-payment of services. Keystone leadership decided it was impossible to continue to provide services. In short, AHCA has repeatedly failed to take corrective measures to ensure the long-term sustainability of Keystone, thus affecting its Medicaid families and Keystone's operations. Therefore, Keystone will stop seeing Medicaid patients, effective June 21. Emergency services for Medicaid families will continue through July 26.

Palm Valley Child Development Center is a new facility and private co-op school located in Ponte Vedra Beach's Palm Valley. The center is accepting new patients and students for fall, opening Aug. 5. Many previous Keystone staff will transfer employment to Palm Valley Child, which will offer outpatient, home, community and school-based services throughout North Florida. Keystone will provide a seamless transition of records and services to the new center.

Keystone's Medicaid families are urged to do the following:

Contact their case manager for a list of alternative providers in the area;

Make a request to the Keystone office to provide copies of their child's medical records along with a completed Medical Records Release Form, which can be picked up when ready;

Know that in accordance with the law, further and required instructions for records will be released by Keystone to the Florida Times-Union after July 26.

Keystone founder, Katherine Falwell, and staff feel honored and privileged to have served Keystone patients and families. "We feel blessed that so many of you have entrusted your family's care to us," stated Dr. Falwell. "We realize change can be difficult and sincerely hope to make this transition as smooth as possible."

For information, call Lauren Haas at the Keystone office at (904) 619-6071. For information about Palm Valley Child Development Center, go to [www.Palm-Valley-Child.org](http://www.Palm-Valley-Child.org).

# Prevent dehydration during the dog days of summer

A person's desire to be outdoors can sometimes be at odds with the outdoors itself. The dead of winter tends to be a time of year when people know to stay indoors, but the dog days of summer can be dangerous as well.

Heat-related diseases like dehydration can put lives at risk. According to Johns Hopkins Medicine, children and people over the age of 60 are particularly susceptible to dehydration. Understanding dehydration and how to prevent it is essential for anyone who plans to spend time outside during the summer.

### What is dehydration?

The U.S. National Library of Medicine notes that a dehydrated body does not have enough fluid and electrolytes to work properly. On an average day, the human body needs about three quarts of water. But the USNLM notes that anyone planning to spend time outside in the hot sun needs significantly more water than that to avoid dehydration.

### What are the signs of dehydration?

Johns Hopkins Medicine notes that people experience dehydration differently. However, there are some common symptoms that indicate someone is dehydrated. These symptoms include:

- Thirst
- Less frequent urination,
- Dry skin
- Fatigue
- Light-headedness
- Dizziness
- Confusion
- Dry mouth and mucous membranes
- Increased heart rate and breathing.



Photo courtesy of metrocreativeconnection.com

**Understanding dehydration and how to prevent it is essential for anyone who plans to spend time outside during the summer.**

Children who are dehydrated may exhibit additional symptoms, including dry mouth and tongue; no tears and crying; no wet diapers for several hours; sunken abdomen, eyes or cheeks; listlessness; irritability; and skin that does not flatten when pinched and released.

### How to prevent dehydration

Drinking plenty of fluids when working or playing in the sun is one way to prevent dehydration. Being sure to take in more fluid than you are losing is another way to prevent dehydration. Anyone, and especially people who sweat a lot, should keep a close eye on fluid loss when spending time outdoors in the summer. Sports drinks that help people

maintain their electrolyte balance, such as Gatorade, can help prevent dehydration as well. Pedialyte is often recommended for sick infants or children who have experienced vomiting, as it can help restore electrolyte balance that was adversely affected when kids became sick. The solution can be equally effective at restoring electrolyte balance that was thrown off during heat exposure.

Dehydration poses a significant health risk at any time of year, but people who spend time out in the summer heat may be especially vulnerable. Limiting time spent outdoors on hot days and keeping a close eye on your fluid intake and fluid levels can help prevent dehydration.

## Topics to discuss before going under the knife

Many people will find themselves on a surgeon's table at one point or another. Professional athletes who get injured frequently and, of course, surgeons may be accustomed to the surgical wings of hospitals, but the general public has no such familiarity. Perhaps due to that lack of familiarity, many people are nervous before an impending surgery. Asking the right questions prior to the procedure can calm those nerves and help people approach pending surgeries with confidence rather than fear.

### Anesthesia

Much of the fear people have in regard to surgery surrounds anesthesia. Few people want to be put completely under, but some surgeries may require that. General anesthesia affects the entire body, and this is the type administered during surgeries that require patients to be unconscious. Regional anesthesia affects a large area of the body, while local anesthesia only numbs a small part. Knowing which type of anes-

thesia will be administered during a surgery can prepare patients and their families in advance and may even calm nerves.

### Length of surgery

Patients and their families often want to know how long surgeries will last. Patients should discuss this with their physicians and surgeons, especially if family and friends will be in the waiting room while a surgery is performed. If surgeons note there's a possibility that a surgery will be extended after it begins, patients should let family and friends know this, even if they don't want to worry them. People in the waiting room will grow concerned and fearful, possibly unnecessarily, if a surgery is not completed within a certain amount of time.

### Pain

Pain might be a side effect of surgery. Knowing this in advance won't raise alarm bells if patients are discharged and begin

to experience pain upon arriving home. Ask surgeons if pain is a side effect of your surgery, and where than pain is likely to be felt and for how long. Many people are prescribed opioids to address pain after surgery, but such medications can be addictive. Ask about opioid alternatives, as well as any non-prescription relaxation techniques or therapies that may help manage pain.

### Blood clots

Pain is not the only potential side effect of surgery. Some surgeries can increase patients' risk of developing deep vein thrombosis, a type of blood clot that can travel to the lungs and block blood flow. Sometimes referred to as DVT, deep vein thrombosis can be deadly, though it's often treatable when caught quickly. Certain factors, including age, whether or not you're a smoker and a history of clots, can increase a person's risk of developing DVT after surgery. Blood thinners may be prescribed as a precautionary measure.

# The importance of knowing your family medical history

When visiting a physician for the first time, patients may notice an extensive section on family history on one of the requisite forms they fill out before meeting the doctor. Though it can be hard to remember family members' conditions, doctors have good reason to ask about their patients' family's medical histories.

Family medical histories can be vital to one's own health care. The National Center for Biotechnology Information states that family history might be one of the strongest influences on a person's risk for developing cancer, heart disease, stroke, diabetes, and more. While you cannot modify your genetic makeup, knowing your family's medical history can help you take the steps necessary to protect yourself.

Family history reports can serve as warning signs for illnesses. These clues can help doctors prescribe certain screening tests at earlier ages to catch potential diseases when they are most treatable. For example, the U.S. National Library of Medicine says that healthcare



Photo courtesy of mterocreativeconnection.com

**Family history plays a key role in how doctors will approach patients' treatment and preventive care.**

professionals may recommend more frequent screenings (such as mammography or colonoscopy) and screening at an earlier age for people at an increased risk of certain cancers. Doctors may recommend biannual checkups to stay apprised of any changes in health that may signal a risk.

A thorough health care professional will record your family medical history and ask you

to update it routinely in an effort to ensure you get the best, most effective care possible. You can help the process by having the information needed at the ready. The Centers for Disease Control and Prevention suggests the following.

- **Talk to family.** Make a list of close family members and discuss any conditions or issues they might have had and at what ages.

- **Learn about chronic diseases.** Speak to your relatives about chronic diseases like diabetes or high blood pressure, being sure to ask how severe such issues were and if any required hospitalization.

- **Plot your ancestry.** Learn about your ancestry and if any medical issues are more common among people who share that ancestry.

- **Record everything you learn.** Keep the information where it can be easily accessed and updated. For example, My Family Health Portrait is a free web-based tool to organize family health information and share it with doctors.

## Study identifies access, poverty and obesity as significant health needs in Northeast Florida

Access to care, poverty, obesity and lack of physical activity are among the most significant local health needs, according to the latest Community Health Needs Assessment conducted by nonprofit health care organizations in Northeast Florida. These issues disproportionately impact certain demographic groups including children, seniors, veterans and the LGBTQ community.

The study collected data from focus groups, interviews with key stakeholders, and surveys in five Northeast Florida counties and provided insight from more than 1,300 individuals who represent the broad interests of the community.

Other top community health concerns based on the report include:

- Behavioral health
- Cancer
- Maternal, fetal and infant health

Researchers analyzed regional health care statistics and compared them with other areas and benchmarks, where possible. Additionally, facilitators reviewed findings from recent assessments of the community's health needs conducted by other organizations.

The Community Health Needs Assessment is conducted every three years to provide local health care organizations and health departments with an accurate understanding of evolving local health needs. The Jacksonville Nonprofit Hospital Partnership commissioned the report. The group's vision is to improve health in the region by addressing gaps that prevent access to high-quality, integrated health care and by improving access to resources that support a

healthy lifestyle.

"As not-for-profit organizations, we all share a common commitment to improving health beyond our own walls," said A. Hugh Greene, president and CEO of Baptist Health. "By coming together to identify gaps and prioritizing areas of greatest need, we will make a real difference in improving the health of our community's most vulnerable citizens."

This was the third CHNA study conducted since the formation of the partnership in July 2011 by leaders from Ascension St. Vincent's, Baptist Health, Brooks Rehabilitation, the Clay County Health Department, the Duval County Health Department, Mayo Clinic, the Nassau County Health Department, the Putnam County Health Department, and UF Health Jacksonville.

"Health needs assessments continue to play a vital role in finding the best solutions for the residents of our community, and we are proud to be a part of this project," said Dr. Leon Haley, CEO of UF Health Jacksonville. "Since we all share a common commitment to providing access to high-quality health care, we are pleased to now have this information that can be used as we move forward to develop solutions to improve the lives of the citizens of Northeast Florida."

"Our Mission calls us to serve all people in our community, with special attention to those most in need, and the results of this assessment help us identify the most important health issues facing the region," said Tom VanOsdol, president and CEO of Ascension Florida. "Now, we

must take action together to even more effectively care for and serve those who are struggling the most."

CHNAs seek to identify significant health needs for particular geographic areas and populations by focusing on these questions:

- Who in the community is most vulnerable in terms of health status or access to care?

- What are the unique health status and/or access needs for these populations?

- Where do these people live in the community?

- Why are these problems present?

"Guided by the spirit of teamwork, one of Mayo Clinic's founding core values, this partnership and study provide us a valuable opportunity to improve the quality of life of our most vulnerable citizens in the communities we serve," said Kent Thielen, CEO of Mayo Clinic in Florida.

Each hospital in the partnership plans to address significant needs with strategies that have been adopted by their respective boards, with the goal of improving health care outcomes for all Northeast Florida residents.

"This comprehensive Community Health Needs Assessment has been an extremely worthwhile endeavor in helping us identify specific gaps in health care that currently exist in our community," said Doug Baer, president and CEO of Brooks Rehabilitation. "We are pleased to now have this information that can be used as we move forward to develop solutions to improve the lives of northeast Florida residents."

To read the full report, visit [www.hpcnef.org](http://www.hpcnef.org).

### ACKERMAN CANCER CENTER SUPPORT GROUPS

Groups meet at Ackerman Cancer Center - Jacksonville, 10881 San Jose Blvd.

#### The Power of Protons

Wednesday, July 10, 10 a.m.-1 p.m.

Ackerman Cancer Center and Alliance for Proton Therapy Access joins the Alliance for Proton Therapy Access in spreading awareness about the Power of Proton therapy. For more information, call (904) 880-5522.

#### Living with Lung Cancer Support Network

Monday, July 8, 6 p.m.

Living with Lung Cancer Support Network is an educational program for lung cancer patients and their caregivers. The program is not only open to cancer patients in Duval County, but aims to be a support network, online and in-person for anyone in Northeast Florida in need of lung cancer education. To RSVP or for more information, call (904) 880-5522.

#### Juntos Contra el Cáncer

Monday, July 1, 5:30 p.m.-6:30 p.m.

Juntos Contra el Cáncer (Together against Cancer) is a program offering support and education for cancer patients and survivors in the Hispanic community of Northeast Florida. To RSVP or for more information, call (904) 880-4061.

#### Head and Neck Cancer Support Group (SPOHNC)

Tuesday, July 16, 6 p.m.

SPOHNC is a support group for oral, head and neck cancer patients. The educational meetings provide valuable information to those newly diagnosed, survivors, family members and friends. To RSVP or for more information, call (904) 880-5522.

#### Men Helping Men – Prostate Cancer Support Group

Monday, July 22, 6 p.m.

Hosted by Ackerman Cancer Center, Men Helping Men is an educational program developed to help men make informed decisions throughout their prostate cancer journey. To RSVP or for more information, call (904) 880-5522.

# Wolfson Children's Hospital and Nemours Children's Specialty Care announces chair of surgery

More than 30 years after helping to create the partnership between Wolfson Children's Hospital and Nemours Children's Specialty Care, Jacksonville, a WWII veteran and pioneering pediatric surgeon's legacy lives on through the new chair of surgery for both institutions.

Robert W. Letton, Jr., M.D., a board-certified pediatric surgeon, assumed the position of chair of the Department of Surgery for Nemours and Wolfson Children's in May. He is also the Albert H. Wilkinson, Jr., M.D., Endowed Professor in Pediatric Surgery.

"Wolfson Children's Hospital is committed to providing expert care for our region's sickest and most critically injured children," said Michael D. Aubin, FACHE, president of Wolfson Children's Hospital. "Dr. Letton not only brings his expertise in the field of pediatric surgery, but a strong drive to grow both Wolfson Children's and Nemours, and train other pediatric surgeons to follow in his footsteps."

Letton was previously the medical director of the Pediatric Trauma Program and director of the Extracorporeal Mem-



**Dr. Robert W. Letton, Jr.**

brane Oxygenation Program at Children's Hospital of Oklahoma in Oklahoma City, where he was also the Paula Milburn Miller Endowed Chair in Pediatric Surgery.

"Dr. Letton's experience and national reputation in pediatric surgery and trauma will further enhance our already wonderful programs," said Gary Josephson, MD, Chief Medical Officer of Nemours Children's Specialty Care, Jacksonville. "His passion for our mission in caring for children, and his interest in promoting research, education and clinical care will assure we will provide the region with the most innovative models in caring for the children and families we serve."

The Wilkinson Endowment was funded by the Women's Board of Wolfson Children's Hospital as part of a five-year, \$4 million pledge to create a Pediatric Surgery Center of Distinction at Wolfson Children's. The endowment was created in memory of Dr. Wilkinson, Jackson-

ville's first pediatric surgeon and one of the founders of Nemours, to support a renowned pediatric surgeon who will develop and enhance surgical techniques and equipment, and train the next generation of pediatric surgeons.

"The Women's Board of Wolfson Children's Hospital is excited to welcome Dr. Letton, a true leader in pediatric surgery," said Katherine Armstrong Forrester, president of the Women's Board. "It is a great joy to honor the late Dr. Albert H. Wilkinson. He was a champion to all children for health care in our community and region." Wilkinson began his career in medicine as a medical corpsman in the Navy in WWII. After his service, he completed college and pursued a career in pediatric surgery. Wilkinson oversaw the transition of Nemours in Jacksonville from a small children's hospital to a large multi-specialty outpatient care clinic and laid the groundwork for the partnership between Nemours and Wolfson Children's as it stands today. Wilkinson passed away in 2013 at 86.

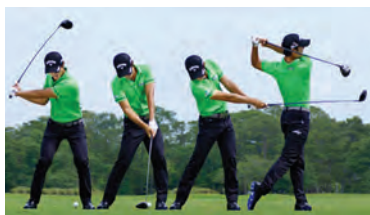
"It's an honor to carry on the legacy of a fellow veteran like Dr. Wilkinson,"

said Letton, who served in Kuwait and Germany with the U.S. Army Reserves medical corps. "I have always taken great pride in caring for military families, and I'm happy to be in a city and a region that values service members," he said about practicing in a military community like Northeast Florida and Southeast Georgia.

Letton began his position with Wolfson Children's and Nemours in May 2019. He is married with two adult children. Outside of work, he enjoys listening to rock music and playing the guitar. In fact, he's been in several bands in the past, primarily made up of other physicians. Letton looks forward to getting to know Jacksonville's music scene, including checking out the old stomping grounds of Lynyrd Skynyrd.

Wolfson Children's Hospital in Jacksonville, Florida, is a part of Baptist Health, Northeast Florida's most comprehensive health system serving every stage of life. Wolfson Children's is the only children's hospital in Northeast Florida and serves as the pediatric referral center for North Florida, South Georgia and beyond.

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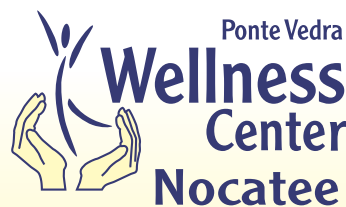


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**BAPTIST**  
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# Study: More middle-aged Americans require cataract surgery



**S. Akbar Hasan, M.D.**  
Florida Eye Specialist  
Guest Columnist

Cataracts are a normal part of aging, but cataract surgery isn't just for the elderly. A recent study published in the *Journal of Cataract & Refractive Surgery* found that more middle-aged patients (age 65 and under) are having cataract surgery — and at

younger ages.

Cataracts are a clouding of the normally clear lens of the eye, and they can begin to develop in your 40s and 50s. With current advanced technology, cataract surgery is safer and provides better outcomes than ever, so patients don't have to put off surgery and live with impaired vision. With June serving as Cataract Awareness Month, now is the perfect time to review the signs of cataracts, the latest technology available for treatment and what to expect with surgery.

## How to know when it's time for cataract surgery

Cataracts develop slowly and painlessly over time — in fact, in the early stages, symptoms may be so mild that you don't even realize your vision is changing. But as a person ages, cataracts grow to the point where they can get in the way of living an active, independent life. For example, when cataracts affect night vision, you may not be able to drive home from work in the evening. If your cataracts are advanced, you may also experience symptoms like blurry vision, double vision, sensitivity to glare and light, fading colors, and you may need to change prescriptions for glasses or contacts more frequently.

The longer cataracts are left untreated, the more difficult it is to restore vision. It is recommended that patients age 60 and older have a comprehensive dilated eye exam at least once every two years. In addition to cataract, your eye care professional can check for signs of age-related macular degeneration, glaucoma and other vision disorders.

## New technology and cataract surgery options

The technology for cataract surgery has come a long way in recent years, so it's important to discuss options with your eye surgeon. The femtosecond laser, for example, provides a highly effective laser assisted cataract surgery that reduces energy, fluid and time used during cataract surgery, and results in a gentler procedure. The laser also creates a more precise and accurate outcome, which allows the surgeon to correct a wide range of vision problems, including astigmatism, far and nearightedness at the time of cataract surgery. This gives you the option to correct two eye conditions with one procedure and reduces the need for glasses.

## What to expect before and after surgery

Prior to surgery, the surgeon should walk through the steps of the procedure to answer questions. It can be hard for patients to remember the questions they should ask in the moment, so consider writing questions out in advance and having them with you at the

appointment. Some important questions to ask include what kind of cataract surgery is available to you and what kind of intraocular lenses you can choose from.

Recovery times after surgery have improved dramatically over the years. Many patients report clear vision the next day after cataract surgery. But each person heals differently, and you may need as long as a week or two before you see images in their sharpest focus. Your cataract surgery recovery should be complete in about a month, when your eye is completely healed.

If cataracts are impacting your daily life, you don't need to wait for surgery. Younger patients tend to heal more quickly, resume normal activity more rapidly and enjoy better vision for many years to come.

**S. Akbar Hasan, M.D., is a Ponte Vedra resident and ophthalmologist at Florida Eye Specialists, the first practice in Northeast Florida to introduce laser cataract surgery. For more information about Dr. Hasan and his specialty treating cataracts, visit FloridaEyeSpecialists.com.**

# How to avoid illness while traveling

Unsafe food can be a cause for concern while traveling.

The destination is picked, the tickets are purchased and now you're about to taxi down the runway, waiting for your plane to depart. Just then several coughs ring out in the cabin as the dry overhead air starts pouring out of the vents. That's when you start to wonder if you'll be nursing cold medicine instead of tropical drinks this vacation.

Millions of people board planes, cruise ships, buses, and other modes of transportation each and every day. While most people envision bringing home kitschy souvenirs from their vacations or working on their suntans, others acquire a less favorable memento: illness. Thanks to jet lag, recycled air and/or potentially unclean native waters, travelers may be vulnerable to illness on their trips. But that vulnerability doesn't mean you have to succumb to illness. The following are some effective ways to avoid getting sick while traveling.

- Get vaccinated before traveling. Check with the Centers for Disease Control and Prevention or the U.S. State Department to determine if there are specific vaccinations recommended for travelers visiting your destination. If so, be sure to get vaccinated before departing.

- Bring sanitizer along. When packing, stash some hand sanitizer wipes and brush down the arms of chairs, remote controls, seat belt clips, buttons and light switches, and anything else the cleaning crew may have glossed over. Wash your hands



Photo courtesy of metrocreativeconnection.com

## Unsafe food can be a cause for concern while traveling.

frequently as well, as there may be some germs that sneak by.

- Avoid tap water. Stick to bottled water when on vacation, especially when traveling to foreign countries. Even if the water isn't teeming with bacteria, it may throw your stomach for a loop as you adjust. In addition, don't forget that ice cubes are typically made from tap water, so skip drinks on the rocks.

- Avoid uncooked fruit and produce. Fruit and produce may have been rinsed in tap water before being served. Stick to

cooked foods instead.

- Ensure food is thoroughly cooked. Opt for medium to well-done meats, and be sure that foods are served piping hot. If you are not careful, you may inadvertently expose yourself to *E. coli*, shigella, salmonella, giardia, campylobacter, cryptosporidia, or cyclospora. Exercise caution when hitting the buffet as well, as that sneeze guard may not keep food completely safe.

- Protect against the sun and heat. One way to sideline a trip fast is with

an uncomfortable, and even dangerous, sunburn. Use a sunscreen with a minimum SPF of 30 and reapply frequently, especially if you are sweating or going in the water. The Mayo Clinic says that signs of heat exhaustion can include fatigue, dizziness, heavy sweating, and cool moist skin with goose bumps. Increase your fluid intake and get into a cool environment promptly.

While they can't prevent every illness while traveling, vacationers can go a long way toward safeguarding their health.

# Business Weekly

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THURSDAY, JUNE 20, 2019

A look at why it's a good idea to hire an interior designer

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www.PonteVedraRecorder.com



Photos by Susan Griffin

Pat McManamon, president of Sandler Training, discusses the 'Intention of Success' at a Chamber at Noon meeting June 12.



Jan Hendrich and Karina Coryell



Jackie Smith and Alex Quijano

## Chamber at Noon meeting focuses on 'Intention of Success'

Pat McManamon, president of Sandler Training (Jacksonville), was the featured speaker of the St. Johns County Chamber of Commerce Ponte Vedra Beach Division's Chamber at Noon meeting on June 12 at the TPC Clubhouse.

McManamon's topic of discussion was the "Intention of Success: Designing the blueprint for your success and creating the 'flywheel effect.'"

Fields Auto Group sponsored the event.



Photos by Susan Griffin

Gloria Dongara, Scott Grant and Parks Rogers

## Trasca & Co Eatery hosts Chamber 'Before Hours' event

The St. Johns County Chamber of Commerce Ponte Vedra Beach Division held a networking "Before Hours" event, sponsored by Spherion, on June 5 at Trasca & Co Eatery.

Attendees enjoyed breakfast and conversation before starting the work day.



Karina Coryell, Toni Boudreaux-Godwin and Lauren Trice



Guests enjoy a Chamber "Before Hours" event on June 5 at Trasca & Co Eatery.

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# The Stonecutter: A tale of power and contentment



**Harry Pappas**  
Columnist

Recently, I read a book called “The Tao of Pooh.” This engaging read is centered on the premise that one can understand the fundamentals of Taoism (a Chinese philosophy, based on the writings of Lao-tzu advocating humility and

religious piety), through a close reading of “Winnie the Pooh,” the classic children’s book series. Nevertheless, the author, Benjamin Hoff, reminds the reader about a Japanese parable (author unknown) about appreciating who you are. I thought you would enjoy the thought-provoking read as much as I did.

## Folktale about dissatisfaction and greed

There was once a stonecutter who was dissatisfied with himself and with his position in life. One day, he passed a wealthy merchant’s house and through the open gateway saw many fine possessions and important visitors. “How powerful that merchant must be!” thought the stonecutter. He became very envious and wished

that he could be like the merchant. Then he would no longer have to live the life of a mere stonecutter.

To his great surprise, he suddenly became the merchant, enjoying more luxuries and power than he had ever dreamed of, envied and detested by those less wealthy than himself. But soon a high official passed by, carried in a sedan chair, accompanied by attendants, and escorted by soldiers beating gongs. Everyone, no matter how wealthy, had to bow low before the procession.

“How powerful that official is!” he thought. “I wish that I could be a high official!”

Then he became the high official, carried everywhere in his embroidered sedan chair, feared and hated by the people all around, who had to bow down before him as he passed. It was a hot summer day, and the official felt very uncomfortable in the sticky sedan chair. He looked up at the sun. It shone proudly in the sky, unaffected by his presence.

“How powerful the sun is!” he thought. “I wish that I could be the sun!”

Then he became the sun, shining fiercely down on everyone, scorching the fields, cursed by the farmers and laborers. But a huge black cloud moved between him and the earth, so that his light could no longer

shine on everything below.

“How powerful that storm cloud is!” he thought. “I wish that I could be a cloud!”

Then he became the cloud, flooding the fields and villages, shouted at by everyone. But soon he found that he was being pushed away by some great force and realized that it was the wind.

“How powerful it is!” he thought. “I wish that I could be the wind!”

Then he became the wind, blowing tiles off the roofs of houses, uprooting trees, hated and feared by all below him. But after a while, he ran up against something that would not move, no matter how forcefully he blew against it — a huge, towering stone.

“How powerful that stone is!” he thought. “I wish that I could be a stone!”

Then he became the stone, more powerful than anything else on earth. But as he stood there, he heard the sound of a hammer pounding a chisel into the solid rock and felt himself being changed.

“What could be more powerful than I, the stone?” he thought.

He looked down and saw far below him the figure of a stonecutter!

If you are like me, far too often “there” looks better than “here.” However, when we get to “there,” which is now here, there looks better! I will give you a minute to

unpretzel your brain while you read that sentence again. Nevertheless, the moral of the stonecutter story is as obvious as the color of the White House! Wishing that we had what someone else has (aka... keeping up with the Joneses) is an exhausting and full-time job.

In Taoism, there is a phrase that I suggest is apropos to conclude this dispatch, “We gain by losing, and lose by gaining.”

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# Reasons to hire an interior designer

How many times have you sat on the sofa pouring over a home magazine wishing your rooms could be ripped from its pages?

Some people are gifted with a natural talent to impart a space with perfectly balanced colors and schemes that fit with one’s lifestyle and design preferences. Others are not as equipped. But that doesn’t mean design has to suffer. An interior designer with knowledge and resources who’s in your corner can make all the difference.

Many people are hesitant to bring in professional designers because of cost. But contrary to popular belief, working with an interior decorator is not something reserved for the rich and famous. Designers actually can save homeowners money in the long run. A good designer will choose the right amount of high-quality elements that will be durable and timeless. This means less money will ultimately be spent on replacing cheap materials or redesigning rooms that have gone out of style.

According to the design experts at Homepolish, utilizing a designer to trans-

form a space can create rooms that are more in tune and balanced with homeowners’ needs - helping to improve mood and functionality. That can extend to other areas of a person’s life and well-being. Putting the task of designing a home’s interior in someone else’s hands frees up time to focus on other projects as well.

Designers can look at a space with a careful eye and not be influenced by items that have sentimental attachment. He or she can help decide if anything should be repurposed or removed. Plus, an interior designer can help homeowners stay on budget.

Designers also can serve as liaisons for clients who have difficulty communicating with builders and architects. Designers are trained to think about things that homeowners tend to overlook, such as placement of lighting, outlets and room flow. He or she also likely has contacts within the industry that can be utilized, saving even more time and money.

A good designer can be worth the investment. The end results will be an interior that homeowners will be proud to call home.

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## CHANDLER DESIGNS HOME

Wendy Chandler started Chandler Designs Home in 2007 after working for 10 years with a national home builder as the Design Studio manager. She found her niche working with numerous home builders creating award winning model homes throughout the first coast. Her passion has always been creating beautiful spaces not only for her builder clients, but personal clients as well. Most recently she and her husband built a wedding & event barn venue Chandler Oaks Barn, located in St. Augustine. Using her talent for design and his knowledge in construction they worked together to provide brides with a rustic elegant white barn that is absolutely breathtaking!

Although Chandler Designs Home & Chandler Oaks Barn, keep her busy she is not slowing down! She is excited about a new project coming in 2019 for the entrepreneurial woman who wants to network with other creatives. "I love meeting like-minded women who are not afraid to challenge themselves and take risks! I think there is a need for those of us who love to create & inspire to get together and share our talents with others. My workshops will provide creative women (or women who want to be creative) no matter what their profession or even if they are stay at home moms, the education and inspiration to follow their passion!"



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



Photo courtesy of metrocreativeconnection.com

**Beige and white have long been go-to colors for neutral living spaces. But many interior decorators now look to gray as the neutral color of choice.**

## Gray is here to stay in home designs

Decorating a home in neutral tones has long been recommended as a way to sell a home quickly. But the color gray also provides a blank canvas for homeowners who have no intention of putting their homes on the market anytime soon.

Beige and white have long been go-to colors for neutral living spaces. But many interior decorators now look to gray as the neutral color of choice.

Design experts advise that gray has a broad range. Gray can include everything from silver to charcoal to a dusty cloud. According to the trendsetters at Glidden Paints, gray coordinates well with other colors. Plus, the neutral appeal of gray boasts a timeless quality.

Gray is not a clear-cut color that's simply a 50-50 blend of white and black. Gray has subtle nuances that can lean toward blues, greens, taupes, and more depending on the lighting and surrounding furnishings. That means that homeowners who are ready to replace their furniture or accessories need not necessarily repaint if they've previously decorated in shades of gray.

Individuals need only replace small items to produce a big effect in rooms where gray is dominant. Because gray is so neutral, it works with soft, calming colors in various pastels, but equally as well with bright reds, yellow and oranges, according to Scott Bodenner, a Brooklyn-based textile designer.

Gray also is a predominant color in natural stones used throughout homes in entryways, bathrooms and kitchens. It can make design sense to maintain continuity throughout by dabbling in gray elsewhere.


Designers have shown how gray does not have to be cold, industrial or gloomy. It can be sophisticated in just about any room of the house. More designers are now leaning toward warmer variations of gray, such as taupes and blends dubbed "greige," that are beautiful but not as stark as pure gray.

IG

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# Ponte Vedra Beach named 3rd best city to live in Florida

Ponte Vedra Beach was named the third best city to live in by ChamberofCommerce.org, a website dedicated to helping small business owners and entrepreneurs start, market, finance, and grow their businesses.

ChamberofCommerce.org recently released the 2019 report detailing the best cities to live in for each state. The comprehensive analysis behind this report looks at cities with populations over 25,000 and covers five essential factors: employment, housing, quality of life, education, and health. In total, over 2,500 cities were examined and given rankings on a per-state basis.

ChamberofCommerce.org intends to highlight the cities that have either improved overall livability for their residents or have upheld their existing high standards.

The top three cities in Florida were Palm Beach Gardens, Venice and Ponte Vedra Beach.

See the complete list of rankings for

cities in the state at [www.chamberofcommerce.org/best-cities-to-live-in-florida](http://www.chamberofcommerce.org/best-cities-to-live-in-florida)

According to the U.S. Census Bureau, tens of millions of Americans relocate every year to improve their living situation in one way or another: some for reduced cost of living and housing, others for better employment opportunities, and others for an improved quality of life outside of finances. The Best Cities to Live report gives these families a concrete list of cities to consider before making the big move.

Researchers at ChamberofCommerce.org gathered information from both the U.S. Census Bureau and the Centers for Disease Control for over 2,500 cities. Rankings were then determined by designating different sets of data to one of the aforementioned five factors (employment, housing, quality of life, education, and health) and assigning appropriate weights to each. It should be noted that a handful of cities were omitted due to lacking requisite information.

# Brunswick Corporation acquires Freedom Boat Club

Freedom Boat Club Corporate has been acquired by Brunswick Corporation.

The terms of the deal to buy the world's largest members-only boat club have not been disclosed, but Brunswick has retained Freedom Boat Club's management team led by John Giglio.

Locally, there are three Freedom Boat Club franchises owned by co-owners Lisa Almeida and Kevin Seelig in Jacksonville, Jacksonville Beach and St. Augustine.

"We are excited to have this leader in marine services as our new corporate owner," said Almeida.

"We are looking forward to the support they will provide to us as franchisees and the new products and services they offer.

"We are also happy to continue working alongside John and his team as we continue to introduce new boaters to the benefits of Freedom

Boat Club membership."

Brunswick Corporation, based in Mettawa, Illinois, operates and leads the world's best-known, most profitable recreation and lifestyle brands.

Freedom Boat Club is now part of Brunswick's Boating Services Network as part of the company's Business Acceleration group.

Freedom Boat Club, founded in 1989 in Venice, Florida, has a track record of steady growth in membership based on its model of offering affordable, hassle-free boating for a simple monthly fee.

FBC has nearly doubled its location footprint and tripled its membership base in the last five years, and currently operates more than 185 corporate and franchise locations in more than 31 states, Canada and Europe.

More than 20,000 members have access to a fleet of more than 2,200 boats.

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- Tai's partner
- At the stern
- Do like phoenix
- Person of French descent
- It can't be refused?
- Hand-to-hand combat weapon
- Sty sound
- Justin Bieber's 2015 hit
- \*Pyrotechnic display
- De-wrinkler
- Expression of delight
- \*"O say can you \_\_\_"
- \*One of three presidents who died on July 4
- Gloria Gaynor's "I Will \_\_\_"
- Turkish military leader
- With complex decorations
- Biblical place of bliss
- Economic crisis
- South American tuber
- Gladiator's turf
- Serum, pl.
- Stellar
- Humpty Dumpty did this
- "Jeopardy" competitor, e.g.
- Blotch or dapple
- 34th Pres.

- Unmanned flyer
- MXN, as in currency
- \*British monarch
- \*\_\_\_ Burr, officer in Revolutionary War and VP
- Aquarium dweller
- Of two minds
- \*Puts John Hancock down
- Log splitter
- Arrival times
- Plays for pay
- Ball in a socket
- "\_\_\_ and rave"

**DOWN**

- \_\_\_ Approach in music education
- The last Henry Tudor
- Soviet acronym
- Shooting star
- Capital of Egypt
- \_\_\_-dory
- Varieties
- '70s hairdo
- "Where the Red \_\_\_ Grows"
- "Don't \_\_\_ this at home!"
- Pyle of "The Andy Griffith Show"
- Willow twig
- \*"The Stars and Stripes \_\_\_"
- What pertussis patients do
- Johnny Cash's boy with unfortunate name
- En \_\_\_, or all

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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.

- together
- Watcher
- a.k.a. Pleasant Island
- \*State on Old Glory
- "That is," Latin
- Like bribe-taking politician
- Related on mother's side
- Narrow margin of victory
- \*Stamp \_\_\_, imposed tax on American colonies
- \*One of two Presidents to sign the Constitution
- "\_\_\_ came a spider.."
- Gobbled up
- Like libertine
- Venerated paintings in Orthodox church
- \_\_\_-totter
- Unpleasant airport news
- One in Pinkerton's gallery
- Twosome
- RenÉ Descartes' "therefore"
- Hunted animal
- Itty-bitty bit
- Persian Gulf country
- Research facil.
- Pharaoh's cobra



## ABET holding auditions for 'The Vandal'

All Beaches Experimental Theatre (ABET) is holding auditions for "The Vandal" at 2 p.m. Sunday, June 23.

"The Vandal," written by Hamish Linklater, is a dark comedy with many twists and turns. The ABET performances, which will be directed by Caryl Butterly, are scheduled for Oct. 18-19, 25-27 and Nov. 1-3.

Available roles include:

- 40-50ish woman: A woman on a precipice. At the beginning of the play, she is in survival mode with little energy left for the expected niceties and pleasantries. One gets a sense there was once a smart, funny, vibrant woman there, but life has made her bitter and jaded.

- Boy in his late teens: A ball of energy. Very talkative with a keen intelligence and curiosity. Most people would instantly like him, but his youth and outgoing personality mask something deeper at his core.

- Man in his mid-40s to mid-50s: Somewhat resigned to life. Has a crusty edge and dry sense of humor. He owns a small liquor store. He's seen it all and not much ruffles him anymore.

All of these roles may be played by any ethnicity and the director has a strong desire for a multi-ethnic cast. Final casting decisions will be based on what the actors show in the audition as to how they would bring these characters to life, rather than having a specific visual look. An American accent is required for each role. Indicated ages are for the characters. Actor ages do not need to match as long as performer can believably play the character's age range. (Note: This script contains strong adult language. All auditioning actors must be comfortable with that).

For the audition, bring a copy of resume and, if possible, have an attached photo. It doesn't need to be professionally shot and can be small and printed in the corner of resume. The auditions will consist primarily of reading sides from the script.

ABET is located at 544 Atlantic Blvd. in Neptune Beach. For more information, go to [www.abettheatre.com](http://www.abettheatre.com).

Send us your art news!

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"The Little Mermaid" is showing at Alhambra Theatre & Dining through July 28.

Photo courtesy of Alhambra Theatre & Dining

### REVIEW

# 'The Little Mermaid' at Alhambra is a must-see

By Paris Moulden

Wow!

That's pretty much the only way I could think of to describe Alhambra Theatre and Dining's production of "The Little Mermaid" in a word.

Because it's a great show for the entire family, tickets might be hard to get, but it's well worth it if you can.

It's impossible to pick out one amazing aspect of the show, from the elaborate costuming, impressive set design, standout performances, not to mention the decadent

chocolate brownie with creamy mousse topping.

In all honesty, I wasn't expecting to be as blown away as I was. I don't have kids, and don't really watch a lot of animated movies, Disney or otherwise. I had seen "The Little Mermaid" once, many years ago, probably at the direction of my mom, and I thought it was a sweet, entertaining movie. For those few who don't know, "The Little Mermaid" is about a young mermaid princess who falls for a human prince but is forbidden by her father King Triton from going to the surface or interacting with humans. In her

efforts to get close to the prince, she makes a deal with her evil Aunt Ursula to trade her beautiful voice for legs.

Alhambra really outdid itself in bringing the film to life. The costumes were phenomenal, colorful, eye-catching and perfectly themed. The set décor had to be changed often, but always fit the scene.

And the performances were just plain unbelievable. Grace Gibbons, who played the main character Ariel, looked like the mermaid princess come to life, with a voice

MERMAID continues on Page 35

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# Ponte Vedra Concert Hall, Cultural Center at Ponte Vedra Beach holding art contest

The Ponte Vedra Concert Hall (PVCH) and The Cultural Center at Ponte Vedra Beach (CCPVB) recently announces the Ponte Vedra Concert Hall Art Contest, a joint project between the two organizations, that will kick off this summer and will culminate with an awards party announcing contest winners on Saturday, Sept. 7, 2019, from 5 p.m. to 7:30 p.m., at the Ponte Vedra Concert Hall.

The Ponte Vedra Concert Hall Art Contest is free to enter and open to the public.

Artists of any age are welcome to participate and all artwork submitted will be displayed at the awards event on Sept. 7. The awards event is free and open to the public, there will be a cash bar. Light hors d'oeuvres will be served.

The submission deadline is Friday, Aug. 30, and artwork of all mediums will be accepted.

Artwork must depict a likeness of the facade of the Ponte Vedra Concert Hall building.

Art submissions should be dropped off at the Ponte Vedra Concert Hall the week of Aug. 26, and two-dimensional artwork must be ready to hang.

Board member and chair of the Strategic Planning Committee at PVCH, Michael Wicks, said the main goal with this project is to, "... shine a spotlight on one of our communities' greatest assets, the Ponte Vedra Concert Hall. We couldn't think of a better way than through the use of art, and through the eyes of our artist community. We are proud to partner with The Cultural Center at Ponte Vedra Beach for this special event."

The winner, selected by the Friends of the Ponte Vedra Concert Hall Board and representatives from the St. Johns County Cultural Events Division, will be announced at the awards ceremony on Sept. 6.

The winning artwork will permanently hang at PVCH and the winning artist will be awarded with a \$1,000 cash prize. The winner's artwork will be used as official, promotional artwork for the Ponte Vedra

Concert Hall.

Guests attending the art contest celebration will have the opportunity to vote for their favorite submission. A People's Choice Award will be announced the following week.

The People's Choice Award winner will also be awarded with a \$1,000 cash prize.

CCPVB Community Connections Director, Jennifer Jordan believes that, "This is a collaborative stepping stone for both staple organizations in our community. The Cultural Center at Ponte Vedra Beach is thrilled to assist the Ponte Vedra Concert Hall with the art contest, and looks forward to collaborating with PVCH on future projects."

For more information, visit the Ponte Vedra Concert Hall at [pvconcerthall.com](http://pvconcerthall.com), or The Cultural Center at Ponte Vedra Beach at [ccpvb.org](http://ccpvb.org).

## Leela James performance cancelled

Because of illness, Leela James is unable to kick-off the "Are You Ready Tour" next week, including her performance at the Ponte Vedra Concert Hall on Friday, July 5. Please note, tickets purchased via Ticketmaster will automatically be refunded within the next several business days. For those who purchased tickets at The Amp St. Augustine or Ponte Vedra Concert Hall Box Offices, tickets can be

refunded at box office locations.

The Amp St. Augustine box office hours are Monday through Friday, 10 a.m. to 6 p.m. and

Saturday 9 a.m. to 5 p.m.

Ponte Vedra Concert Hall box office hours are Thursday and Friday 10 a.m. to 6 p.m. and Saturday 9 a.m. to 5 p.m.

For information, call the box office at (904) 209-0367.

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## Mermaid

Continued from 33

to match. I wasn't the least bit surprised to find out she has been playing the character at Disney World in Orlando. Rachel Anton, who played the wicked sea witch Ursula, was also amazing and her rendition of "Poor Unfortunate Souls" was spectacular. I actually got goosebumps.

Every character in the performance seemed perfectly cast, and the kids in the crowd never appeared to get bored or restless. The chef, played by Brian D. Simmons, was hysterical as he prepared to make a seafood-laden dinner for Ariel's first meal as a human, and Flounder, played by Evan Gray, was fun and adorable in his efforts to earn the affections of the mermaid princess. Then there was Scuttle, a casually dressed seagull, whose mangling

of the English language always drew a laugh. There was something for everyone, not just the little ones, including Ariel's beautifully dressed princess sisters, and her father, King Triton was a hit with the women in the audience.

But it would be impossible to forget Sebastian, played perfectly by Rendell Anthony DeBose, the vivacious and overwrought crab charged with looking out for strong-willed Ariel. I couldn't imagine how they would make these sea animals work on stage, but Sebastian was magic. DeBose managed to capture the crab's Caribbean accent and inflection, as well as his expressions and mannerisms. And who didn't want to join Sebastian and his friends "Under the Sea?"

I actually enjoyed the live play better than the movie. No matter what age, "The Little Mermaid" is sure to impress, and that's no fish tale.



Photos courtesy of Alhambra Theatre & Dining

"The Little Mermaid" is showing at Alhambra Theatre & Dining through July 28.

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The Ponte Vedra Recorder is celebrating 50 years this year & to celebrate, we're launching the first ever **BEST OF THE BEST of Ponte Vedra, 32082 and 32081.**

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# Sports

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## World Golf Hall of Fame enshrines 5 new members

Billy Payne, Retief Goosen, Peggy Kirk Bell, Jan Stephenson and Dennis Walters make up Class of 2019

The World Golf Hall of Fame's membership grew to 160 on June 10 as Dennis Walters, Jan Stephenson, Peggy Kirk Bell, Retief Goosen and Billy Payne received golf's highest honor during the 2019 Induction Ceremony at the Sunset Center in Carmel-By-The-Sea, California.

Just three days before the 119th U.S. Open Championship kicked off in nearby Pebble Beach, past champions and 28 fellow Hall of Fame Members returned to celebrate the Class of 2019 Inductees including the co-chairs of the Selection Commission, Jack Nicklaus, Gary Player, Nancy Lopez and Annika Sorenstam.

"We send our sincere congratulations to the esteemed members of the World Golf Hall of Fame Class of 2019," said Greg McLaughlin, CEO of World Golf Foundation. "It is a special evening with so many returning Hall of Fame Members as we kick off the 119th U.S. Open Championship."

In addition to the Hall of Fame Members and World Golf Foundation board of directors, other notable guests included Augusta National Chairman Fred Ridley, former PGA TOUR Commissioner Tim Finchem, and former Secretary of State and Augusta National Golf Club member Condoleezza Rice.

First to receive the Induction Crystal was Dennis Walters, presented by his longtime friends Jack and Barbara Nicklaus. Walters, who was paralyzed at age 24 after a golf cart accident, gave an emotional speech about his journey to become the inspiration he is today, which was further accentuated with an awe-inspiring moment when Walters rose out of his wheelchair and walked to the podium to give his induction speech.

"On the day competitive golf was taken away from [Dennis], that's the day his legacy began," said Jack Nicklaus, World Golf Hall of Fame Class of 1974. "Dennis took what most of us would view as a weakness and made it a strength. After tonight, Dennis will be remembered by one more honor to add by those he's already received – World Golf Hall of Fame Member."



Photo courtesy of World Golf Hall of Fame

**TV reporter and World Golf Hall of Fame induction ceremony emcee Terry Gannon discusses the newest members of the World Golf Hall of Fame, Dennis Walters, Jan Stephenson, Peggy Kirk Bell, Retief Goosen and Billy Payne, during the induction ceremony on June 10.**

Next up was Australian icon and golf legend, Jan Stephenson. The "Glamour Girl" of the LPGA in the '70s and '80s, Stephenson was presented with a video tribute from friend and actress, Jane Seymour. Stephenson reminisced about the moment her career took off when then-Commissioner Ray Volpe asked her to become the face of the LPGA. From 1974-1987, Stephenson was a force on the Tour, winning 16 times including three Major Championships.

Shortly after, Peggy Kirk Bell's family paid tribute to her legacy in a video played for the audience. Bell, who was a Charter Member of the LPGA Tour, amateur champion and winner of the 1949 Titleholders Championship, is being celebrated for her lifetime of achievements as a member of the World Golf Hall of Fame. Bell's two daughters and son accepted the Induction Crystal on her behalf.

Gary Player took to the stage next to introduce fellow South African and two-time U.S. Open Champion, Retief Goosen. Goosen joins Ernie Els and Player – who were both present at the Induction Ceremony – as well as Bobby Locke as the

fourth South African to be inducted into the Hall of Fame. Goosen remarked on his golf career, sharing his love for the game from early on in his life. He recalled the time when he was struck by lightning on the golf course at the age of 15. He beat the odds after quickly recovering and returning to the golf course just a few weeks later, going on to win two U.S. Opens among his 33 worldwide wins.

Last to the podium was Chairman Emeritus of Augusta National Golf Club, Billy Payne, who received the Induction Crystal from his close friend and current Augusta National Chairman Fred Ridley. Chairman Ridley acknowledged Payne's "enthusiasm for life, his total commitment to excellence and his passion for our sport [which] has been a great inspiration." After receiving his Crystal, Payne congratulated his fellow Inductees and Hall of Fame Members.

"Every single one of you is a personal hero of mine, and I'm honored to share the stage with you tonight," said Payne.

For more information on the World Golf Hall of Fame, visit WorldGolfHallofFame.org.

## JAGA recognizes 2019 scholarship recipients

The Jacksonville Area Golf Association (JAGA) officially recognized the 10 recipients of its scholarships for 2019 at a banquet held Thursday, June 13, at Queen's Harbour Yacht & Country Club.

The nine Scholarship Trust college recipients for 2019 were:

- Abigail Cobb, Jacksonville Golf & Country Club
- John Fewell, Hyde Park Golf Club
- Patrick Libby, Hidden Hills Country Club
- Samantha Maguire, St. Johns Golf & Country Club
- Cierra McKenzie, Timaquana Country Club
- Leslie Moore, San Jose Country Club
- Christopher Ryan, Deerwood Country Club
- Todd Roy, Julington Creek
- Sara Schneider, Sawgrass Country Club

Each recipient was awarded a \$1,000 scholarship for each semester of the 2019-2020 school year. Scholarships are renewable each semester based on meeting certain criteria, including a minimum grade-point average.

An additional scholarship was awarded for the third time to a Level 2 PGA assistant professional

**JAGA continues on Page 38**



Photo courtesy of JAGA

**Level 2 PGA assistant professional and JAGA Scholarship recipient Nicole Keyser of TPC Sawgrass, with JAGA Director Duke Butler III (TPC Sawgrass) and JAGA Director (Deerwood CC) and Scholarship Trust Chairman Ken Hicks (right)**

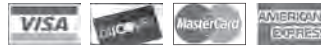
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Photo courtesy of JAGA

JAGA Scholarship Trust recipients Abbey Cobb (from left), Cierra McKenzie, Christopher Ryan, Todd Roy and Patrick Libby. (Not pictured) Leslie Moore, John Fewell, Sara Schneider and Samantha Maguire.

## JAGA

Continued from 36

from the Northern Chapter of the North Florida PGA who is fulfilling steps to secure his/her Class A certificate this year and has demonstrated a commitment to growing the game of golf through junior golf programs at his/her club.

The recipient was Nicole Keyser of TPC Sawgrass. Keyser is from Cary, North Carolina, and played golf for Flagler College from 2011 to 2015.

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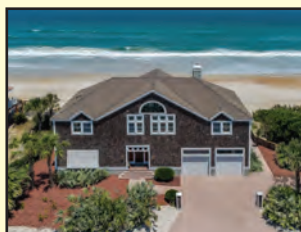
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