Celebrating 50 years of the

July 18, 2019 Volume 47, No. 132 75 cents

PonteVedraRecorder.com

Not your average newspaper, not your average reader



All **About** Pets Pages 10-12





Healthcare Profiles

Pages 15-26

Business Weekly featuring Legal Eagles Pages 27-31



CAR OF

2017 AUDI R8 COUPE V10 PLUS QUATTRO AWD

> 4,224 MILES, MSRP \$202,750 STK# 11550

> PRICE \$132,999

904.998.9992



and now Nocatee

Serving Ponte Vedra and



INSIDE

One of Us

Page 6

Calendar

Pages 8-9

In the Arts

Pages 32-35

Sports

Page 36



Hugh Osteen

Florida Market Manager hugh@opcfla.com (904) 285-8831

Susan Griffin

Publisher susan@opcfla.com (904) 686-3938

Christine Rodenbaugh

Editor chris@opcfla.com (904) 686-3939

Paris Moulden

Page Designer/Reporter paris@opcfla.com (904) 285-8831, ext. 3943

Amber Lake

Reporter amber@opcfla.com (904) 285, 8831, ext. 3945

Ed Johnson

Senior Account Executive ed@opcfla.com (904) 285-8831, ext. 3940

Kristin Flanagan

Account Executive (904) 285-8831, ext. 3950

Kimberly Aloia

Account Executive (904) 285-8831, ext. 3948

Suzanne Kirby

Account Executive Suzanne@opcfla.com

April Snyder

Sales Assistant aprils@opcfla.com (904) 285-8831, ext. 3937

Bob Bueno

Circulation Manager bbueno@opcfla.com 904-463-0962

Subscription Rates, Bulk Mail:

One year, \$35; six months, \$20. Rates not applicable in Canada or overseas. To subscribe, call (904) 285-8831.

Send us your news

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

Visit our website at **www.pontevedrarecorder.com**

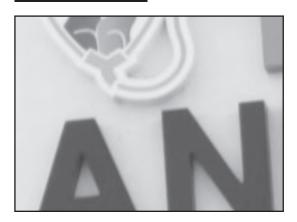


Find the Recorder on Facebook at www.facebook.com/ThePVRecorder



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 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.

Two readers correctly identified last week's photo as the sign for Noire The Nail Bar. The winner was **Allyson Dawson**. Congratulations, Allyson — you may pick up your prize at the Recorder office during normal business hours.



ADOPT A PEI



CAT OF THE WEEK

Sugar is a spayed, 10-month-old female domestic short-hair whose owner had to move and give her up. This beautiful little girl is very lovable. She is housetrained, good with other cats, dogs and children. Come see Sugar today at the Pet Center. #50366



DOG OF **THE WEEK**

Doodle was left to in at the Pet Center's gate as a stray. She is a spayed, 1- year-old female Australian cattle dog/terrier mix. This pretty girl is very energetic and loves to play.

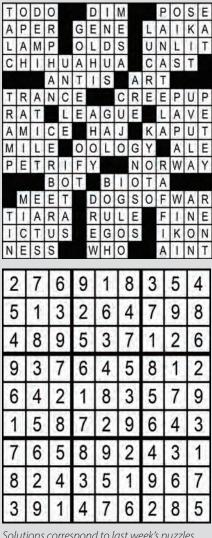
She is good with other dogs and will make the right person a great on-the-go partner. Come see Doodle today at the Pet Center. #50316

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



Solutions correspond to last week's puzzles







Design Oceanfront Oasis

Design your dream home on this ocean front estate. With over 230 ft. of ocean frontage. this lush property will inspire your inner visionary and designer. Whether you are looking to build your dream home or renovate, this 1.6-acre estate makes for the

4 bedrooms, 4.5 baths \$3,900,000



Intracoastal Waterfront Condo Mariana San Pablo 2nd story featuring open floor plan, amenities, and private balcony water views

2 bedrooms, 2.5 baths \$475,000



Furnished Coastal Cottage

With direct beach access and an open floor plan this is the ideal vacation home or rental property. Features new roof, 2 new AC units, no HOA, and is being sold furnished

5 bedrooms, 4 baths \$1,175,000



Spectacular Water to Golf Views Ponte Vedra Beach/ The Plantation Situated on over a half an acre lot, this gracious single story home effortlessly combines refined taste with resort living. The stunning water to golf views are best appreciated on the home's large covered lanai or by the saltwater pool and s

4 bedrooms, 4 bathrooms \$1,190,000





Elizabeth Hudgins, REALTOR® **904.553.2032** cell 904.280.0486 office direct elizabeth@elizabethhudgins.com www.elizabethhudgins.com

(BH) BERKSHIRE **HATHAWAY**

"From Cottages to Castles" Florida Network Realty

ndently operated subsidiary of Homes Services of America, Inc., a Berkshire Hathaway affiliate, and a franchisee of BHH Affiliates, LLC. Berkshire rkfshire Hathaway Home Services symbol are registered servicemarks of Home Services of America, Inc.® Equal Housing Opportunity, Information nois currently lideor with a Brefixer this is not ideorated as a actiliation.







COLLECTION













EMERALD BAY \$220,000

Beautiful starter home with 3 bedrooms, 2 baths, a split bedroom plan, & separate living & dining areas. Located on a cul-desac in Emerald Bay with access to the St. Johns River, a kayak launch, nature trails, low HOA, & no CDD. 15 minutes to downtown Jax! MLS 1004564

Curtis Carter | 904.386.4651 CurtisCarter@WatsonRealtyCorp.com

L'ATRIUM \$335,000

Beautifully updated home in Ponte Vedra Beach! Features 3 bedrooms, 2 baths, cathedral ceilings, vinyl plank flooring, great room with fireplace, remodeled kitchen with quartz counters, glassed-in sunroom, & fully screened patio overlooking the private backyard. MLS 1003230

Barbara Maple | 904.280.2829 BarbaraMaple@WatsonRealtyCorp.com

THE PLAZA \$339,900

Luxury riverfront condo with 2 garage spaces & breathtaking water views from all rooms! Features bamboo wood floors, granite counters, & maple cabinets. Amenities include 24-hour concierge, heated pool, tennis courts, & fitness center. Furnished boat slips available! MLS 1004244

John Richardson | 904.465.5110 JRichardson@WatsonRealtyCorp.com

COASTAL OAKS @ NOCATEE | \$675,000

Elegant estate home situated on a serene preserve lot. The floorplan is ideal for entertaining. Features custom master bath & closet, great room with stacking sliders opening to screened lanai, chef's kitchen with 6-burner gas cooktop & prep island, & lovely formal dining room with chandelier. MLS 988337

Kay Kennedy | 904.631.4184 KayKennedy@WatsonRealtycorp.com

COASTAL OAKS @ NOCATEE | \$799,000

Beautiful Willow floor plan on oversized preserve lot. Features 4 bedrooms, 3 baths, 2 half baths, handscraped hardwood floors, custom moldings, wine shelves, & electric blinds. The master suite offers a huge bath & door to the screened lanai. The kitchen features granite counters & SS appliances. MLS 1003552

Kristin Doakes | 904.476.3721 KDoakes@WatsonRealtycorp.com



Interested in your home's value? Call our Watson Office: 904.285.6300 Like us on Facebook! Facebook.com/WatsonPonteVedra



4 COMMUNITY NEWS Ponte Vedra Recorder · July 18, 2019

Cheers to 50 Years!

Are you celebrating half a century?

The first issue of the Ponte Vedra Recorder was published Nov. 7, 1969. What were milestone events in your life in 1969? Were you born or married in '69? Maybe you started a business or work for a company that opened its doors that year.

The Recorder wants to share its 50th celebration with the community. Send us your stories and photographs sharing memories about 1969. Where were you and what were you doing that year? What do you remember about Ponte Vedra, Palm Valley or the surrounding area?

Where did you go to school and what was it like? Send us your school pictures. Tell us about your favorite music, fashion, sports or recreation. Where did you hang out and why?

Send your photographs and memories to chris@opcfla.com with "Cheers to 50 years" in the subject line.



Voting closes Saturday at midnight!

Cast your votes today in the Recorder's Best of the Best of Ponte Vedra contest

Nearly 43,000 votes have been cast so far in the Ponte Vedra Recorder Best of the Best of Ponte Vedra contest, which includes ZIP codes 32082 and 32081. Voting closes at midnight Saturday and several categories are within a few votes. Your vote counts!

Voting is free and open to the public at www.pontevedrarecorder.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

most votes will be named 2019 Best of the Best of Ponte Vedra.

Look for the list of winners in the Aug. 8 issue of the Recorder and online.

Winners will be notified soon after the contest ends and 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.

Launched May 16, the contest is in recognition of the newspaper's 50th anniversary, which will be celebrated in November (#CheersTo50Years).

For more information, contact your sales representative, email susan@ opcfla.com or call (904) 285-8831.

Preparing for transition to college

Local credit union to host free workshop to help students manage finances after high school

First Florida Credit Union will host Taking the Next Step: College-Prep Workshop on Saturday, July 27. The free workshop is designed to help high school juniors and seniors, recent graduates, and their parents prepare for the transition from high school to college. The event will be from 11 a.m. to 1 p.m. at the credit union's St. Johns branch, 1950 County Road 210 West

A local dual-enrollment teacher will join financial experts from First Florida Credit Union to cover topics such as goal-setting and time management, navigating college applications and timelines, and managing finances from a distance to help students stay financially successful while away at school.

"Our First Florida Credit Union team is incredibly excited to introduce this event to the community," said Ashleigh Robinson, a community relations specialist with the credit union. "This one-day workshop will give attendees important knowledge and practical financial insights that will guide them as they take the next step in their education."

A light lunch will be provided for event attendees. To reserve a seat at Taking the Next Step:

College-Prep Workshop, visit www.firstflorida.org.

ST. JOHNS COUNTY BRIEFS

Commissioner Blocker hosting District 4 community meeting in Ponte Vedra Beach

St. Johns County District 4 Commissioner Jeremiah Blocker is hosting a Town Hall meeting at 6 p.m. on Wednesday, Aug. 7, at Our Lady Star of the Sea Catholic Church Cultural Center, located at 545 A1A N., Ponte Vedra Beach.

The meeting will provide District 4 residents with the opportunity to receive information regarding county programs and services, public safety, and more. The meeting will also include a question- and-answer session with Blocker, County Administrator Michael Wanchick and other St. Johns County staff members.

For more information, call (904) 209-0300.

Volunteer opportunities with St. Johns County boards and committees

The St. Johns County Board of County Commissioners provides residents who have an interest in serving their community and participating in local government with a variety of board and committee opportunities.

The volunteer positions consider and make recommendations regarding a myriad of topics including planning and zoning issues, development projects, libraries, parks and recreation facilities and programs, and arts, culture, and tourism matters.

The following boards and committees are currently accepting applications:

- Health & Human Services Advisory (applications due July 24)
- Housing Finance Authority (applications due July 26)
- Contractors Review Board (applications due July 30)

Visit the Boards and Commission website at www. sjcfl.us/Boards to view the requirements and duties of each board and committee, download an application, or contact the Board of County Commissioners office

at (904) 209-0300 or mlundquist@sjcfl.us for more information.

St. Johns County 4-H Youth Development Program seeks v olunteers

The St. Johns County 4-H Youth Development Program is seeking club and project volunteers to work with youth, ages 5 to 18.

Orientation for new club and project volunteers will be held from 6 to 7:30 p.m. on Tuesday, Aug. 6, at the St. Johns County UF/IFAS Extension Office, 3125 Agricultural Center Drive in St. Augustine.

Volunteers will have an opportunity to help local youth learn leadership, communication, and a variety of life skills through interactive topics, including animal and plant science, healthy living, citizenship, environmental education, technology, food preparation, and photography. Scheduling is flexible and volunteers determine subject areas they prefer. The 4-H Office will provide full assistance, including training, office support, resource materials, and project curriculum.

For more information or to register for the volunteer orientation class, call (904) 209-0430.

Intermittent traffic interruptions anticipated through mid-November

Starting Monday, July 8 and continuing through mid-November, but ending prior to the Nights of Lights' Light-Up! Night on Nov. 23, drivers should expect potential lane shifts and intermittent closures along W. Castillo Ave. to allow for heavy equipment and machinery maneuvering due to construction at the site of the future San Marco Hotel.

Lane shifts will be marked and flag workers will be present to direct traffic during brief periods of equipment maneuvering.

For more information, contact the city manager's office at (904) 825-1006.

Ponte Vedra Recorder · July 18, 2019 COMMUNITY NEWS 5



K9s for Warriors staff members, volunteers and supporters pose with John Tate and his dog Jax after Tate completed a cross-country bike ride to raise support for the Ponte Vedra-based nonprofit.

Cyclist crosses country to benefit K9s for Warriors

John Tate travels from Oregon to Ponte Vedra with best buddy in tow

By Paris Moulden

Eleven states. Three thousand miles. Eighty-eight days. And \$27,947 raised.

It was an amazing race for cyclist John Tate and his trusty sidekick Jax, who began a cross-country trek from Oregon on a cold April 20 morning and arrived in Ponte Vedra to 95-plus degree temperatures July 9.

"It was very emotional, riding those last couple of miles, it was hard to believe that I'm actually here," Tate said after arriving at his destination.

Tate took on the grueling adventure to raise awareness — and money — for K9s for Warriors, the Ponte Vedra-based non-profit that pairs service dogs with military veterans suffering from Post-Traumatic Stress Disorder, Traumatic Brain Injury or Military Sexual Trauma.

"I just wanted the people who work here, and the people they serve, to have a concrete example of some random, regular person, not from a military family, who very much appreciates and supports what they do," Tate said.

Tate was accompanied on his trip by his loyal companion Jax, who he pulled in a pet trailer behind him. Tate said he couldn't imagine making the trek without his buddy.



Photos by Paris Moulder

Jax takes a break after arriving at his destination in Ponte Vedra. The German shorthaired pointer rode behind his owner's bike for 88 days and more than 3,000 miles.

"This is the dog of a lifetime for me, and we go everywhere together," Tate said. "I wouldn't do something like this, that takes this long, without him. That would be almost like two dog years of his life, and I'm not going to spend that long away from him."

The more than 3,000-mile bike ride was no easy feat as Tate and Jax had to deal with hunkering under overpasses in the pouring rain, Jax flipping his trailer upside down and a painful "brain freeze" from a

too-quickly consumed chocolate shake. Tate documented his adventures in his blog, "Rolling with Jax," recounting the highs and lows along the way.

Tate also made time to check out some lesser-known memorials to service members in the many towns he rode through.

"Every little town has people who made the ultimate sacrifice for our country and they have their little memorials tucked away. I started to notice them and seek them out," he said. While the trip taught Tate how to achieve goals by just getting through each moment as it happens, he said his most valuable insight came from the people he met along the way.

"I also learned a lot about people and it's changed the way I will think about people for the rest of my life," Tate said. "We have all kinds of ways we divide each other up, but I'm going to assume the best about people, because all the way here, people gave me their best. Really, people just carried me all the way here from Oregon. And I couldn't have done it without the help that I got, and they did it freely and voluntarily, and without me asking.

"And that's who people are when you meet them one-on-one, and I know that now from experience, and it's not just an optimistic belief about people."

K9s for Warriors uses primarily rescue dogs to help veterans acclimate to civilian life after leaving the service. As of June 2019, the nonprofit has assisted 551 warriors and rescued 1,050 dogs. According to the K9s for Warriors' website, the cost to train and place a service dog is approximately \$27,000, which makes the kind of help provided by people like Tate so important to the organization's mission.

"It just shows the country, not just our local community, is supporting veterans and our effort for rescue dogs to become service animals," said K9s for Warriors President Brett Simon. "Like [Tate] said, he met so many great people along the

When Brandon Lewis learned about the homeopathic properties of CBD products, he and lifelong friend Kyle Chong teamed up to create a hemp and CBD company that puts quality, integrity, and transparency at the center of their business model. "It's not about the money," Lewis said. "We're helping people."

What can you share about your background? I grew up in Miami with one of my best friends whom I've known since the age of 12 — Kyle Chong. We roomed together at FSU and later started a retail wireless chain that grew to over 1,000 employees and 100-plus stores nationwide.

When did you become aware of CBD products?

I've been passionate about legalization, decriminalization and prison reform for years. And as a family, we've looked for homeopathic remedies for various common ailments. Two years ago, I was introduced to hemp and CBD at a cannabis conference in Denver, Colorado. Subsequently, President Trump signed The Farm Bill in December 2018 making hemp federally legal.

What led you to launch Aspen Green?

I was asked to get involved with a handful of hemp companies to distribute their products. And when I asked to see the farms, meet the farmers or even know where the hemp was grown, I was stonewalled. I realized that some companies don't even know what batch is in each bottle. Hemp can come in batches from all over the country, or even oversees from China. Thus, began my journey to create a hemp and CBD company that puts quality, integrity, and transparency as the pillars of our company and our products. All the products are organic; production Is based in Colorado.

How did you choose which products to offer?

We decided to create products that we need and use ourselves that will be most beneficial for common problems like anxiety, insomnia, depression, arthritis and pain.

What are some common misconceptions about hemp and CBD products?

The biggest misconception is that hemp and CBD can get you high – it cannot. To be classified as hemp, the final product must contain 0.3% or less of THC (tetrahydracannabinol), the only cannabinoid that creates an intoxicating feeling of being "high."

The public may not know that George Washington and Thomas Jefferson owned hemp farms, hemp was widely used for myriad products through WWII, and that quality hemp products really help people.

What kind of feedback do you get from

We hear more and more testimonials every day from customers who found relief from conditions including Parkinson's, epilepsy, arthritis, depression, anxiety, insomnia and pain. And personally, I had not found anything to help me relax in 25 years. I don't drink, so I am elated to have found something that is non-intoxicating but helps bring a calmness to my

What's your favorite thing about living in Ponte Vedra?

Ponte Vedra is a great, wholesome, family community that I found in 1998 and I love my golf so I'm never leaving.



Brandon Lewis (from left), president and CEO of Aspen Green, stands with his wife Heather, cofounder; business partner Kyle Chong. CFO; and Valerie Chong, senior vice president of digital marketing and product development. The Ponte Vedra residents develop, produce and market hemp and CBD products.

What is one thing even close friends would be surprised to learn about you?

My friends know everything about me; they wouldn't be

surprised about anything because I'm a very transparent guy. In fact, since high school I've been nicknamed "Tell It Like It Is Lewis" by my closest friends.

K9s for Warriors

way to spread the word, and hopefully it gets out that you can do anything you want to do and help our veterans that are in need."

Tate's goal is to raise \$30,000, and he said he understands all too well the positive impact a dog can have on a person.

"I've had dogs all my life, so I know what a pet dog can do," Tate said. "It's fun to work with a dog. They want a mission, they want to do things for you and with you and be part of important stuff. That's just natural for a dog."

Simon said he understands a lot of people don't have the time and/or stamina to do what Tate did, but can still help service members and rescue dogs.

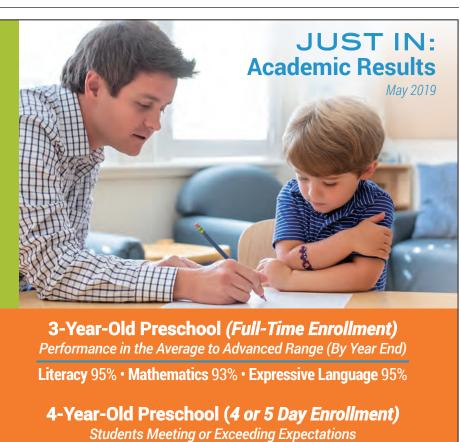
"Spread the word that these service dogs are out there for our veterans, whether it's K9s for Warriors or other established service dog organizations, and that they need the help and deserve the help," Simon said.

While Tate is still a little shy of his \$30,000 goal, he hopes his story will inspire others to make a contribution.

"I really, really hope people will read about the experience and will be moved to make that donation," he said.

For more information on K9s for Warriors, go to www.k9sforwarriors.org. To read more about Tate's experiences during his trip, visit rollingwithjax.com.





Print Knowledge 100% • Phonological Awareness 94%

Oral Language 94% • Mathematics 96%



CURRENTLY ENROLLING

(904) 900-1439 or info@CollageDaySchool.org

CollageDaySchool.org Ponte Vedra Beach, FL

JUST ANNOUNCED!



First Coast

Sotheby's INTERNATIONAL REALTY



1217 Ponte Vedra Blvd | \$8,970,000



1299 Ponte Vedra Blvd | \$5,250,000 5BD/5BA/1HB | 6,802 sq ft



121 Bristol | \$4,250,000



MICHELLE FLOYD Realtor® 904.343.5067 **JACK FLOYD** Realtor® 904.343.5196

LOCAL KNOWLEDGE **WITH GLOBAL MARKETING**

WATERFRONT ESTATES

Thursday, July 18

Lunch & Learn wellness seminar: Managing Headaches

Board Certified Chiropractic Neurologist, Dr. Erika Hamer will discuss the wide variety of headaches, their causes, ways to treat them and how chiropractic care can bring relief. Lunch will be served at 11:30 a.m. and the seminar will begin at noon on July 18 at their office in Ponte Vedra Beach. The event is free and open to all. Call (904) 273-2691 by Wednesday, July 17 to reserve a spot. Dr. Hamer's office is located at 100 Corridor Rd., #220 in Ponte Vedra Beach.

Summer Tasting series at Cultural Center at Ponte Vedra Beach

Sip, taste, talk and create in the July series presented by Manifest Distilling, partnered with the Friends of the Cultural Center at PVB. From 5:30. to 7 p.m. on July 18, bring a friend and enjoy some spirit tastings with Manifest Distilling's award-winning gin, vodka, whiskey, and rye. Light hors d'oeurves will be served to complement the spirits, along with a discussion on the tastings and an interactive cocktail-inspired craft prokect to get the creative juices flowing. Tickets to the event cost \$35 and guests must be 21 years of age or older. For more information, or to purchase tickets, call the Cultural Center at (904) 280-0614. The Cultural Center at PVB is located at 50 Executive Way in Ponte Vedra Beach.

Thirsty Thursdays at Al's Pizza

What's a better combination than pizza and beer? On Thursdays from open to close, Al's Pizza serves \$1.50 Yuengling Lager and house wines. Visit after 8 p.m. and enjoy \$1 pizza slices to make it cheap and flavorful meal. Al's Pizza is located at 635 A1A N. in Ponte Vedra Beach.

Dierks Bentley: Burning Man 2019

"Tip it on Back" with country musician, Dierks Bentley, and special guests, Jon Pardi, Tenille Townes and Hot Country Knights at his live show at 7 p.m. on July 18 at Daily's Place amphitheater inside TIAA Bank Field. Tickets can be found on www.Ticketmaster.com and range from \$57 to \$107. For more information, call Daily's Place at (904) 633-2000. Daily's Place is located at 1 Daily's Place in Jacksonville.

Friday, July 19

GreenhouseYoga

Join Maggie's Herb Farm on Wednesday and Friday mornings from 10 to 11:30 a.m. for a mindful Kripalu flow yoga practice in the greenhouse. Soothe 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.

Ready4Work ceremony featuring Dr. Makaziwe Mandela & Tukwini Mandela

The public is invited to a reception celebrating the launch of the Ready4Work program in St. John's County at 4:30 p.m. on July 19 at the St. Paul Development Center, Honored quests will include social-justice activists, Dr. Makaziwe Mandela, the eldest daughter of Nelson Mandela, and her daughter, Ms. Tukwini Mandela. Ready4Work is a nationally acclaimed program designed to provide former prison inmates with the skills and resources necessary to find and maintain employment that will offer a sustainable quality of life. Ready4Work is sponsored by Operation New Hope, based in Jacksonville. The St. Paul Development Center will serve as the Ready4Work start-up site in St. John's County. For more information, call Pamela Dockins at (703) 969-4229. The St. Paul Development Center is located at 83 Washington St. in St Augustine.

Ponte Vedra Professional Networking Group weekly meeting

The Ponte Vedra Professionals Networking Group will host its weekly meeting at 8:45 a.m. on July 19, inside the Fidelity Bank in Ponte Vedra Beach. This is a place where members of the community can network with other members and guests. In addition to everyone introducing themselves, one of the members will have an opportunity for a 10-minute presentation about his/her business. Not a member yet? Thye group welcomes all interested guests. The Fidelity Bank is located at 110 A1A N. in Ponte Vedra Beach.

Saturday, July 20

Aylas Acres adoption event

On Saturdays, Aylas Acres will host a cats and kittens adoption event from 11 a.m. to 3 p.m. This event will be held at St. Augustine's Thriftique. It is suggested that potential adoptees fill out an Adoption Application at www. Aylas Acres.org for files and to streamline the adoption process. For more information, call Laura at (904) 377-6733. Thriftique is located at at 142 King St. in St. Augustine.

50th Anniversary of the Moon Landing at the MOSH

On July 20, 1969, astronauts Neil Armstrong and Buzz Aldrin took the very first steps on the moon. In honor of this glactic accomplishment, the Museum of Science and History is hosting a 50th anniversary celebration from 10 a.m. to 2 p.m. on July 20 at the museum. Day activities include hands-on Earth and space related experiences relating to science, technology and the community. JEA Extreme! Science Shows will host the program, "All About Space," and at 2 and 5 p.m., the Bryan-Gooding Planetarium will explore the moon's origins and nature from what's been learned from those first historic steps. For more information, call the MOSH at (904) 396-6674. The MOSH is located at 1025 Museum Cir. in Jacksonville.

Nocatee Farmer's market

The Nocatee Farmers Market features over 70 local vendors every month, selling fresh produce, crafts, jewelry, herbs, unique foods and more. The Corny Cook food truck will be out grilling arepas and selling hand-pressed lemonade, along with Maggies Herb Farm, who will be selling her peticide-free herbs, succulents and flowering perennials. There will also be hands-on crafts and bounce houses for the kids to enjoy. The bar will also be open for beer and wine purchases. This day of family-friendly fun will also feature multiple interactive "animal encounter" performances for the community including, crowd participation, wildlife education and entertainment from Gatorland's alligator trainers. The market is open from 10 a.m. to 1 p.m. on July 20 at Nocatee Station Field. located at 245 Nocatee Center Way in Ponte Vedra Beach.

Sundays at Surfer the Bar

Every Sunday, join Big Fish Power Yoga for a free Music & 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 bigfishpoweryoga.com. Surfer the Bar is located at 200 First St. in Jacksonville Beach.

Sunday, July 21

Jacksonvile Humane Society dog walk

Get active with the the dogs of the Humane Society at the JHS dog walk from 9:45 a.m. to 1 p.m. on July 21 at the Beaches Rotoract. Volunteers must be at least 18 years or older, and are required to volunteer independently, exercise sound judgment, stand, walk, bend, and crouch unassisted. Volunteers should also be able to manipulate 50-60 lbs. Bring Pupperoni to make some new furry friends. Wear a Rotaract shirt, along with active clothing and sneakers/closed toe shoes. Sign up at www.signupgenius.com to RSVP. Spots are limited. The Beaches Rotaract is located at 691 First St. N. in Jacksonville Beach.

Ukulele Club monthly meet-up

Ukelele players are welcome to the monthly meet up with George's Music Ukulele group from 3 to 4 p.m. on July 21 at George's Music Jax Beach. Attend the meet-up for a chance to meet other ukelele enthusiasts, jam to some songs and learn new tunes. The uke group leader will be there to help guide and get things groovin'. The event is free to attend and all are welcome. For more information on the club or event, email jacksonvillebeach@georgesmusic.com. George's Music Jax Beach is located at 912 Third St. S. in Jacksonville Beach.

Swing Dance Sundays

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 join in on their own as they learn and experience all the swingin' steps of this classic, 1920's-style dance. The Volstead is located at 115 West Adams St. in Jacksonville.

Having a Garage Sale? GARAGE

Let our readers know!

4 lines of text for ONLY \$14

(each additional line is \$2.15)



Call Daniela at 904-285-8831 x3941 or email daniela@opcfla.com

Let's get social!



Stay up to date on contests, advertising specials, and real-time news in Ponte Vedra. Our fans get access to exclusive content you can't find anywhere else!



PV2-LV45852

Ponte Vedra Recorder · July 18, 2019

Monday, July 22

Castaway Cantina features 'Monday locals' weekly specials

On Mondays, 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.

Run Club at Southern Swells

Join Jax Beach Runners on Monday nights at Southern Swells Brewing Co. for an evening run starting at 7 p.m. It is a 4.2-mile route, but runners can run as much or as little as they'd like. After the run, hang out and enjoy \$1 off Southern Swells beers for all who ran. For more information about Jax Beach Runners and their events, visit their meetup page at www.meetup.com/Jax-Beach-Runners/. Southern Swells Brewing Co. is located at 1312 Beach Blvd. in Jacksonville Beach.

Cena Mexicana at Blue Sky Golf Club

From 4 to 9 p.m. on July 22, dine-in guests at the Blue Sky Golf Club Bar & Grill will have the chance to choose from a variety of different tacos for the club's "Cena Mexicana," or "Mexican Dinner." The club will also feature \$2.50 Dos Equis Lagers and \$5 house margaritas and a special, limited menu. For more information, call the Blue Sky Golf Club at (904) 446-2899. The Blue Sky Golf Club is located at 1700 Monument Rd. in Jacksonville.

Jacksonville Jumbo Shrimp vs. Biloxi Shuckers

Watch the Jacksonville Jumbo Shrimp take on the Biloxi Shuckers at 7:05 p.m. on July 22 at the Baseball Grounds of Jacksonville. This game features "Breakfast and Bed" night, so get all the breakfast classics, like bacon, sausage, waffles and more at the All American Jax Concession stand. Two lucky fans will win the chance to watch the game from a bed while eating breakfast for dinner. To purchase tickets, visit www.milb.com/jacksonville. The Baseball Grounds of Jacksonville are located at 301 A Philip Randolph Blvd. in Jacksonville.

Tuesday, July 23

Florida Blue free Tuesdays at The Cummer Museum of Art & Gardens

On Tuesday evenings 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 & Gardens is located at 829 Riverside Ave. in Jacksonville

Kids \$1 Tuesdays at Trasca Co. & Eatery

Take the family out and save some money on Tuesdays at Trasca & 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 & Co Eatery at (904) 395-3989. Trasca & Co Eatery is located at 155 Tourside Drive in Ponte Vedra Beach.

Ponte Vedra Democratic Club social

The Ponte Vedra Democratic Club will be hosting a summer social from 6:30 to 8:30 p.m. on July 23 at Pusser's Bar & Grill. Join to meet fellow Democrats in the area. Pusser's Bar and Grill is located at 816 A1A N. in Ponte Vedra.

Wine glass painting at The Wine Bar

Get artsy and paint some wine glasses from 6:30 to 8:30 p.m. on July 23 at The Wine Bar, featuring Amanda Moon Art. Relax, unwind, and let the creativity (and the wine) flow. Guests will be able to paint two unique wine glasses to take home. Step-by-Step instruction along with all materials needed for wine glass painting will be provided. No experience is necessary, as a skilled, professional artist will be guiding guests through the every step. Several themes will be provided for guests to view for reference and inspiration. Feel free to bring in photos from home. Tickets cost \$30, include a complimentary drink and can purchased online by searching "Paint N' Wine at The Wine Bar "at www.EventBrite.com. The Wine Bar is located at 320 First St. N. #102 in Jacksonville Beach.

Wednesday, July 24

Twilight golf league at St. Johns Golf Club

Sign up a three-person, captain's choice team for St. Johns Club's drop-in every Wendnesday 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 taycock@sjcfl.us or (904) 209-0350. The St. Johns Club is located at 4900 Cypress Links Blvd. in Elkton.

Paint a ceramic pineapple

The Players Community Senior Center will be hosting an art program at 9:30 a.m. on July 24 where guests can be creative and paint their own ceramic pineappe. Enjoy summer music, paint and socialize with friends and other guests. Refreshments will be provided. The event costs \$7 with required registration in advance. To reserve a spot, call (904) 280-3233. The Players Community Senior Center is located at 175 Landrum Ln. in Ponte Vedra Beach.

'Weekdayze of Summer' open studio

Join Creative Grain Studio for its new weekday open studio sessions. Visit any time between 11a.m. and 3 p.m. (last project at 2:30PM) for the chance to create anything the studio has on hand. Registration is not necessary and all pre-printed designs will be discounted. Creative Grain is a DIY crafting studio where guests transform unfinished wood into personalized works of art. For more information, visit www.creativegrainstudio.com. Creative Grain Studio is located at 1814 Hendricks Ave. in Jacksonville.

Wine Wednesday at the Renaissance

Join the World Golf Village on Wednesday evenings in the Villagio Lounge from 5:30 to 6:30 p.m. for complimentary wine and hors d'oeuvre tasting. Attendees can sample red and white wines from around the world and savor a chef-inspired appetizer to complement the wines. The World Golf Village is located at 1 World Golf Place in St. Augustine.

Fun with Macarons at

JAX Cooking Studio
Learn to make colorful and flavorful macarons from the talented Chef Verousce of Koek Cakes and The Perfect Pear Catering. Chef Verousce has a passion for teaching others her craft, so the JAX Cooking Studio is prepared for an exciting evening of baking. Fees cost \$60 per adult. Add a child that's ten years or older with an adult registration for \$35. Children registering at discounted price will make half of the adult quantity of each menu item. The class will be from 6:30 to 9 p.m. on July 25 at JAX Cooking Studio. JAX Cooking Studio is located at 14035 Beach Blvd. in Jacksonville.

Thursday, July 25

Ancient dunes trail hike

Discover the park's natural communities while enjoying a guided hike through ancient dunes from 9 to 10 a.m. on July 25 at Anastasia State Park. The hike may only be a mile long, but the level is still more challenging than others due to the natural sloping landscape and elevetion. Hikers are to meet by the parking lot at the Hilltop Picnic area. Bring binoculars, comfortable walking shoes, a camera, water, bug spray and sunscreen. This event is weather permitting and subject to cancellation. Florida State Park Junior Rangers are also eligible to receive a recreation stamp in the Junior Ranger Passports. Program is free with regular park admission fee. For more information, email chanell.guillaume@floridadep.gov. Anastasia Park is located at 300 Anastasia Park Road in St. Augustine.

SHREK: The Musical

SHREK: The Musical will be showing at 8 p.m. on July 25 at the Players by the Sea theater. Thursdays nights are student nights! Students can purchase tickets at the discounted price of \$14 at the door with a valid student ID. General admission is \$28. Players by the Sea is located at 106 Sixth St. N. in Jacksonville Beach.

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 Daniela@opcfla.com or call (904) 686-3939.

Ponte Vedra Recorder.com THE NEWS YOU NEED RIGHT NOW • Free access to the full print edition • Breaking local news alerts • News, sports, business and the arts • Get the news on your computer, tablet or smartphone • Your go-to connection for local news Ponte Vedra Recorder.com Ponte Vedra Recorder.com Recorder.com Parity Design 40 2005 at Plante Vedra 300 Ponte Vedra Recorder.com Ponte Vedra Recorder.com Recorder.com Parity Design 40 2005 at Plante Vedra 300 Ponte Vedra Recorder.com Ponte Vedra Recorder.com Recorder.com Recorder.com Ponte Vedra Recorder.com Recorder.com Recorder.com Recorder.com Recorder.com Recorder.com Ponte Vedra Recorder.com Recorde

YOUR AD COULD BE HERE

Call (904) 285-8831 for more info.



www.pontevedrarecorder.com

10 ALL ABOUT PETS Ponte Vedra Recorder · July 18, 2019



CHURS Cuts for Fluffy Butts

Give your pet the gift of a spa day

Low stress environment with limited to no cage time

2185 3rd St South 904-372-7295

Now offering Dog Manners Training by MDMT and Mobile Pet Nanny Services by Beach Bark

\$5.00 OFF Any Spa Service

Summer heat presents health risks for pets

By Matt Mizesko, DVM

First Coast Veterinary ER

Everyone looks forward to the fun and relaxation that comes with summer's warm weather. However, the sizzling temperatures bring additional health risks for pets especially in Florida. First Coast Veterinary ER staff has seen it all and offers informative insight into the dog days of summer.

Heat stroke, burns, severe respiratory distress and venomous snake bites are common in pet emergency rooms. The important thing to keep in mind is that many of these situations are largely preventable with adequate awareness and appropriate precautions.

Heat stroke is often caused by intense physical activity, but even a short walk on the beach for some dogs can lead to heat exhaustion and heat stroke. Other events such as sitting in a parked car, even if the windows are down, can cause some dogs to overheat very quickly. For certain dogs, just laying outside in the shade for too long on a hot, humid day or taking a short walk through the neighborhood can lead to heat exhaustion. Result-



Contributed photo

Veterinarian Matt Mizesko cautions dog owners that summer heat can be a health risk.

ing anxiety could potentially lead to severe respiratory distress and heat stroke. The group of canine friends that are most susceptible to the above described events

HEAT continues on **Page 12**





Monday - Friday 7:30 a.m. to 6:00 p.m. 904-853-6310 www.FCVets.com W. Thomas McNicholas, Jr., DVM
Diplomate, American College of
Veterinary Surgeons

Megan L. Wilson, DVM, MS Surgeon

In-house Helical CT Scanner
Orthopedics/Arthroscopy
Soft-tissue/Oncologic/Laparoscopy
Neurosurgery
Oral/Maxillofacial Surgery
Regenerative Medicine



Both clinics located at 301 Jacksonville Drive Jacksonville Beach



FIRST COAST VETERINARY EMERGENCY

Emergency services available
Monday - Friday
6:00 p.m. to 8:00 a.m.
and 24 hours on weekends &
holidays
904-853-6310
www.FirstCoastVetER.com

ALL ABOUT PETS 11 Ponte Vedra Recorder · July 18, 2019



Cypress Village employees bathed dogs, cleaned kennels, paneled insulation, painted, fenced and laid flooring at the Pit Sisters' new TAILS Doc Tony Rescue and Rehabilitation Compound in Callahan on Wednesday, July 10.

Retirement community helps rescue hard-to-adopt dogs

A team of Cypress Village employees went out to work at Pit Sisters Inc., a local dog rescue that focuses primarily on hardto-adopt dogs risking shelter euthanasia. Volunteers from the retirement community bathed dogs, cleaned kennels, paneled insulation, painted, fenced and laid flooring at the Pit Sisters' new TAILS Doc Tony

Callahan on Wednesday, July 10.

Rescue dogs awaiting adoption reside on the compound in small houses donated by charitable individuals and organizations. Other dogs will live out the rest of

RESCUE continues on **Page 12**

Save Pet Memorial Gardens Cemetery



If every pet lover donates \$1 to our cause, we will be able to preserve a historical resting place for the pets and people interred at Pet Memorial Gardens Cemetery.

www.gofundme.com/save-pet-memorial-gardens

Pet Graveside Funeral and Full Burial Services Caskets, Urns, Memorial Items, Vases

> 12971 Old St. Augustine Rd. Jacksonville, FL 32258

> > 904-923-1891



FOREVER VETS Come See Our Newest Location

A Healthy Pet is a Happy Pet

Spaying and Neutering Dentistry • In-house Labs **Affordable Monthly Wellness Plans Preventive Care Annual Vaccines** Microchipping • Medicine **Surgery • Laser Therapy** Digital X-Rays • Ultrasound **Grooming & Spa Treatments**









Riverside Location coming September 2019!

BAYMEADOWS 904-733-5100 8505 Baymeadows Road Jacksonville, FL 32256

TINSELTOWN 904-619-9733 4372 Southside Blvd. #308 Jacksonville, FL 32216

BEACH AND SAN PABLO 904-367-2787 14185 Beach Blvd. Unit 8

ST. JOHNS 904-287-5625 2758 Race Track Road #409 Jacksonville, FL 32250 St. Johns, FL 32259

MURABELLA 904-679-3432 74 Capulet Drive, #204 St. Augustine, FL 32092

Nocatee 904-686-2779 80 Pine Lake Dr. Ste A Ponte Vedra, FL 32081

Heat

are those older dogs who suffer from even just mild laryngeal paralysis. Breeds that are are brachycephalic (flat faced) companions such pugs, bulldogs (English and French) and Boston terriers to name a few are also more susceptible. If you are concerned your pet may be suffering from heat exhaustion, it is best to seek emergency veterinary care as soon as possible.

Most of us love going to the beach and other waterways in Florida. One thing we often forget is that our canine companions don't wear shoes like we do. We want to urge you to be very cautious of the temperatures of the surface that your pup may be walking on. If it feels hot to you, it is hot to them. Severe burns can take place in just a few minutes of walking on these hot surfaces. Regarding coastal waters, the shallow Intracoastal Waterway accesses are great, but remember to be careful of oyster beds which can cause severe lacera-

© StatePoint Media

tions on paw pads.

Another area of concern in our region in summer weather is venomous snake bites. The most common culprits are cottonmouth (water moccasin), copperhead and pygmy rattlesnakes. These snakes are not only found in the woods, they can also creep into your backyard, especially if you live near a marsh or are in an area that has a lot of new construction. If you suspect your dog has been bitten by a snake, even if you're not sure it's venomous, you should seek emergency care so your pet can be evaluated. Venomous snake bites can lead to severe pain, swelling and even bleeding issues, which often require aggressive treatment.

This is by no means an all-inclusive list of emergencies we see in the summertime: it is a brief overview of what to be aware of here in sunny Florida. If you are ever concerned that your pet may be suffering from a possible emergency, please don't hesitate to reach out to our team at First Coast Veterinary ER.

Dr. Nash and Dr. Vukich contributed to this report.

Rescue

their lives peacefully in these houses. Cypress Village purchased a doghouse for the facility which allowed Pit Sisters to provide housing for two dogs rescued from a dogfighting ring. Many dogs are also placed in the TAILS program which entails inmates in Florida prisons training the dogs to ready them for adoptability.

"The Cypress Village family always comes together to help. This organization is one we truly stand behind for their mission. They are selfless and also making valuable contributions to our society through their TAILS program." Executive Director, Ty Morgan said.

Mark Putala, owner of Kitchen and Flooring Design Center donated the flooring installed. Seabreeze Food Service. another Cypress Village vendor, donated several cases of peanut butter, green beans, sweet potatoes and carrots to the Pit Sisters organization.

"It was a great day for the dogs and an inspiring day for us to see so many people working so hard for our dogs," Pit Sisters Founder, Jen Deane said.



Photo courtesy of Cypress Village

Volunteers from Cypress Village bathed dogs, cleaned kennels, paneled insulation, painted, fenced and laid flooring at the Pit Sisters' new TAILS Doc Tony Rescue and Rehabilitation Compound on July 10.

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

SUDOKU

12 13 14 16 17 15 20 18 22 26 23 24 25 28 30 32 33 34 35 36 38 39 42 43 46 51 53 56 59 60 62 63 Your Family Deserves The Upgrade to the Hopper® 3 Smart HD DVR Watch and record 16 shows at once Get built-in Netflix and YouTube Watch TV on your mobile devices Hopper upgrade fee \$5/mo. Technology... Value... TV!... Add High Speed Internet \$14.95 14.95 **CALL TODAY Save 20%!**

THEME: FIGURE OF SPEECH

ACROSS

1. Without, à Paris 5. *"Blind as a _ simile 8. *Attract some-

one's attention onomatopoeically 12. Scheme

13. Frosh, next year 14. *Grim Reaper 15. Having the

know-how 16. Medicinal houseplant

17. Forearm bones 18. *"Napoleon of "Animal Farm"

20. Horsefly 21. Emotional turmoil

22. *Damn, homophone 23. Reproductive

cell 26. *Opposite of figurative

30. Bonanza find 31. Fr on Periodic table

34. Dalai

35. Chopper blade 37. The little one "stops to tie his shoe"

38. Like three nursery rhyme mice 39. American stock

exchange in NYC

40. Temper, as metal 42 Baron Munchhausen's statement

dish A

_ fly away 43." home..."

45. Time of the year 47. Police shot

48. Headquartered 50 Sailor's hail

52. *"Broken heart" or "heart of stone" 55. Dig, so to speak

56. Tangelo 57. Kind of Steven?

59. September's reason to celebrate 60. Outer layer of

Farth's crust 61. First female Attorney General

62. Caddie's offering 63. Lt's subordinate 64. Means justifiers

DOWN

1. Masseuse's office 2. "Some Kind of Beautiful" star 3. Steelers's Chuck 4. Rosetta Stone and such

ornaments 6. To the left of helm 7. People in general

5. Western neck

8. Helter-skelter 9. Not loony 10. Doe's mate

11. Café alternative 13. One in low-

fitting jeans 14. Old European coin

19. "C'mon in!"

22. Slow-witted 23. Small Asian ungulate

The support you need to find quality SENIOR LIVING SOLUTIONS A Place for Mom has helped over one million families find senior living solutions that meet their unique needs. There's no cost to you! CALL (855) 439-6734 aPlaceforMom. 8 2 5 1 3 2 5 4 7 9 6 5 4 6 9 2 8 5 2 7 3 8 6 3 6

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

24. Enophile's sensorv concern 25. Dished out 26. *Stringed homophone of loot 27. Pair in a railroad track 28. Prenatal test, for short 29. Full of cargo 32. *Collision, onomatopoeically speaking 33. Wayside stop 36. *"Sweet sorrow"

or "painful pride"

38. 4-letter word on primetime TV 40. Summer mo. 41. Attack 44." beware" 46. Stick firmly 48. Launch 49. Country album? 50. Shevat follower 51. Vagrant or tramp 52. Gala to Dali 53. Baker's baker 54. Tear 55. Actor Mahershala 58. Us, in Mexico

Ponte Vedra Recorder · July 18, 2019

OBITUARIES 13

OBITUARIES

John A. DeSilva

John A. DeSilva died at the age of 92 on June 4, 2019, in Connecticut.



John A. Silva

John was born in Brooklyn, New York, to John and Lucie DeSilva. He was an avid sailor and enjoyed his gardening. He was preceded in death by his wife of 56 years, Gloria. John

and Gloria loved each other immensely and spent all their free time together, especially during the 20 years of living at the Sawgrass Country Club. He was a devoted and wonderful caregiver for Gloria during the last eight years of her life.

John served in the Navy during WWII and the Korean war. He retired as commander of the USNR. He graduated from NYU and Lehigh University.

John is survived by his daughter, Diane; his son, Doug; daughter-in-law, Linda; and three grandsons, Ryan, Jack and Sam.

He will be missed by all of those who knew him.

Austin Scott Nicholson

Austin, our beloved son went to be with the Lord on Wednesday, July 10, 2019. He was 23 years old.



Austin Scott Nicholson

Austin was born and raised in Atlantic Beach, Florida, on February 13, 1996. He graduated from Fletcher High School and attended Flagler College in St. Augustine, Florida. He was a gifted athlete who grew up playing baseball at Jack Russell Park in Atlantic Beach and playing golf at Selva Marina Country Club. He played on the baseball and golf teams at Fletcher and

OBITUARIES continues on **Page 14**



The Beaches Best Selection of

- Professionally installed wall-to-wall carpet
- Large assortment of in-stock area rugs including Dash & Albert, Karastan, Nourison
- · Sisal, Seagrass, Jute
- Custom sized carpets and rug pads

1421 3rd St. South Jacksonville Beach

247-0438

www.carpetconceptsinc.com



Since 1966





Complete
Professional
Tree Care

Cranes • Aerial Lift • Chippers Stumps • Debris Removal

Don't Wait for this Red Flag!

Dead trees and limbs need to be removed before a storm approaches.

TREE MASTERS, INC

285-4625
30 YEARS EXPERIENCE treemastersflorida.com









NMLS ID #648916

Buy with Confidence. Sell with Success. Invest with Results.





482 S Mill View Way - Sawmill Lakes

OPEN HOUSE Sun., July 21st, 2-4pm. Light & bright 4BR/3.5BA home with soaring 2 story foyer, gleaming hardwood floors and deep moldings. Eat-in kitchen w/ss appliances opens to great room w/FP and wall of windows overlooking private backyard. Large screened lanai. Sidewalks to beaches, shopping and "A" rated schools. MLS 1002391



663 S Preserve - Marsh Harbor \$625,000

OPEN HOUSE Sun., July 21st, 2-4pm. Wonderful 4BR/3.5BA home in gated community along the ICW. Spacious kitchen w/granite, ss appliance and island opens to great room w/FP. Screened pool, spa and covered lanai. Community dock and pool. Sidewalks to PV High School, Davis Park, shopping and the beaches. MLS 997268



South Ponte Vedra Blvd

Fantastic OCEANFRONT 4BR/4BA home perched atop elevated lot spanning 111' of beach front with new seawall. Classic beach design with Cedar Shake over concrete block with views from most every room. Plenty of deck space, screened and open, to relish the sweeping ocean views. Home is offered furnished for immediate enjoyment. MLS 995961



Neptune Beach \$2,400,000

Fabulous OCEANFRONT 3BR/3BA home on elevated 60' site completely renovated from the ground up with incredible quality and design. Stunning kitchen with Koa wood cabinetry, marble & ss appliances. Lavish master suite w/sauna, panoramic ocean views and private deck. Walk to Beaches Town Center for great dining & shopping. MLS 1005493

Take advantage of our powerful affiliation with Gate Hospitality. Ask about Preferred Membership Initiation Fee Pricing for the Ponte Vedra Inn & Club, The Lodge & Club, Epping Forest Yacht & Country Club and The River Club available exclusively through Ponte Vedra Club Realty.

280 Ponte Vedra Blvd. | Ponte Vedra Beach, FL 32082 | 904.285.6927 | www.pvclubrealty.com

14 COMMUNITY NEWSPonte Vedra Recorder · July 18, 2019

NOCATEE HAPPENINGS



DEL WEBB HOSTS GRAND OPENING

Del Webb hosted a grand opening event July 13 in Nocatee. Visitors could tour seven new model homes, listen to live music and put a few in the hole on the putting green.

Photos by Susan Griffin







Obituaries

Continued from 13

lettered in golf twice. He also loved to surf and had the opportunity to surf in many wonderful places like Costa Rica, Nicaragua and all over the state of California. He loved to travel and was able to see some beautiful places in the U.S. and overseas.

Austin is survived by his mother, Maria Healy; his stepfather, Grant Healy; his father, Scott Nicholson and his stepmother, Chris Nicholson. He also is survived by his stepsisters, Lisa Healy and Lindsey Callaway; stepbrothers, Josh and Chase Block and Andrew Puttbach; his aunts and uncles, Kelly and Chuck Cianciolo, Tim and Lisa Nicholson, Marybeth and Fred Leamer, Renee and Dave DeBar, and many cousins, nieces and nephews. A special thanks to Miranda Peters, Austin's girlfriend, who brought so much joy and happiness to his life.

Austin struggled the last few years with anxiety and addiction. We didn't understand it, but we helped Austin fight it. Finally, Austin could not fight it any longer. Satan might have stolen his body, but he could not steal his soul. He is in Heaven with his brother, Lance, and his grandparents. Addiction is an abominable disease and drains the life from all it touches.

We want to honor Austin and give hope to families who are navigating addiction especially behind closed doors. It is too big and hard to face without hope. Our family was assisted by several organizations.

In lieu of flowers, contributions can be made to: Al-Anon and Alcohol Anonymous or Church of Eleven22.

A Celebration of Life service was held at 11 a.m. on Monday, July 15, 2019, at the Church of Eleven22 off San Pablo and Beach Blvd., Jacksonville, Florida.

Please visit our online Tribute to www.quinn-shalz.com. Arrangements by Quinn-Shalz Family Funeral Home.



Darell Payton Dunn

Darell Payton Dunn, 78, of Ponte Vedra, Florida, died July 5, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

Clarence Dieter

Clarence Dieter, 80, of Ponte Vedra Beach, Florida, died July 9, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

Robert "Bob" Rankin

Robert "Bob" Rankin, 75, of Ponte Vedra Beach, Florida, died July 2, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

SPECIAL SECTION

Healthcare Profiles



16 HEALTHCARE PROFILES Ponte Vedra Recorder · July 18, 2019



LIFE EXPERIENCE(D)

River Garden has cared for generations.

There's more than one reason families choose to experience life at River Garden. From a highly rated continuum of senior care to community events and Jewish life activities, River Garden has created a 73-year legacy of excellence. However and whenever you need us, we'll be here.







RiverGarden.org | (904) 260-1818

Short-Stay Skilled Nursing & Rehabilitation

Long-Term Nursing & Memory Care

Adult Day Program | Outpatient Therapy

Home Health Care | Independent Living



Photos by Susan Griffin

The YMCA hosted a ribbon-cutting ceremony to celebrate the grand opening of its new location at the World Golf Village on July 2.

First Coast YMCA opens new location at World Golf Village

On July 2, the First Coast YMCA celebrated the grand opening of its new World Golf Village location at Flagler Health+ Village in the Murabella community with a ribbon cutting ceremony. The YMCA and Flagler Health+ will provide area residents with one-stop access to a wide range of health services for children, adults and families.

The ceremony kicked off a week of grand opening festivities to welcome its new neighbors. Class demonstrations, health screenings and fun activities for kids were free and open to the community, along with new membership specials for those wanting to join the YMCA. The final celebration was held at a family

cookout on July 6, featuring balloon artists and a bounce house water slide.

"At the Y, our cause is strengthening community through youth development, healthy living and social responsibility," said Eric K. Mann, President and CEO of the YMCA of Florida's First Coast. "Partnerships like this one with Flagler Health+ are critical. We know this new location will have a positive impact on the growing Northwest St. Johns County community for generations to come."

The new location includes access to an expansive wellness center for individual and group fitness for all ages and skill

YMCA continues on Page 17





YMCA CEO Eric K. Mann (center) cuts the ribbon, marking the official opening of the new YMCA

YMCA

Continued from 16

levels. The center will provide nutritional services, as well as weight loss and chronic disease prevention programs.

Ponte Vedra Recorder · July 18, 2019

The Y will also offer youth development programs, such as summer camps, youth sports leagues, a KidZone and Teen Center to provide fitness and other educational opportunities for children of all ages.

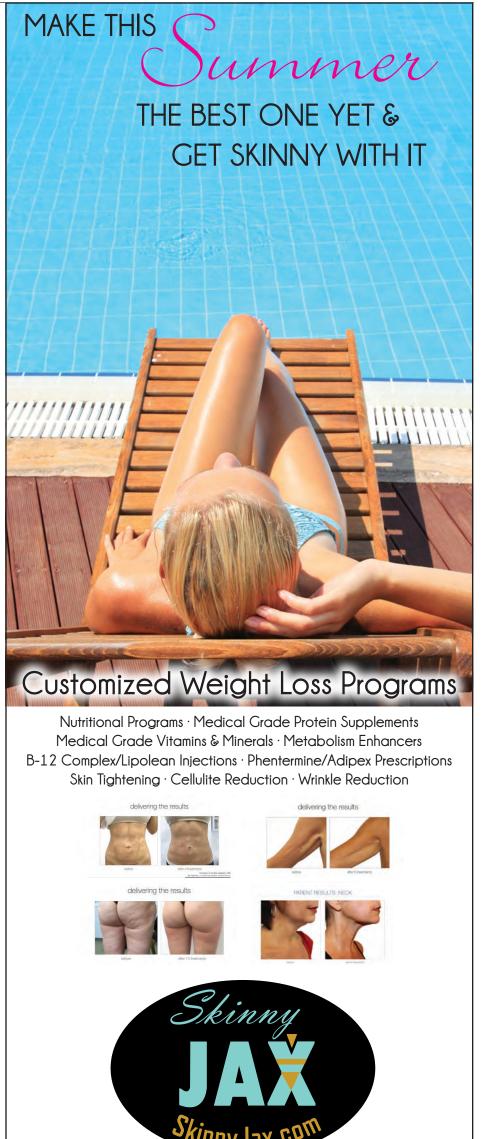
"Social responsibility" opportunities will also be available to help give back to its neighbors. The Y is currently collecting backpacks and school supplies for local military families.

For more information about the First Coast YMCA, visit www.fcymca.org.



Flagler Hospital CEO, Jason Barrett, speaks to the attendees who came in support of the new YMCA location.





Locally owned & operated · (904) 999-0977 · SkinnyJax.com

1492 Third St. S. Jacksonville Beach

18 HEALTHCARE PROFILES Ponte Vedra Recorder · July 18, 2019

Summer break: Ideal time to get kids' eyes checked

Hilda Cioffi, a St. Augustine mom, knew her two kids had a lot in common. But she never thought they'd have the same commonly undiagnosed eye problem.

She first realized something wasn't right with her daughter's vision during a visit to their pediatrician's office.

"Ava was starting to read, and there was no sign that something was wrong," said Hilda, who was living with her family in Ft. Lauderdale at the time. "But when they covered her left eye, she couldn't read with her right eye."

Four-year-old Ava was diagnosed with amblyopia, or "lazy eye." Because amblyopia usually occurs in one eye only, many parents are unaware of the condition. But if left untreated, amblyopia can affect a child's ability to learn and lead to permanent vision loss.

Hilda's pediatrician recommended that she go to Nemours for kids' ophthalmology, even though it was in Northeast Florida. "I tucked that away as a good thing to know," Hilda said.

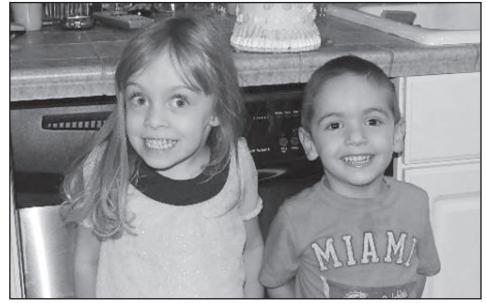


Photo courtesy of Nemours Children's Health System

Ava Cioffi, 4, and her brother John were both diagnosed with amblyopia, an eye condition that, if left untreated, can affect a child's ability to learn and lead to permanent vision loss.

Because vision issues are often hereditary, she had her son John tested and, like his sister, he had amblyopia as well as farsightedness.

When their family relocated to St. Johns County, Hilda knew they were close enough to go to the practice her pediatrician recommended.

After a few visits to Nemours in Jacksonville's San Marco neighborhood, she learned about the Nemours Jacksonville South office — located close to many St. Johns County neighborhoods — and it quickly became her family's most convenient place to get the care they needed. "It cut my travel time in half," said Hilda.

With the new school year starting, she encourages other parents to get their kids' vision checked out if they fail a vision screening or suspect something is wrong. It could be a problem that often goes undetected — resulting in vision-related reading and learning issues.

"A lot of children don't like going to the doctor. But if they have a problem like we had and you wait, usually things get worse," she said. "Time is not your friend."

The Nemours Jacksonville South office is located at 14785 Old St Augustine Road, Suite 200 in Jacksonville. For information, call (904) 697-3600 or visit bit.ly/2NW8QRN.

Organic grocer launches 'Staples with Standards' to make healthy food more accessible

In June, Native Sun launched its new program called "Staples with Standards," an initiative that offers customers access to organic grocery staples at lower prices. The program focuses on four key items — eggs, beef, chicken and milk.

Through partnerships with farmers and food producers that share Native Sun's standards, these items will be offered at competitive prices without sacrificing quality. Products currently included in Native Sun's Staples with Standards program are Organic Valley milk and eggs, Springer Mountain Farms chicken and Creekstone Farms beef.

The company believes Jacksonville residents should be able to differentiate between products that use marketing phrases like "all-natural" and "additive-free," and products that are truly high quality and healthy for their families.

Native Sun owner, Aaron Gottlieb, said that Staples with Standards is a response to the grocery industry's decision to shift marketing toward health and wellness.

"USDA organic, non-GMO verified and gluten-free have become part of mainstream sales flyers and in-store signage," Gottlieb said. "Native Sun is excited about consumer passion, but we've witnessed these terms being misused and misrepresented to imply a standard. We want to cut through the noise and make it easy to find the best quality products for the best possible prices."

For more than 20 years, Native Sun has



been bringing natural and organic food to the Jacksonville market. The company operates in three area locations, the original store on San Jose Boulevard, another on Baymeadows Road, and one in Jacksonville Beach on Third Street. All Native Sun stores are open 8 a.m. to 8 p.m., Monday through Saturday. The San Jose Boulevard and Baymeadows Road stores are open from 10 a.m.to 6 p.m. on Sundays. The Jacksonville Beach store is open from 9 a.m. to 8 p.m. on Sundays through summer. For more information about Native Sun, visit www.nativesuniax.com/newsandevents.





Native Sun,
which launched
its "Staples with
Standards" program in early June,
will offer competitive prices for
specific brands of
eggs, milk, chicken
and beef. Native
Sun has three
area locations at
Baymeadows,
San Jose and on
Third Street in
Jacksonville Beach.

Photos courtesy of Nicole Prieto of Curate & Co

HEALTHCARE PROFILES 19 Ponte Vedra Recorder · July 18, 2019

Hair of the Doc: A local man's search for the 'cure' leads to Dr. Seltzer's Hangover Helper

By Amber Lake

We've all been there. Suddenly, the morning sun shines through your bedroom blinds with the force of a million fixated laser beams, snapping you out of the safety of sleep. You soon realize your brain is too big to fit inside your skull. On willpower alone, you slough your arid body off the mattress and to the bathroom, being very careful to avoid bleary eye contact with the mirror. It's all downhill from there.

But does it have to be?

It seems like since the dawn of drinking, mankind has passively accepted hangovers as just part of the payment that must be collected after a night of "too much fun." Perhaps fun is only to be enjoyed in moderation, something that must be restrained somehow, less it turn evil. Maybe it is a result of a sort of societal checks and balances system to ensure that the majority of us didn't go off the deep end. In any case, it's long been known that we enjoy a good, old-fashioned punishment for our sins of pleasure and a hangover fits squarely into that design. For a long time, this logic was never questioned.

Local resident, Eric Summers, was imbibing Palm Valley moonshine with friends Halloween night in 1982 when he decided to go against the grain (alcohol?). Perhaps he foresaw his own impending doom on the hangover horizon when he blurted out, "I wish there was a pill for that." Then, in a statement that separates the drunks from the drunken heroes, he declared the people who invented that would be "zillionaires." Cha-ching – enter Dr. Seltzer's Hangover Helper.

Thirty-seven years later, while currently not a zillionaire, Summers has still done well for himself and at 73 years of age he is re-launching his product for the second

Summers himself is somewhat reminiscent of "Doc" Brown from "Back to



Eric Summers came up with the idea for Dr. Setzer's Hangover Helper in 1982.

the Future," with a splash of Strangelove. At 6'4", he is served "tall and neat," decked out in a long black lab coat with the brand's insignia embroidered on the lapel. The logo, which was first developed shortly after his inebriated epiphany, has changed only slightly to sport gray rather than blonde hair.

The road to today's Dr. Seltzer has been as indirect as a late night field sobriety test. First, the name was derived as a combination of "Alka-Seltzer" and "Hamburger Helper," (man's first attempt at a remedy). He hired an artist to draw up his likeness and a local pharmacist to concoct a product. Pretty much from the start the product took off, and during 80s and 90s, Dr. Seltzer's Hangover Helper could be found worldwide, including all the T.G.I. Friday's and Little Champs in the U.S.

Summers even sold to the Russians, who he said, "tried to pay me in vodka and chandeliers."

In 1993, Rexall Drugs offered to buy

his product, which he sold for cool \$2.3 million. Only one year after the brand was sold, the F.D.A. made it illegal to combine O.T.C pharmaceuticals, like aspirin and Tylenol, with vitamins and minerals, which, of course, effectively put the brand out of business.

More than a decade later. Summers re-acquired his trademark from Rexall (for free) and teamed up with local Tim DeJoris to formulate and market a better remedy. With the help of a new pharmacist, the team reverse engineered the formula with new, all-natural ingredients for a more effective product.

"We will show people the product and they will think it's something you buy at Spencer's," said DeJoris. "Then I'll



Tim DeJoris helped Summers formulate and market a new, more effective hangover helper.

see them next time and they'll say, 'holy (shoot), that worked!,' and I say, 'I know that's why I gave it to you.""

DeJoris says the reality of it is, there is no 100% "cure." The product is effective, however, at lessening the condition and making people feel good enough to get through the day after a long night.

"You're not going to have any longevity (as a company) if you don't have something that actually works," he said.

According to the website, the pills provide potassium, are "anti-inflammatory," and aid "stomach discomfort," among other benefits. Basically, a checklist of remedies for hangover ailments that include nausea, body aches, headaches, dizziness or fatigue. The pills aim to to

HANGOVER continues on Page 23

Your Brain CAN Change! And we can teach it how!

Brainwave Optimization Training using EEG Neurofeedback

Non-med therapy help; those struggling with ADHD, Anxiety Disorders, Migraines, Memory issues, and more. EEG Neurofeedback directly trains the brain to function better. Used by Corporate CEO's and elite Athletes around the world, this training is now available in \$t Augustine!

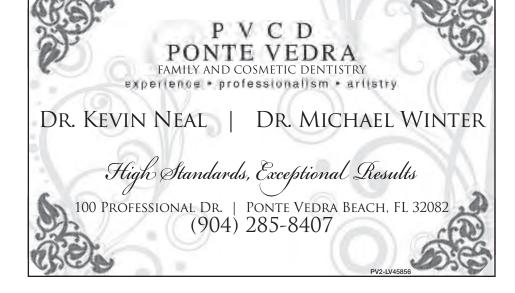


Call for your FREE Initial Consultation: (904) 584-4210



www.CenterForNeuroFitness.info FLNeurotherapy@aol.com





12 Years Experience, Board Certified Two office locations:

2120 US 1 South and in Palencia at 312 Paseo Reyes Dr.

20 HEALTHCARE PROFILES Ponte Vedra Recorder · July 18, 2019

Women in business unite to support healthier lifestyles for the Beaches

By Daniela Toporek

Ponte Vedra's Trasca & Co. Eatery partnered with Atlantic Beach Urban Farms for its new menu rolling out in August to promote going green, healthier lifestyles and to support locally owned and womenrun businesses.

"Ultimately, the goal is to work with local businesses and to reduce the ecological footprint for bringing in food," Trasca co-owner, Karina Coryell said. "So, one of the things we're implementing this August are the farm-to-table salads."

Coryell said six new salads will be introduced to the menu, including new and improved caprese, zucchini spiral, kale buffalo chicken and tossed caesar salads, all served with greens from Atlantic Beach Urban Farms, which uses aeroponics for cleaner, fresher and more local greens.

Aeroponics is the process of growing plants without soil — in mid-air or misty environment. ABUF adds the plant nutrients needed through special purified water that contains specific vitamins that nourish a growing plant.

"We grow indoors in a climate-controlled greenhouse," said Tracey West-brook, owner of Atlantic Beach Urban Farms. "Because of that, we don't have any pests and don't have to use pesticides or herbicides on our plants. They're 100% clean. Our plants grow in vertical towers. They're suspended in mid-air and get oxygenated, so they're not sitting in water all the time."

The switch to ABUF is part of Trasca's





endeavor to become a greener, healthier eatery that not only supports other local businesses, but also differentiates itself from other eateries in the area that may not offer fresher, local or healthier options. ABOVE: Tracey Westbrook (left), of Atlantic Beach Urban Farms, and Karina Coryell, of Trasca & Co. Eatery, sit down with hungry Ponte Vedra locals for an impromptu food tasting of the new salads.

LEFT: Trasca & Co. Eatery partnered up with Atlantic Beach Urban Farms to add six new salads to the menu starting Aug. 1.

Trasca & Co. follows four values to help achieve its eco-friendly and healthy goals, according to Coryell. The first is following the Trasca & Co. mission statement of providing great food, service and



Photos by Daniela Toporek

Trasca & Co. regular, Madeline Warnock, stops by the eatery to pick up some flavorful, healthy on-the-go meals.



Atlantic Beach Urban Farms grow all their greens on dirt and soil-free towers and use purified water with added nutrients that pertain to each plant.

experiences. The second is the effort of bringing in the best quality products and ingredients (hence ABUF). Trasca's new "going-green" practices such as eliminating straws and foam containers, are the third and their healthy, pre-made take-out options for those on the go are the fourth.

"They combine flavors so perfectly," said Madeline Warnock, a regular at Trasca & Co. stopped by to purchase her favorite on-the-go meals. Warnock recommended the "super greens and power seed" salad and "energy bites," made with oats, flax seeds, peanut butter, honey and other healthy ingredients.

Trasca's new menu launches Aug. 1. The eatery will host a sampling event with Atlantic Beach Urban Farms in attendance for guests to try the new salads and local greens.

"I love it," Westbrook said. "Local, women-owned businesses just supporting each other. Karina's really pushing for supporting all things local, including your local farmers and local beaches."

"We've listened to our customers and what they're looking for," Coryell added. "Our mission, the "going green" changes, our healthy on-the-go meals and of course, Atlantic Beach Urban Farms — I think that all fits together."



Sleep apnea affects more than sleep



Dr. Erica Hamer **Guest Columnist**

Did you know that a lack of sleep could be thwarting your best weight loss efforts? There is much evidence to suggest that a lack of sleep goes hand-in-hand with weight gain. But first, it is important to address why you

aren't sleeping well. Is your stress level or caffeine intake to blame? Or is your sleeplessness due to a common but very serious condition called sleep apnea? Sleep apnea can affect weight loss, hunger and hormone activity in a number of ways, making it more difficult to maintain a healthy weight.

What is sleep apnea?

Simply put, sleep apnea happens when breathing is obstructed or ceases altogether while sleeping. Symptoms of the condition range from light snoring to waking up several times during the night, gasping for air. The most common form of sleep apnea — obstructive sleep apnea — affects approximately 6% of the population. But this number is expected to rise along with the increasing rate of obesity, because obesity is a chief cause of obstructive sleep apnea.

To make matters worse, those who are

already overweight may gain weight more easily if they aren't getting adequate sleep, fueling a vicious cycle. Several theories attempt to explain why a lack of sleep may encourage us to pack on the pounds. Some say that a sleep-deprived person simply doesn't have the energy to be active during the day. They're too tired to get to the gym or even take the stairs, burning far fewer calories than a well-rested individual would. Others believe the sleep-deprived attempt to make up for a lack of energy by consuming a greater number of calories.

Sleep apnea affects cortisol levels

Additional evidence surrounding sleep deprivation and weight gain suggests the problem may be hormonal. Hormone function is largely responsible for the way in which fat cells respond to the food we eat. Cortisol is a hormone that is usually released in response to emotional and physical stress. When we don't get enough sleep, cortisol is released at an increased rate, making us feel hungry even if we've eaten enough.

Children and sleep apnea

And just because sleep apnea is most common among adults, do not assume that children are exempt from the problem. It's no secret that the number of obese children

HAMER continues on Page 23



Family Chiropractic Care in Ponte Vedra Beach & Nocatee Town Center

- Adult & Senior Chiropractic Care Physical Therapy
- Pediatric Care
- · Chiropractic Neurology
- Spinal Decompression
- Personal Fitness Training
- Massage Therapy
- Weight Loss and Nutrition
- Prenatal/Postpartum Care (Webster Cert)
- Balance/Fall Prevention
- Auto Accident Care

Suffering with Disc Pain and looking for non-surgical relief?

Spinal Decompression Therapy can be very effective in treating ruptured discs, spinal stenosis, sciatica or when surgery has failed to bring relief. This type of therapy is safe, proven effective and affordable.



Let us help you get relief with this special offer!



DECOMPRESSION SPECIAL INITIAL VISIT, X-RAYS

NEUROLOGICAL EXAM & FOR A PLAN OF CARE

A \$340 value

Help Name Us Best of the Best!

Ponte Vedra Wellness Center has been nominated in two categories this year:

> Best Chiropractor AND **Best Locally Owned Business**



There is still time to vote for us online at the Ponte Vedra Recorder "Best of the Best" page (www.pontevedrarecorder.com/bestof2019) You can vote once a day until the contest ends July 20th.

CALL TODAY & SCHEDULE YOUR APPOINTMENT!

Ponte Vedra Beach/273-2691

100 Corridor Rd South, # 220, Ponte Vedra Beach, FL 32082

Nocatee Town Center/834-2717 205 Marketside Ave, #200, Ponte Vedra, FL 32081

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS THE RIGHT TO REFUSE TO PAY, CANCEL PAYMENT OR BE REIMBURSED FOR PAYMENT FOR ANY SERVICE, EXAMINATION OR TREATMENT WHICH IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION OR TREATMENT. CAN NOT BE COMBINED. MAY NOT BE VALID FOR FEDERAL PROGRAMS INCLUDING MEDICARE. WITH THIS AD AND ONE TIME USE ONLY. SPECIAL OFFER EXPIRES 08/31/2019.



22 HEALTHCARE PROFILES Ponte Vedra Recorder · July 18, 2019

Local choir director volunteers at assisted living to teach music to residents with memory decline

By Amber Lake

Down the hallway of the "Morningside" memory care center at The Palms assisted living facility, voices could be heard singing, "Zip-a-deedoo-dah, zip-a-dee-ay, My, oh, my, what a wonderful day."

Outside, residents attracted by the music came over to either join the singing or enjoy the music. The adjacent hallway became packed with walkers and orthopedic shoes held tapping feet around the circle of singers. For many of the participants of Jan Saltmarsh's choir hour, this was one of the few times a day they would come out of their shells, their eyes lighting up remembering the music they loved in their youth.

Saltmarsh has been a singing teacher for the past 25 years but only recently taken time to teach those with memory decline at the facility. She said she became inspired to lead the singers After seeing her mother respond to a class while visiting her mom's memory care facility, Saltmarsh was inspired to lead the group at Morningside.

"There was a music teacher that came for an hour music program of their music from their era and had them sing along with it. I went with my mother to that. (Afterward), it was the last coherent conversation I had with my mother. She was present. ...I personally saw the difference with what the music can (do) with reviving the mind and getting them to be in the present. ...After seeing that, I thought, 'I can do this.'"

Saltmarsh said that in addition to reviving memories, the singing activates a whole-body response, from breathing to brain power, that engages participants.

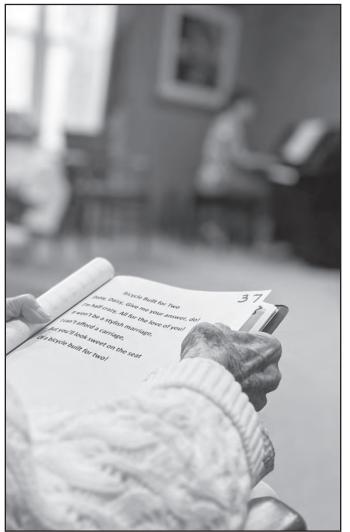
"There are some who are completely nonverbal, and I'll look over when we are doing a particularly peppy song and I'll see their foot tapping. I'll know, okay, it's getting through. On some level it's reaching to them."

At 10:30 a.m. on Tuesdays, Saltmarsh sits behind the piano in the music room and takes requests. It's these mornings that the seniors start the day off singing with Saltmarsh that really brighten the rest of their day.

"They need every moment of happiness that they can get," said Saltmarsh

It's no wonder that waking up singing "Oh, What A Beautiful Morning," can actually make for a nice morning — for anyone, really.









Photos by Amber Lake

Jan Saltmarsh teaches a choir hour at The Palms' memory care center at their assisted living facility.

HEALTHCARE PROFILES 23 Ponte Vedra Recorder · July 18, 2019

Baptist HealthPlace at Nocatee to open summer 2020

New health and wellness center will provide women's services, pediatric care, rehabilitation services and YMCA under one roof

In response to the growing needs of families in the Nocatee area, Baptist Health will open a new, two-story, 83,000-square-foot health and wellness center, Baptist HealthPlace at Nocatee. Scheduled to open in summer 2020, the center will be situated on a 12-acre site located west of Nocatee Town Center and the Lakeside neighborhood, facing Nocatee Parkway.

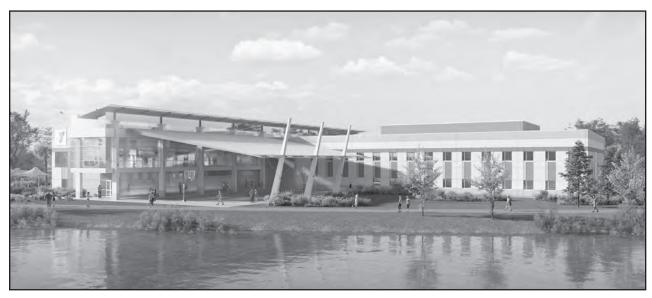
Baptist HealthPlace at Nocatee will serve as a central location for a variety of health and wellness services for the whole family — adults, seniors and children. It will extend the expertise of Wolfson Children's Hospital to the Nocatee community through outpatient services and programming focused on child health. Wolfson Children's is ranked among the best children's hospitals in the nation by U.S. News & World Report and is among the Top Children's Hospitals, a recognition by The Leapfrog Group earned by fewer than 15 hospitals in the country.

In one convenient location, Baptist HealthPlace at Nocatee will house multiple specialties including primary care, behavioral health, orthopedics, cardiology, otolaryngology (ENT), OB/GYN care, and pediatric rehab services by Wolfson Children's Rehabilitation.

Brooks Rehabilitation will relocate its existing Nocatee clinic to Baptist HealthPlace. The team of Brooks well-trained clinicians will provide the community with outpatient physical therapy services and treat diagnoses such as sports injuries, balance impairments and orthope-

With an emphasis on promoting good health, Baptist HealthPlace at Nocatee also will feature a YMCA with full workout facilities, a covered outdoor greenspace referred to as an "airnasium," family-oriented programming and child care at no cost for members. A Healthy Living Center, staffed by a Baptist health coach, will provide free health screenings, one-on-one wellness consultations, and "Talk with a Doc" events on a variety of health topics. In addition, an on-site café will feature healthy food choices.

Baptist HealthPlace at Nocatee is designed to provide a full spectrum of services, with same- and next-day appointment availability, easy access to and communica-





Baptist Health will open a two-story, 83,000-square-foot health and wellness center, Baptist HealthPlace at Nocatee in summer 2020.

tion with providers, online appointment scheduling and extended hours on weekdays and weekends.

"Our vision is to create a convenient place for health and wellness that helps people get well and stay healthy," said Brett McClung, president and CEO of Baptist Health. "We're going to continue to listen to the voice of our consumers in Nocatee to make sure our design evolves so

it meets their needs now, as well as in the future."

Baptist Health has been committed to the Nocatee community since opening Baptist Primary Care in Nocatee Town Center in 2015. The current Baptist Primary Care office will relocate to Baptist HealthPlace at Nocatee when it opens in summer 2020 and is projected to double the number of providers.

Continued from 23

is rising steadily; and it's no stretch to imagine that some of these children will develop sleep apnea.

If you're having trouble sleeping on a regular basis, you may be suffering from sleep apnea. Otherwise, a few simple tips and tricks just might help get you back on a regular sleep schedule.

Lose the weight

If you are already obese and suffering from sleep apnea, your health care provider can discuss a sensible dieting plan with you, helping you return to a healthy weight which will in turn allow you to enjoy more restful, unobstructed sleep. Also be sure to avoid eating too close to bedtime as this will make it harder for

your body to relax as it will be busy digesting. Also, these late night calories will most likely be stored as fat.

Exercise

Also, never underestimate the importance of exercise. Exercising three to four times per week is crucial for restful sleep. When you're doing vigorous physical work, your body needs to recover. Sleep allows your body to repair and rebuild, getting stronger in the process. Regardless of one's stresses and worries, vigorous exercise makes a physical demand on your body that will put you right to sleep. If you're not exercising regularly, this strong physiologic need for deep rest is missing, and you'll likely be tossing and turning the night away. And getting your workout in long before bedtime is helpful, leaving ample time for your heart rate and hormone levels to return to a resting state.

Proper conditions for good sleep

Make sure the room is dark and the temperature of the room will remain comfortable throughout the night. If you're one of those people trying to squeeze extra tasks and activities into your day, leave more for tomorrow and get some sleep. Adequate sleep will increase your productivity during waking hours. Also, check when you last changed your mattress. Old, soft, lumpy mattresses or ones that are too hard can be another potential disruptor to good quality sleep so make sure you are sleeping on a good mattress that is comfortable as well as supportive.

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.

Hangover Continued from 19

treat the condition as whole, rather than symptomatically. In addition, they can be taken before, while and after drinking alcoholic beverages.

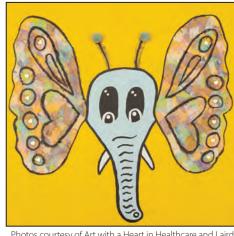
Maybe the only way to completely win against the hangover battle is to not drink in the first place, although many of us still seem to be fighting for the right to party - despite the logic against it. Perhaps those who can't resist the folly of a carpe diem existence can rest a bit easier knowing the next day might be a little bit more manageable, if not disorganized. And for the rest of the population that tactfully sips unsweetened iced tea on weeknights we shall all toast to your maturity.

Please drink responsibly.

THE RETREAT at Pante Vedra Beach 904-335-3252 Preventative Mental Health Care NOW SCHEDULING **NEW CLIENTS! Individual Therapy Psychiatric Evaluations** Medication Management Family Support HERESA RANDAZZO-BURTON, MD Child & Adolescent Psychiatrist OUR PROVIDERS SPECIALIZE IN TREATING: **Depression & Anxiety** Obsessive Compulsive Disorder Bipolar Disorder **Eating Disorders ELIZABETH WININGS, DNP, APRN** Family Psychiatric Nurse Practitioner **FAMILY WELLNESS CENTER** www.retreatpvb.com



Annie imagined a "Piger," and used acrylic and mixed media to create the animal on canvas.



Hajar, 13, created "An Elefly," using acrylic and mixed media on canvas.

Children's works featured in 'Animal-Gamation' art exhibition

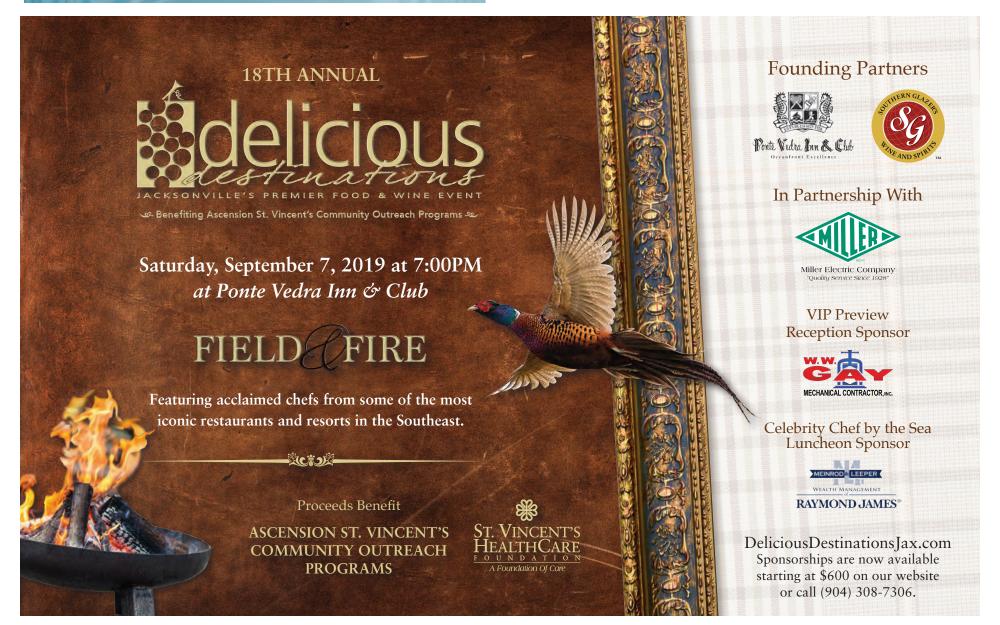
Art with a Heart in Healthcare, MOCA Jacksonville showcase pediatric patient artworks in Aug. 11 public reception

MOCA Jacksonville continues its partnership with Art with a Heart in Healthcare to present a special exhibition of artwork by pediatric patients from Wolfson Children's Hospital titled "Animal-Gamation."

"For eight years, MOCA Jacksonville has been honored to partner with Art with A Heart in Healthcare," said MOCA Jacksonville director Caitlín Doherty. "This exhibition is a testimony to the healing power of art and a celebration of its growing momentum in the world of healthcare."

Art with A Heart in Healthcare is a non-profit organization that provides personalized fine art experiences to enhance the healing process for patients and families at Wolfson Children's Hospital. Each patient is partnered with an artist in residence

ARTWORKS continues on **Page 26**



HEALTHCARE PROFILES 25 Ponte Vedra Recorder · July 18, 2019



Rejuvenate your relationship in just a few, convenient sessions with our innovative, proven treatment for ERECTILE DYSFUNCTION.

No Pills • No Needles • No Surgery

The professionals at Alpha Wave Health are the experts in the newest and most innovative ED treatment on the market today - Acoustic Pressure Wave Therapy. Alpha Wave Health is the exclusive all natural Acoustic Pressure Wave Therapy treatment provider in Florida.

Erectile dysfunction is treatable at any age. In just a few, convenient sessions, you will be able to invigorate your sex life and be ready when the intimate moment arises. Get the expert advice and treatment you need. We will assist you in reaching your goals and reviving your sex life.

Ready to heat things up in the bedro Take advantage of our summer special! YOUR REATMENT

NO CONSULTATION FEE WITH PURCHASE.

LIMITED TIME ONLY.

Your Blood Vessels



BEFORE



AFTER



CALL TODAY: 904-763-1400

www.AlphaWaveHealth.com Jacksonville, FL • Palm Coast, FL

Leesburg, FL • Farmington, CT

An ALPHA Medical Group Company Individual results may vary. © All rights reserved.

Don't Suffer With Acute or Chronic Pain.

You don't have to live with pain any longer. Call the doctors at Alpha Wave Heath Centers today and see if we can help with your acute or chronic pain using our proven EPAT® protocols. Extracorporeal Pulse Activation Technology (EPAT®) is the most advanced and highly effective non-invasive treatment method cleared by the FDA. This proprietary technology is based on a unique set of pressure waves that stimulate the metabolism, enhance blood circulation and accelerate the healing process. Damaged tissue gradually regenerates and eventually heals. This non-invasive office/clinic-based procedure represents a breakthrough treatment option for a broad range of musculoskeletal conditions with No Medications, No Needles and No Surgery.

PACKAGE!



AcuteWave™

Areas Of Treatment

- Neck
- Shoulder
- Back and chest
- Upper extremity
- Lower extremity
- Foot and ankle
- Foot and heel pain
- Achilles pain
- Tendon and/or tendon insertion pain
- Neuromas
- Trigger points
- Myofascial trigger points

LPHA Wave Health Centers

Call: 904-763-1400

We Have Offices In: Jacksonville, FL | Palm Coast, FL | Leesburg, FL | Farmington, CT

www.AlphaWaveHealth.com

*Individual results may vary.

All rights reserved.

An ALPHA Medical Group Compa

26 HEALTHCARE PROFILES Ponte Vedra Recorder · July 18, 2019

Quantum change can turn value system upside down



Harry PappasColumnist

William R. Miller, distinguished professor of psychology and psychiatry at the University of New Mexico, has extensively researched the psychology of change, and he defines a "quantum change" as a vivid, surprising,

benevolent and enduring personal transformation. Miller and his team of researchers conducted a lifetime study of the impact of quantum changes in one's life. In the study, the team asked people to describe their values before and after their quantum change. Subjects were given a list of 50 values and asked, "What matters most to you?" The results are at the end of this narrative. However, I encourage you not to jump ahead, but to continue to read along.

As many of us know, times of sudden change in our professional and personal lives can be painful and yet it can be the catalyst to take us to a higher understanding of our purpose and finding our socalled inner peace. My quantum moment took place March 15, 2017. After 29 years of marriage, my wife and I divorced. Just about everything I identified myself with was taken away, including the perception of the perfect couple, perfect marriage, perfect family, financial independence, beautiful home, cars and the rest. Okay, I will pause now, so you can take out your violins and play me a grief-stricken tune. In all seriousness, perhaps like you, I was one of those people who always looked for a better place in the future to bring me the happiness that I was craving. You know the dialogue — when I achieve A-B-C or when I get X-Y-Z, I will finally be happy.

While I knew intellectually that my thinking was asinine, I continued relentlessly to pursue my "happiness" ambitions and goals, believing it would give me the fulfillment that I wanted and thought I deserved.

Wow! Talk about insanity!

Nevertheless, little did I know that my 2017 "aha" moment — quantum change — was allowing me to figure what was most important to me. In the end, my regrettable experience put me on a lifechanging journey from one of ambition to one of meaning. However, my trek has not been without incredible struggle, as my remarkably powerful ego was repeatedly reminding me that I was a victim! Do not forgive! Hold resentment and continue to plow down the road to ambition while the whisper in my ear repeatedly told me more is better. Better is better. Do not ever be satisfied. Yep, this is the mantra of the ego!

It was the legendary Hindu sage, Ramana Maharshi, who said, "All unhappiness is due to the ego. With it comes all your trouble. If you would deny the ego and scorch it by ignoring it you would be free."

Wayne Dyer, a widely known and well-respected author and speaker in the area of personal development and spirituality refers to the shift from ambition to meaning, as moving from the morning to the afternoon of life. Dyer, akin to Maharshi, suggests that the period of ambition is all about the EGO, which he proclaims stands for "edge God out." Moreover, he argues that the only way to get to the meaning stage of life is to let go of the EGO!

"We no longer struggle to win; gain the approval of others; meet expectations others had for us; fulfill someone else's idea of our dharma; or acquire, achieve or hoard. We let go of conflict, certainty, being right, fighting, dominating, vanquishing and feeling superior. All of this ego stuff loses its power and attraction when we arrive home, where meaning welcomes us," Dyer said.

I inhaled everything Dyer wrote or spoke including his incredible film, "The Shift." The movie is one of my favorites because it describes the roller-coaster path that I was facing. All the key characters in the movie experience a quantum moment, which opens the door to their eventual transformation. As you will see from the results of Miller's study, the biggest advance is the priority given to spirituality, which rose from the bottom third to first place for men and third place for women.

"It seems like everything in the person's inner world has changed for the better: emotions; values; spirituality; sense of self and personal growth; significant relationships; and understanding of the past, present, and future," Miller stated.

To read more about Miller's study, check out the article he penned in the January 2012 issue of Spirituality & Health Magazine. A simple Google search will provide you with the column.

Men before Shift:

- 1. Wealth/Accumulating money
- 2. Sense of adventure
- 3. Achievement
- 4. Pleasure
- 5. To be respected

Men after Shift:

- 1. Spirituality
- 2. Personal peace/less stress
- 3. Family
- 4. God's will/Sense of purpose
- 5. Honesty

Women before Shift:

- 1. Family
- 2. Sense of independence
- 3. Career
- 4. Fitting in
- 5. Attractiveness

Women after Shift:

- 1. Personal growth
- 2. Self esteem
- 3. Spirituality
- 4. Happiness
- 5. Forgiveness

Whoever said, "That which is "in the way" is the way was spot on! Obstacles create opportunities my bruddahs and sistas. You are the captain of your ship; set sail!

Source: Anatomy of a Quantum Change by William R. Miller – January 28, 2012

Harry Pappas Jr. CFP
Managing Director-Investments
Master of Science Degree Personal Financial
Planning
Certified Estate & Trust Specialist
Certified Divorce Financial Analyst
Pappas Wealth Management Group of Wells
Fargo Advisors
818 North Highway A1A, Ste 200
Ponte Vedra, Florida 32082
904-273-7955

harry.pappas@wellsfargoadvisors.com
The use of the CDFA designation does not
permit Wells Fargo Advisors or its Financial
Advisors to provide legal advice, nor is it
meant to imply that the firm or its associates
are acting as experts in this field.

Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services LLC, Member SIPC, a Registered Broker-Dealer and a non-bank affiliate of Wells Fargo & Company. The opinions expressed in this report are those of the author(s) and are subject to change. The material has been prepared or is distributed solely for information purposes and is not a solicitation or an offer to buy any security or instrument or to participate in any trading strategy.

Beaches-area Rotary groups to present annual 'Beaches Health Jam'

The Carver Center in Jacksonville Beach will once again serve as the location of the "Beaches Health Jam" from 4-7 p.m., Friday, Aug. 9. The event, founded in 2016 by the Rotary Club of Jacksonville–Oceanside, brings together area health and healthy lifestyle organizations for an afternoon of fun.

Other area Rotary Clubs have joined together to lead the event including Ponte Vedra Beach Sunset, Ponte Vedra and Ponte Vedra Beach Rotary Clubs, along with local Rotaract and Interact Clubs. Twenty other organizations have joined in the event that brought out over 500 people in its first year.

"We are looking forward to another outstanding event," said Chris Hoffman, event co-chair. "Health Jam is a perfect fit for things that are important to our Rotary Clubs — fellowship, service, healthy communities and partnership. We are so glad it has continued to be such a success."

One of the main goals of the creation of Beaches Health Jam was to bring the St. Vincent's Mobile Health Unit to the beach. Rotary Clubs across Jackson-ville contributed funds to support the creation of the mobile unit.

The event is designed for all ages, but several activities will be geared toward getting kids active including a bouncy obstacle course, a kickball tournament and other games and activities led by the Rotaract and Interact Clubs.

The event is free and open to the public.

The Carver Center is located at 777 5th Street South in Jacksonville Beach.

For more information, email Chris Hoffman at hoffmanjaxbch@gmail.com or call (904) 476-6153.

Artworks

Continued from 24

of AWAHIH, bringing out their natural talents, while promoting self-confidence and self-awareness during their hospital experience

"For children in the hospital, art is so much more than a fun activity. It provides a distraction from pain, helps them express themselves during a stressful time, and is part of their healing process," said Michael D. Aubin, president of Wolfson Children's Hospital.

"Art with a Heart in Healthcare's professional artists share their creative gifts seven days a week with Wolfson Children's Hospital patients, in every setting, from the medical/surgical floors to our child and adolescent behavioral health unit, at the bedside and in our playrooms. Art with a Heart is an essential member of our Wolfson Children's Hospital caregiving

For the 2019 exhibition, Animal-Gamation, a play on the word amalgamation,

each artist flexed the imagination and created an animal by combining characteristics of different members of the animal kingdom.

"Each artist was asked to create a unique animal by combining two or more animals. We explored what characteristics/meaning animals have, the patients' own personality traits, and their life stories to help combine an animal that symbolized who they were and what they wanted to represent. Working with AWAHIH artists they brought out their own natural talents and expanded their artistic expression on a mixed media canvas," said Christy Ponder, executive director and artist in residence of AWAHIH.

On Sunday, Aug. 11, MOCA Jackson-ville will host the opening reception for this unique exhibition, an opportunity for families and friends of the young artists to gather and connect in a moment of creative community. The reception is free and open to the public. Animal-Gamation will be on view in the MOCA Jacksonville Education Gallery Aug. 10 – Dec. 8. The program is sponsored by Black Knight Financial Services

Jacksonville law firm starts new social media initiative, including blogs

Rotary Club of Ponte Vedra Beach Sunset installs new president

The Rotary Club of Ponte Vedra Beach Sunset installed new President Tim Williford at its meeting on Tuesday, July 2. The transition meeting also recognized the ten-

ure of outgoing President Brian Anderson. John Rutkowski received the Paul Harris +1 award and Chris Tchorznicki received the Paul Harris award.

During the awards presentation, **Horton Hick**erson (center) presented the Paul Harris +1 award to John Rutkowski (left) and the Paul Harris award to Chris Tchorznicki (right).

Photos by Susan Griffin





Rotary Club of Ponte Vedra Beach Sunset outgoing President Brian Anderson passes the gavel to 2019-2020 President Tim Williford.

Mind the (pay) gap

Women in sports earn less than male counterparts

tion," a violation of

Title VII of the Civil

Rights Act.

The women's national team earns 38%

Heading into the recent World Cup,

the top prize in all of soccer, the women

sued the United States Soccer Federation,

their bosses, claiming "purposeful gender

discrimination." Talk about ramping up

the pressure right before they performed

on the largest stage in their sport. And we

So, why should we care? Because not

only is there a pay gap based on gender

in soccer, and in sports in general, the

gap exists in all professions across the

country. According to the Pew Research

Futbol, SI.com, July 10, 2019).

all know how it turned out.

Spoiler alert: They won!



Janet Johnson **Guest Columnist**

82 cents for every dollar made by a man in 2017. Meaning, for a woman to earn the same as her male counterpart, she has In a federal comto work 47 more days a year than a man plaint, the United does. If you are a woman, or have a wife. States Women's daughter or sister, or know a woman, you National Team is should care. accusing U.S. Soccer U.S. Soccer is making this point on the of "institutionalized gender discrimina-

largest stage but it is a point everyone should care about. And just as in the case of the USWNT, the argument that the the Equal Pay Act and men are "better" at what they do so they should get compensated more does not work anymore. The best result the men have achieved in the World Cup occurred less as compared to men's players. (Planet during their first appearance, in 1930, when they came in third.

Center, women over the age of 16 made

The women? They are the best in the world and have been for decades. Since the FIFA Women's World Cup began in 1991, the U.S. women's team has won four of eight titles. They have been ranked No. 1 by FIFA for 10 of the last 11 years. So ... no, the men are not better. Just as male Uber drivers are not inherently better than female Uber drivers but they still make 7% more per hour (Fortune Magazine, February 6, 2018).

The argument most frequently used to

JOHNSON continues on Page 29

FIRST COAST LEGAL EAGLES

Barry Zisser Elliot Zisser Jonathan Zisser Katherine Johnson Joseph Alvarez Zisser Law (904) 353-3222

Janet E. Johnson, P.A. Criminal Defense Attorney (904) 634-8991

John R. Crawford, Esq. (904) 396-3335 Marks Gray (904) 285-8760

L. Lee Lockett, Esq. Lockett Law **DUI & Criminal Defense** (904) 858-9818

Lippes Mathias Wexler Friedman, LLP (904) 660-0020

Lisa Coplan-Gardner Darin C. Gardner Coplan-Gardner & Gardner, P.A. (904) 247-6865

Mitchell A. Stone, P.A. **Board Certified Legal** Services

Suzanne W. Green The Law Office of Suzanne Worrall Green, P.A. (904) 280-8770

To be included in our next issue, please contact The Ponte Vedra Recorder at (904) 285-8831.

Law firm launches social media strategy

Fisher Tousey seeks to engage clients by sharing knowledge and thought leadership

In order to engage with its current clients and provide a knowledge bank for people seeking to learn more about tax, estate planning, real estate and corporate law, as well as provide some high-level insight into litigation in these practice areas, Jacksonville law firm Fisher, Tousey, Leas &

Ball has launched new social media channels, including LinkedIn, Facebook and Twitter, along with a new company blog.

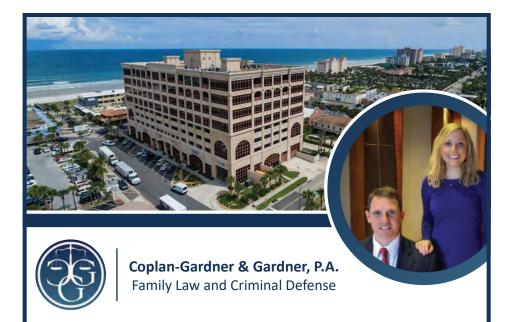
Fisher Tousey engaged a local marketing firm to assist with defining its brand. Part of that process was to interview current and prior clients, which revealed a consistent commentary about how accessible and friendly Fisher Tousey is as a firm. Embracing this accessibility, the firm has decided to share some of its knowledge and keep its audience in tune with updates and

necessary baseline information within the firm's landscape of legal expertise.

Conceptualized by Fisher Tousey attorney Scott St. Amand and curated by several members of the firm, The Wealth Protection Blog will feature a searchable index on a broad range of topics regarding investing, taxation, estate planning and litigation within those practice areas. LinkedIn, Facebook and Twitter will offer more frequent and shorter stories.

"Our strategy here is really to be a resource for the market on content within our practice areas," St. Amand said. "Our corner of the legal world is not uncomplicated, and there are some basic concepts we can help people understand before they start spending money on attorney's fees. It's kind of an open invitation to see what we do and how we can help. One of our objectives is to help people identify issues before they become a crisis, and let them know we are here for them should their challenges progress."

For more information, visit www.fishertousey.com or call (904) 356-2600.



"FOR BETTER OR FOR WORSE, OUR TEAM IS THERE FOR YOU."

Located in Jacksonville Beach, we concentrate our practice in the area of Family Law and Criminal Defense. We have 35 years combined experience to guide our clients in the right direction, no matter how complex their legal matter is. The most important measure of our experience and why you should choose us to represent you, whether your matter is criminal or family, is evidenced by our clients' testimonials. Read why so many people have chosen and trusted us on our website at www.coplangardnerlaw.com as well as our google business page.

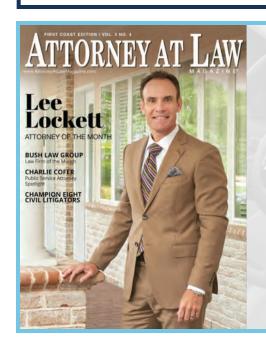
Tel: 904.247.6865

The Metropolitan Building 320 First Street North, Suite 710, Jacksonville Beach, FL 32250

All consultations for criminal matters are free and for family law matters we give discounts to active duty military, police & first responders.







DUI DEFENSE KNOW BEFORE YOU BLOW.

ALL DUI CASES INCLUDING:

DUI Manslaughter, Boating Under the Influence

GENERAL CRIMINAL DEFENSE MATTERS INCLUDING:

Driving While License Suspended, Drug Charges including Trafficking, Assaults/Batteries

LICENSED IN FEDERAL AND STATE COURT **KNOWB4UBLOW!**



www.KNOWBEFOREYOUBLOW.com

Hablamos Español!



Professional women soccer players Tobin Heath, Alex Morgan and Rose Lavelle earn less than their male counterparts.

Johnson

defend the pay gap is that men, particularly in sport, deserve more because they bring in more revenue. But soccer, like professional tennis, is a brand, and you can't really separate the men's game from the women's game. Does Serena Williams bring as much value to tennis as, say Roger Federer? Arguably.

Quick, name a man on the U.S. National Team. Likely, you can't.

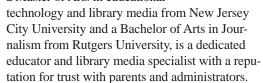
And when sports like tennis did institute equal pay for women, events like Wimbledon hardly suffered. The rising tide surely does carry all ships. And after the recent World Cup, Nike and Fanatics reported that jerseys for the U.S. women's team sold far more than any U.S. soccer jersey, including the men's team. (Sporting News, July 3, 2019).

Seeing women play, and win, garners more interest and more profit. The investment in women's sports is paying off. And equal pay is the ultimate investment.

2 Realtors join Florida Network Realty's Ponte Vedra-Nocatee office

Berkshire Hathaway Home-Services Florida Network Realty recently added two agents - Dawn Marie Gravatt and Kim Romano — to its Ponte Vedra-Nocatee office.

Dawn Marie Gravatt, who has a Master of Arts in educational



Gravatt spent the majority of her teaching career in New Jersey but has most recently worked for Ocean Palms Elementary School in Ponte Vedra as a K-5 school library media specialist. In her career, some of Gravatt's responsibilities included planning and implementing library instruction that was aligned with educational curriculums, developing teacher training programs incorporating technology in the classroom and provided staff members with technical and collaborative support and training.

Gravatt's background in education offers her a natural transition into working in the real estate world - from educating her clients about each step of real estate transactions to researching and preparing reports about the fast-paced real estate market of Northeast Florida.

For more information, call Gravatt at (904) 395-7102, email Dawn.Gravatt@FloridaNet-



Dawn Marie Gravatt



vatt.FloridaNetworkRealty.com. Kim Romano is responsible

workRealty.com or visit DGra-

for providing best-in-class real estate solutions to buyers and sellers.

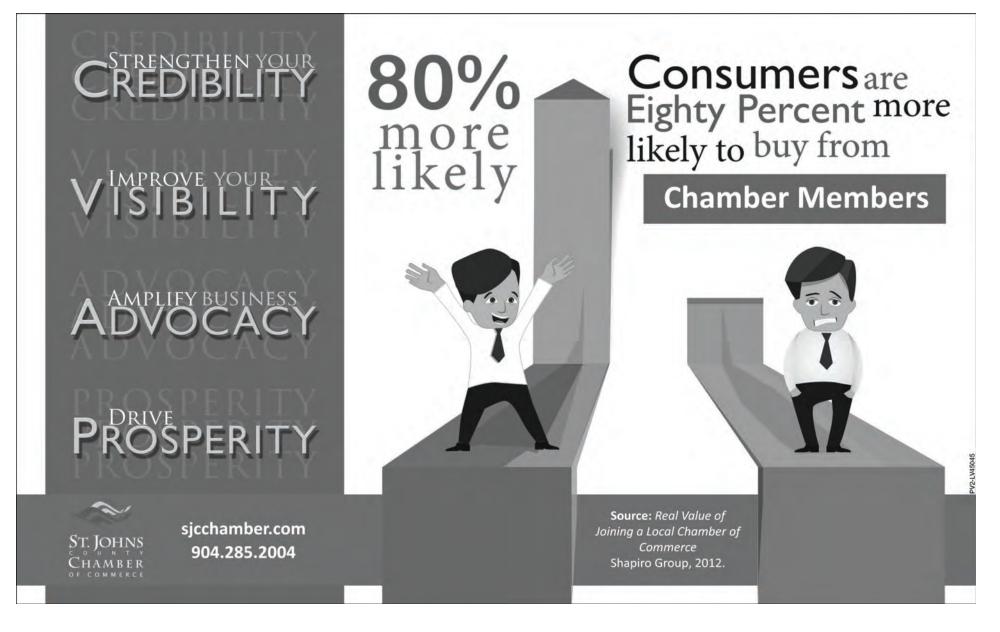
Prior to joining Florida Network Realty, Romano

spent eight years at Jacksonville-based Acosta, where she served as the firm's senior communications manager, supporting teams charged with driving greater sales and market share for consumer product manufacturers across the U.S. Her experience in strategic communications planning, branding and marketing are in immediate alignment with the needs of those looking to buy or sell in today's fast-paced real estate market.

Before joining Acosta, Romano served as an assignment manager for First Coast News, where she spent 10 years. In this role, she was entrenched in daily news coverage throughout Northeast Florida. Her tenure with this local news agency afforded Romano the opportunity to become familiar with the unique characteristics of each of the area's neighborhoods.

For more information, call Romano at (904) 813-6923, email Kim@FloridaNetworkRealty. com or Kim@CoastalKim.com, or visit CoastalKim.com.

The Ponte Vedra/Nocatee office is located at 333 Village Main Street, Suite 670.





The Law Office of Suzanne Worrall Green, PA

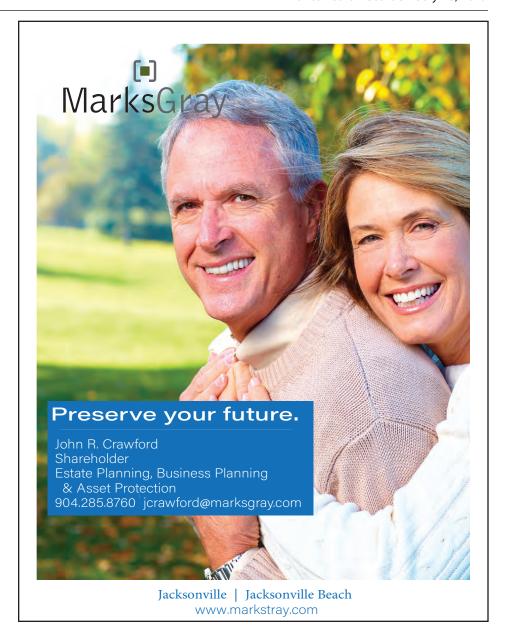
Integrity. Compassion. Results.



Sharon Bass • Erin Bowden • Suzanne Green

Marital and Family Law • Estates, Trusts & Probate Litigation and Mediation

904.280.8770 105-B Solana Rd • Ponte Vedra Beach, FL 32082 www.SuzanneWGreenLaw.com



Janet E. Johnson, P.A.

Criminal Defense Attorney



anet Johnson is committed to aggressively defending people accused in all J criminal matters in state and federal court. In practice since 1994, she is a member of the Florida Bar, The Federal Bar, Colorado Bar, as well as the Florida Association of Criminal Defense Lawyers. She has been on the faculty of FACDL "Blood, Breath & Tears" annual DUI seminar. Ms. Johnson has been awarded the AV preeminent rating $^{\text{\tiny{TM}}}$ from Martindale-Hubble $^{\text{\tiny{(8)}}}$ and was named a fellow to the prestigious Litigation Counsel of America[™], as well as one of the ten best criminal defense attorneys nationally for client satisfaction by the American Institute of Criminal Law Attorneys. She also appears as a legal commentator on CNN and HLN.

Areas of criminal law that are handled by Janet Johnson:

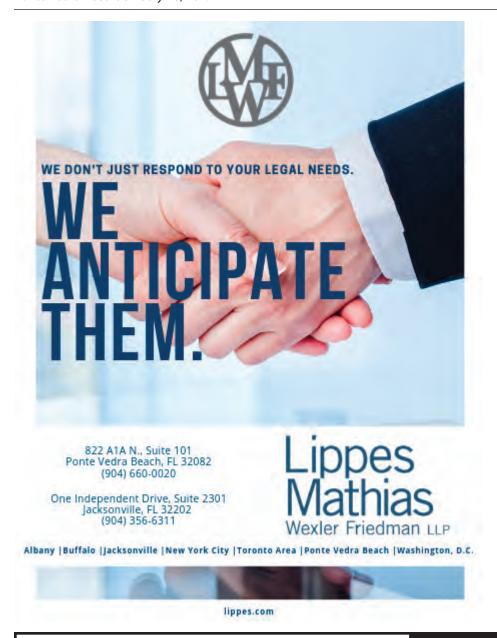
• DUI Defense • Federal Cases • Robbery/Burglary • Assault & Battery • Juvenile Cases • Domestic Violence • Sex Offenses • Child Abuse/Exploitation • Health Care Fraud • Drug Trafficking/Possession • Shop-Lifting • Probation Violations • White Collar Crime

Please call our office for a free initial consultation.

3219 Atlantic Blvd., Jacksonville, FL 32207 904.634.8991

janetejohnsonlaw.com

The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.





If you are facing charges, have been contacted by law enforcement or need legal advice please call: (904) 396-3335

1830 Atlantic Blvd., Jacksonville, FL 32207 mitch@jacksonvilledefense.com







www.JacksonvilleDefense.com



A boutique law firm representing clients in family and criminal law matters.



Here at Zisser Law our qualified legal team is dedicated to your specific case. Elliot Zisser is a Florida Board Certified Marital and Family Law attorney who deals with complex financial, custodial, business, and valuation issues. Mr. Zisser is also a former Florida Chapter President of the American Academy of Matrimonial Lawyers who frequently lectures on important family law matters. Barry Zisser has achieved several awards in Family Law due to his experience gained through his many years of practice. Jonathan Zisser practices significantly in criminal defense and family law, as well as the areas in which those issues intersect. Katherine Johnson and Joseph Alvarez have a strong focus in family law, all while bringing compelling energy and a resilient work ethic to Zisser Law. Please visit www.zisser.net or gives us a call at (904) 353-3222 to see how we can help you today.

Beaches Museum features Florida's Highwaymen lecture

Author Gary Monroe presented talk about African American landscape painters

By Amber Lake

The Beaches Museum hosted author Gary Monroe on July 11 to speak about his work writing about and interviewing the African American Florida landscape painters known as the "Highwaymen." The paintings, which were sold door-todoor from the 50s through the 80s, have recently become recognized as indigenous Florida art and celebrated throughout the country.

Monroe's book, "The Highwaymen: Florida's African-American Landscape Painters," first recognized the art form, launching the overlooked painting technique cultivated by the Highwaymen into the mainstream art world.

The technique was a blend of a fast painting styles representing Florida's natural landscapes. It was created when trying to paint as quickly as possible in order to have more product that, in turn, could be sold cheaply up and down the coast of Florida.

"What they didn't bargain for, and they couldn't, is that inadvertently in their quest to make more money and rush paintings out, bastardized the cherished concert of romantic landscape painting, and I argue, to arrive and fresher more relevant form for the time they were painting (in)," Monroe said.

The paintings, which are now being





purchased by art collectors across the county for thousands, originally sold for about \$25 dollars apiece. They often feature vivid orange sunsets, turbulent beaches, Royal Poinsettia trees and

ABOVE: Gary Monroe presents a lecture about Florida's Highwaymen artists. The event was held with support from the Florida Humanities Council and the National Endowment for the Humanities July 11 to a packed house at the Beaches Museum.

LEFT: The Beaches Museum is currently displaying a large Highwayman piece in its main building.

Photos by Amber Lake

palms bending under the force of the wind. The Highwaymen (and one woman) painted with oils, "intuitively and

HIGHWAYMEN continues on Page 33

Presenting Sponsor LIVE ON STAGE! JUNE 12 - JULY 28

UPCOMING SHOWS

MAMMA MIA!

August 7 – September 15

BRIGHTON BEACH

Sept. 18 – Oct. 13

JEKYLL & HYDE Oct. 23 - Nov. 24



904-641-1212 | alhambrajax.com Just 5 minutes from Town Center! 12000 Beach Boulevard

EMMA announces concert schedule for 41st season

EMMA Concert Association recently announced the schedule for the EMMA Concert Series' 41st season in the Oldest City. EMMA is a nonprofit, all-volunteer organization that features high-quality music and dance performances such as the Gainesville Orchestra and Dance Alive National Ballet at Flagler College's Lewis Auditorium.

The organization's original name was Emil Maestre Music Association. Started in 1979 by a small group of music lovers, among them Frieda Bringmann and Irene and Peter Allemano, the organization was named after famous Spanish cellist, Emil Maestre, who retired to St. Augustine. EMMA was incorporated in September of the same year. Since then, EMMA has committed to 41 years of offering quality music and dance performances.

The 2019-2020 season lineup

(All performances are 7:30 to 10:30 p.m. unless otherwise noted.)

- Saturday, Sept. 21 Neil Berg's '50 Years of Rock and Roll'
- Sunday, Oct. 6 (3 to 5:30 p.m.) Hollywood Concert Orchestra "Night at
- Wednesday, Dec. 18 Holiday Pops with Jacksonville Symphony Orchestra
- Saturday, Jan. 25 Glenn Miller Orchestra
- Saturday, Feb. 8 Russian State Symphony Orchestra
- Saturday, March 14 Dance Alive National Ballet "A Midsummer Night's Dream"

EMMA continues on Page 34



Ponte Vedra Recorder · July 18, 2019



Ponte Vedra Beach artists, from left, Patricia Daly-Lipe, Susanne Schuenke, Francesca Tabor-Miolla and Pamela Walker Hart have works on display at the National League of American Pen Women Jacksonville Branch "Visions & Verses" exhibit through July at the Jewish Community Alliance in Jacksonville.

Beaches artist show works at Jewish Community Alliance

The National League of American Pen Women, Jacksonville Branch has a collaborative art exhibit featuring works of artist and writer members on display through July at the Jewish Community Alliance in Jacksonville.

"Visions & Verses," which includes more than 30 paintings and photographs, is free and open to the public Monday through Thursday, from 5:30 a.m. to 9:30 p.m.; Fridays from 5:30 a.m. to 5 p.m.; and Sundays from 8 a.m. to 6 p.m. Many of the works are by Beaches artists, and most of the works are available for purchase. The JCA is located at 8508 San Jose Blvd. A driver license is required for entry.

For more information, call (904) 730-2100.



Photos by Maggie FitzRoy

Ponte Vedra Beach artist Francesca Tabor-Miolla is one of several Ponte Vedra Beach artists who have works displayed at the exhibit.

Highwaymen

Continued from 32

impulsively," without first using a grid or penciled under drawings. The paintings were often painted on "Upson" board, which is traditionally used for roof sheeting and framed with crown molding. The art would sit stacked in the trunks of their cars, often still wet, to be sold up and down A1A and U.S. 1 during the height of the Civil Rights era. The artists, who were self-taught from Fort Pierce, faced many obstacles making art rather than picking oranges or tomatoes in the fields.

"It was a rough place, segregation was alive and well," Monroe said. "It was not a land of opportunity. For Fort Pierce particularly."

Monroe, who is a native visual arts professor from Miami, retells the story of the Highwaymen through personal anecdotes and in-person interviews. After the publication of his book, the artists have been nominated into the Florida Artists Hall of Fame and have become a measure of Florida indigenous art.

"It's not a testimony to my writing whatsoever, there is something about the paintings that is genuine," Monroe said. "And it struck a chord. It's a stripped-bare aesthetic, there is no artifice. There is no decoration."

Prior to the national critical acclaim of the work, many viewed the paintings negatively, seeing them as mediocre or factory-produced, "motel art." Monroe sees the paintings' production method and style as intrinsic to Florida's heritage, however.

"I understand why people call it motel art," Monroe said. "It's derogatory but it's perfect. What characterizes Florida better than the motels where these paintings are being made?"

Dr. Seuss, Dalí share gallery space in St. Augustine

By Daniela Toporek

On Friday, July 5, St. Augustine's Cutter and Cutter art gallery launched a new exhibit, featuring the surreal art of Salvador Dalí. The exhibit is accompanied by a surprising Ted Geisel exhibit that displays his "secret work," a world beyond his children's books, similar to the works of Dalí. Ted Geisel, by the way, is critically acclaimed American children's book author. Dr. Seuss.

"We have three different collections for the Dalí exhibit," said co-owner, Mark

The main Dalí collection for the exhibit opening was the Argillet Collection, according to Mark's brother, Matthew Cutter, who also co-owns the gallery with his family

"He (Pierre Argillet) was a publisher of Salvador Dalí," Matthew said. "There are not a lot of hands that have touched this collection, so it's pretty sweet."

The exhibit displays sketches and paintings illustrating Dalí's ideas, of what he thought the future of art and technology would bring, specifically shown in his 'Imagination of Objections of the Future' series.

The Dr. Seuss exhibit is a collection of

Ted Geisel's classic illustrations, sculptures, taxidermy mounts, political cartoons and unexpected paintings from his "secret art" collection.

Original sketches of classics such as "The Cat in the Hat," "Yertle the Turtle," "The Lorax," and others bring a comforting feeling of nostalgia to those who read the books as a child.

"Read them again (and see) how extremely vital they are to who we are as human beings," said Madeline Kisting, who works for Chase Art Group, the exclusive art representative for The Art of Dr. Seuss. "If everyone understood, "The Sneetches," we'd all love each other. If Congress would read "Yertle the Turtle" again, we wouldn't have any problems, you know?"

Geisel's political cartoons depicted issues that are still universally discussed today, such as the portrayal of political parties in his "Talk, talk, talk." comic or, "The Knotty Problem of Capitol Hill... Finding a way to raise taxes without losing a single vote," which speaks for itself.

But what really stood out were the vibrant and unexpected paintings from Dr. Seuss's late-night art sessions. Ted Geisel's "secret art" showed a different

GALLERY continues on **Page 35**





ABOVE: The Cutter family, Mark, Matthew (from left), Sonya and Len launched the opening of their gallery's Salvador Dali and Dr. Seuss exhibit on July 5 in the St. Augustine location.

LEFT: Salvador Dali's exhibit featured five sketches of his series, "Imagination of Objects of the Future," depicting new inventions and concepts that he predicted could be invented during his time.

Photos by Daniela Toporek

Hot Weather Brings out these COOL Listings!



EPPING FOREST YACHT CLUB

2 BR | 2 BA | 2000 SF | \$644,000



THE PLANTATION GOLF & CC 4 BR | 5 BA | 4949 SF | \$1,340,000



THE PALMS AT NOCATEE EAS



PONTE VEDRA BY THE SEA ESTATES

4 BR | 4 BA | 4002 SF | \$1,029,000





CIMARRONE COUNTRY CLUB 3 BR | 2.5 BA | 2351 SF | \$419,900



PONTE VEDRA EAST

4 BR | 3 BA | 3738 SF | \$959,000



PARADISE PRESERVE - ATLANTIC BEA 4 BR | 3.5 BA | 2989 SF | \$447.500



Patti A. Armstrong, LLC REALTOR® 904.502.6160 | pattiAArmstrong@icloud.com

Ponte Wedra Club Realty

e Vedra Boulevard, Ponte Vedra Beach, FL 32082 | Office 904.285.6927 • Fax 904.285.5218 • www.pvclubrealty.com



PONTEXVEDRA CONCERT HALL

1050 A1A NORTH * PONTE VEDRA BEACH, FLORIDA 32082

DON MCLEAN & HIS BAND

JOHNNYSWIM

OMD (ORCHESTRAL MANOEUVRES IN THE DARK) AUGUST 30

DON FELDER

MARTY STUART

STEVEN PAGE

WYNONNA & THE BIG NOISE

ACOUSTIC ALCHEMY

HERE COME THE MUMMIES

THE FAB FOUR
"THE ULTIMATE BEATLES TRIBUTE"

MASON JENNINGS

JOHN OATES The good road band

RODNEY CROWELL

OVER THE RHINE

AL STEWART

TOM PAPA

JIMMY WEBB

STEEP CANYON RANGERS

LEE ANN WOMACK

WWW.PVCONCERTHALL.COM



As part of EMMA Concert Series' 41st season, Glenn Miller Orchestra will perform on Jan. 25.

Continued from 32

■ Saturday, April 11 — Gainesville Orchestra

The Flagler College Lewis Auditorium

is located at 14 Granada Street in downtown St. Augustine. Single ticket prices range from \$5 for child and student tickets to \$40 for adults.

To purchase tickets, visit emmaconcerts.com, call (904) 797-2800 or email EMMAinfo@bellsouth.net.



Providing reliable and honest air conditioning and heating services to all makes and models.

- \$49.00 Summer Tune up Special
- FREE Service Call with Repairs
- 24 Hour Service (no overtime rate)
- FREE Estimates on New Equipment Installations
- \$199 Whole House Duct Cleaning Special (up to 12 vents & duct sanitizing)

(904) 292-0636 - www.keepingjacksonvillecool.com

TUSCANY MEETS COASTAL CONTEMPORARY IN RIVER MARSH



River Marsh where "a river runs through it, is PONTE VEDRA'S BEST KEPT SECRET! This splendid home is spacious with over 4500 sq. ft., 4 large bedrooms and 3.5 bathrooms, the perfect family home. Expansive living spaces overlook the outdoor terraces with majestic oak trees, great for entertaining! Step inside 169 River Marsh and experience a charming Tuscan home that blends Old World design with coastal contemporary furnishings that are simply stunning! Built like a fortress with concrete block construction the owners from Italy created a storm proof home that is quiet on the inside and insulated to ensure very low electric bills. Launch your Kayak on the river from the River Marsh Pier, bicycle to the beach and enjoy Ponte Vedra living, simply the best! \$995,000

DEDICATED TO EXCELLENT RESULTS



2016 Leading Edge Society Member - Top 7% Janet Westling, REALTOR*, GRI, CIPS 904.813.1913 Cell

www.janetwestling.com Janet.Westling@bhhsfnr.com





Ponte Vedra Recorder · July 18, 2019





ABOVE: Executive director and artist manager at Chase Art Group, Madeline Kisting, speaks to gallery guests about the importance of Dr. Seuss and how his work reflected not just the realities of his time, but of our very own.

Gallery

Continued from 33

perspective from Dr. Seuss. He combined his imaginative characters and transported them into Dali's world of surrealism, with unique shapes, concepts and colors, like in his painting, "The Great Cat Continuum," that's hung at the gallery, opposite of Dalí's work.

Len Cutter and his wife, Sonya, opened Cutter and Cutter art gallery alongside their sons, Matthew and Mark Cutter, 21 years ago. Len said that his family-owned gallery was the first to feature the two artists together with their work side-by-side and that a month from now, the same exhibits will move to the Cutter and Cutter art gallery in Ponte Vedra Beach.

"For this show to be in Ponte Vedra Beach, this is worthy of a drive or a walk to see it," Len said. "If this were in New York, Boston or Chicago, people would fly in to see it, but it's happening here first."

The Dali and Dr. Seuss exhibits will be in St. Augustine until July 28. The exhibits will move to Ponte Vedra later this year.



Exhibit opening attendees examine some of Dr. Seuss's political cartoons.



ABOVE: Dr. Seuss (or Ted Geisel)'s "The Great Cat Continuum," shows similar surreal characteristics to Dali's more elaborate paintings hung in museums all over the world.

LEFT: Salvador Dali has multiple sketches and paintings involving the Spanish tradition of bullfighting as an ode to Pablo Picasso, who admired the "sport."

Photos by Daniela Toporek



"The best way to spend a Thursday night in St. Augustine."



Thursdays / 7pm to 9pm May 30 - August 29 in the Plaza de la Constitución's Gazebo in historic downtown St. Augustine.

Now in its 29th year, St. Augustine's free music series serves up some of Northeast Florida's best musical entertainment every week all summer long.

For schedule information visit www.CityStAug.com/Concerts and get weekly reminders at www.Facebook.com/CityStAug

Alcoholic beverages are prohibited in the Plaza.



Concerts in the Plaza is a free cultural event presented by the City of St. Augustine.

Send us your art news! pvrecorder @opcfla.com



36 SPORTS Ponte Vedra Recorder · July 18, 2019

THURSDAY, JULY 18, 2019 • PAGE 36

Send your sports news to pvrecorder@opcfla.com

www.PonteVedraRecorder.com

Big kings mean Big bucks

\$186,000 total payouts on the line in Greater Jacksonville Kingfish Tournament

By Christine Rodenbaugh

The Greater Jacksonville Kingfish Tournament kicked off Monday, July 15 with Junior Tournament registration, and hundreds of teams entered in the general tournament headed out this morning in search of a "smoker" king mackerel. There are two ways to win grand prizes — first place for largest fish is a boat, motor, trailer package, and first place two-fish aggregate is \$10,000 cash. Getting a big fish to the scales on the first day of fishing takes a bit of the pressure off for day two. Even teams with big a fish on Thursday face the challenge of going out on Friday to find another big king to add to their aggregate or to hold a top spot in the largest fish category.

On Tuesday, junior angler Shane Cannady on the boat named Ruff'n It weighed an impressive 54.85-pound kingfish to win the 2019 Junior Angler title. Second and third place fish were 46.58 and 40.85 respectively. The general tournament should see some big fish this

In 2018, Team Fountain won the largest fish category with a 46.5-pound king weighed in just before lightning closed the scales. If the results of the Ancient City Game Fish Association's Kingfish Challenge in late June are an indicator, it's going to take a 50-pounder to take the top spot. King's Full had a 52.47 and a 46.54 to win the aggregate prize with a total of 99.28 pounds. Another 50 — 53.38 to be exact —was weighed by Salt Therapy, who ended up in fourth place with a 71.16 aggregate.

There were three 40-pounders and 20 kings in the 30-pound range caught in the Kingfish Challenge. Ocean conditions are forecast to be better for the Greater Jax than they were for the Challenge. Thursday and Friday seas should be 2 to 3 feet off Jacksonville with winds at 10-15 knots. Thursday night there is a slight

chance of showers and Friday a slight chance for thunderstorms. With good weather, expect big fish at the scales.

Team Fountain's Clayton Kirby has five aggregate titles under his belt at the Greater Jax, and won the Southern Kingfish Association's National Championship in 2014. A back-to-back win is rare, but if Team Fountain is on the water, they're definitely a team to watch.

Weigh-in is open to the public at Jim King Park and Boat Ramp at Sisters Creek beginning at 3 p.m. both days. The site opens at 2 p.m. with activities including the Food Festival, Liars' Tent, live entertainment, exhibitors, boats on display and shopping at the Boatique. For more information, visit www.kingfishtournament.com.

FUTURE KINGFISH TOURNAMENT CHAMPIONS

Junior anglers are the future of the sport and Ponte Vedra residents Keith and Katherine Wilson include their kids in tournament kingfishing. Both children attend Ponte Vedra Christian Co-op — Keith is a sixth-grader and Savanna is going into third grade.

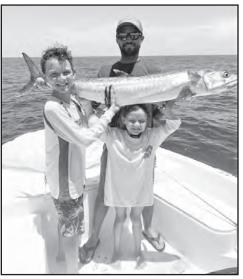
"I got sixth place in the Kingbuster out of 187," Savanna said. "I won a kayak."

Her brother, Keith, is the third-place winner of record of the Ancient City Game Fish Association's Kingfish Challenge junior tournament. But the siblings share credit for the 29.55-pound king mackerel that put them on the leader-

The family fishes on a boat they named Hakuna Matata. Sometimes work schedules don't mesh with tournament schedules. They fished the Kingbuster and Kingfish Challenge, but work obligations kept the team off the water for Greater Jax. That's OK. Keith and Savanna have a few more years to hone their skills before we look for them at the top of general tournament leaderboards.



Savanna Wilson, a third grader at Ponte Vedra Christian Co-op, learns casting methods from Richie Van Kirk at the Ancient City Gamefish Association Kids' Clinic at Camachee Cove in June. Kingfish tournament organizers understand that youth are the future of the sport. Larger tournaments incorporate junior divisions and kids' activities into the event to encourage families to fish together.



Brother and sister Keith and Savanna hold up the 29.55-pound king mackerel they caught during the Ancient City Game Fish Association's Junior Challenge with their dad, Keith Wilson on the Hakuna Matata. The juniors placed third in their division in the June 28 tournament.



Matthew Padgett, 9, learns to throw a cast at the ACGFA Kids' Clinic in June. Matthew has been a top contender in past Junior Backwater Challenge events but had never caught a kingfish. He put a 10.5-king on the board in the 2019 Junior Kingfish Challenge.

Private Party Line Rates

- \$14.00 1 week \$23.00 2 weeks
- \$31.00 3 weeks \$37.50 4 weeks Add lines \$2.15 each

(Couches, TV's, Beds, Household Items, Etc.)

Commercial Line Rates

- \$22.50 1 week \$39.00 2 weeks
- \$55.50 3 weeks \$70.00 4 weeks Add lines \$2.15 each

(Animals, Cars, Renting or Selling a Home or to Advertise Your Business or Services)

CLASSIFIED RATES 2019

All Line Ads are 4 lines, 20 to 25 Characters Per Line. *Additional Lines Can be Purchased *All Rates Are NET

Message to Advertisers: All ads are non-refundable. Please check your ad copy the first week of publication. We will only apply credit for the first run and credits are subject to approval by the Publisher. If ad is cancelled prior to first insertion, cancellation must be made by the classified deadline of Wednesday by 3pm. Ads must comply with Federal, State or local laws. We are not responsible for ad content. Ads are subject to approval by the Publisher.

Employment Spotlight/Real Estate

1x2 (2"x2") \$40.50/1 wk • \$70.00/2 wks. • \$100/3 wks. 1x3 (2"x3") \$61.50/1 wk. • \$112.00/2 wks. • \$150.00/3 wks. 2x2 (4"x2") \$82.00/1 wk. • \$153.00/2 wks. • \$200.00/3 wks. 2x3 (4"x3") \$123.00/1 wk. •\$225/2 wks. • \$300/3 wks.

Business & Worship Directory

1.5 x 2 \$55.00/month 1.5 x 4 \$96.52/month 1.5 x 6 \$149.52/month

Rate Guide for: The Recorder

www.pontevedrarecorder.com

CLASSIFIED LINER DEADLINE **MONDAY NOON**

CALL APRIL SNYDER 904-285-8831 ext. 3937 CLASSIFIED DISPLAY DEADLINE **FRIDAY 5PM**

RECORDER FAX # 904-285-7232



Business Services

DIVORCE, WILLS, Evictions Starting at \$65. 1-Signature Divorce orMissing Spouse Divorce! Serving Since 1992. Info!1-800-973-6698

Financial Service

Financial Benefits for those facing serious illness. You may qualify for a Living Benefit Loan today (up to 50 percent of your Life Insurance Policy Death Benefit.) Free Information. CALL 1-844-686-5742

Behind on your MORTGAGE? Denied a Loan Modification? Denied a Loan Modification?
Bank threatening foreclosure?
CALL Homeowner Protection Services now! New laws are in effect that may help. Call Now 1-844-720-2118

DIVORCE, WILLS, Evictions Statuting at \$65. 1-Signature Divorce orMissing Spouse Divorce! Serving All Florida Since 1992. Free Info!1-800-973-6698

Over \$10K in debt? Be debt free in 24-48 months. Pay a fraction of what you owe. A+ BBB rated. Call National Debt Relief 1-855-959-7825

Unable to work due to injury or illness? Call Bill Gordon & Assoc. Social Security Disability Attorneys FREE Evaluation. 1-855-399-1237 Mail: 2420 N St NW, Washington DC Office: Broward Co. FL., Mbr. TX/NN

Legal Service

Unable to work due to injury or illness? Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE Evaluation. Local Attorneys Nationwide. 1-855-399-1237! (Mail: 2420 N St NW, Washington Office: Broward Co. FL., TX/NM Bar.

DIVORCE, WILLS, Evictions Starting at \$65. 1-Signature Divorce orMissing Spouse Divorce! Serving Florida Since 1992. Free Info!1-800-973-6698

Health Service/ Medical

Lung Cancer? And Age 60+?You and Your Family May Be Entitled to Significant Cash Award. Call 1-855-635-9214 for Information. No Risk. No Money Out of Pocket.

FDA-Registered Hearing Aids. 100% Risk-Free! 45-Day Home Trial. Comfort Fit. Crisp Clear Sound. If you decide to keep it, PAY ONLY \$299 per aid. FREE Shipping. Call Hearing Help Express 1-877-442-6921

Health Service/ Medical

Brand New Inogen One G3 or G4 Deeply Discounted. Includes Cannula, Carrying Case, Home/Car Chargers, Manual, & 3-Year Warranty. Won't Last Long. Call for Pricing at (813) 280-1867.

SAVE ON YOUR NEXT PRE-SCRIPTION! World Health Price Match Guarantee! Prescrip tions Required. CIPA Certified. Over 1500 medications available. CALL Today For A Free Price Quote 1-844-751-4067 Call Now!

Diagnosed with LUNG CANCER in the past 2 years? Were you an INDUSTRIAL or CONSTRUCTION TRADESMAN? You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 877-638-5582 for your risk free consultation.

Medicare doesn't cover all of your medical expenses. A Medicare Supplemental Plan can help cover costs that Medicare does not. Get a free quote today by calling now. "Hours: 24/7. 1-800-866-3027

Get Your Medical Marijuana Card. Call today to qualify. ST. Augustine 904-299-5300. Gainesville 352-306-0220.Orlando 407-755-1022, Tampa 813-756-0091 321-247-7667 FT. Myers 239-236-5311

Health Service/ Medical

Do you use a CPAP machine for sleep apnea? Get your FDA approved CPAP machine and supplies at little or no cost!Free sleep supplement and sleep guide included! Call 844-359-1121

DENTAL INSURANCE. Call Physi cians Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 855-404-2263 or http://www.dental 50plus.com/cpf Ad# 6118



Medical Supplies

We have Clinics STATEWIDE. Medical Marijuana Clinics. call today! Call 1-833-420-0421

NEXT PRESCRIPTION!

World Health Link. Price Match Guarantee! Prescriptions Required. CIPA Certified Over 1500 medication 1-844-751-4067 Call Now!

Medical Supplies

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Store: Concentrator 855-900-4795

Attention Viagra users: Generic 100 mg blue pills or Generic 20 mg yellow pills. Get 45 plus 5 free \$99 + S/H. Guaranteed, no prescription necessary. Call Today 1-855-594-6030

Lung Cancer? Asbestos exposure may be the cause. \$30 billion set aside for asbestos victims. Call 1-619-485-4372 or email cancerFL @breakinginjurynews.com

Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 855-397-7056

Health, Beauty & / Fitness Aids

DENTAL INSURANCE from Physicians Mutual Insurance Compa-NOT just a discount plan, REAL coverage for [350] procedures. Call 1-855-404-2263 for details. www.dental50plus.com/c pf 6118-0219

Satellite Sales & Service

Spectrum Triple Play! TV, Internet & Voice for \$99.97/mo. Fastest Internet. 100 MB per second speed. Free Primetime on Demand. Unlimited Voice. NO CONTRACTS. Call 1-877-279-4652 or visit http://triplepla ytoday.com/cpf

Improvements

AFFORDABLE NEW Beautify your home! Save on monthly energy bills with beautiful NEW SIDING from 1800Remode!! Up to 18 months no interest. Restrictions apply 1-855-361-3532

Pool Service

FIBERGLASS POOLS. Do it vourself kits. Factory Direct. Save \$1000's \$\$\$ Pool and Equipment kits Starting @ \$9,995.00. Call 727-202-5777

Garage, Yard & Estate Sales

ESTATE SALE BY **FAYE & ASSOCIATES**

Marsh Landing Estate Sale July 26 & 27 from 9 a.m.- 3 p.m. Beautiful house and furnishings See estatesales.net for pictures & details

Antiques / Collectibles

BUYING! OLD VINTAGE-Audio Equipment - HAM Radios -Vacuum Tubes - Guitars 904-679-4646 www.cash4audio.com

Schools /

AVIATION CAREERS - Hands on training for career opportunities inaviation, manufacturing and more. Financial aid for qualified students. Jobplacement assistance. Call AIM 866-314-5838

AVIATION CAREERS - Hands on training for career opportunities in aviation, manufacturing and more. Financial aid for qualified students. Job placement assistance. Call AIM 866-314-5838

Sell More

PLACE AN AD

Worship DIRECTOR' To advertise in the Worship Directory call April at 904-285-8831



Building a new sanctuary to serve God and our Community

Sunday service at 9:45 a.m.

Join us for services!

276 N. Roscoe Blvd., Ponte Vedra Beach (904) 285-5347 • www.LordofLifePVB.org



Sunday Worship

7:45, 9:00, 11:15 a.m., 5:00 p.m. Church, 9:00 Chapel, 9:00, 11:15 a.m. Contemporary 10:15 a.m. Christian Formation Nursery available

Misa en Español

Domingos 12:45 p.m. Almuerzo 12 - 12:40 p.m.

904-285-6127

400 San Juan Drive, Ponte Vedra Beach christepiscopalchurch.org



Hodges Campus 4420 Hodges Blvd.

Wednesdays

6:30pm Sundays 9:00 and 10:30am

Nocatee Campus Meeting at Valley Ridge Academy

105 Greenleaf Dr. Sundays 9:30 and 11:00am

chetscreek.com

38







FREE CONSULTATION AND \$200 OFF WHEN YOU MENTION THIS AD!

MURPHY BEDS HOME OFFICES | CLOSETS

904.823.9255
MURPHYBEDDEPOT.COM
6370 US HIGHWAY I N, BUILDING I
ST. AUGUSTINE, FL 32095





Meet our senior care pharmacist, Anna Nguyen Moyer, Pharm.D., BCGP

\$49

* Bluebird Essential Facial

Must book by 7/31/2019

Quiet, Comfortable Space · Luxurious, Organic Products

904.600.4099



145 Hilden Rd., Ste 102, Ponte Vedra, FL www.bluebirdpharmacy.com







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.

Readers have nominated their favorite business, organization, professional and more in various categories online.

Online voting continues through July 20. Readers can vote

Online voting continues through July 20. Readers can vote for their favorite business in each category once per day.

Help your favorites win!

www.pontevedrarecorder.com/bestof



Not your average newspaper, not your average reader

COVERING THE BEST CITY IN FLORIDA

Pleasingly Affordable

- ☐ One-Year Subscription \$35
- ☐ 6-Month Subscription \$20



For fastest service, call 904.285.8831

*At the end of your subscription, you will be automatically renewed at our renewal prices then in effect. A bill will be sent at the end of your subscription term. Cancel at anytime for a 100% refund on unmailed copies.



Help Wanted Full-Time

Natural Life Collections, Natural Life is hiring a Marketing Specialist to assist the marketing team in creating on-brand, inspiring, and informative content (photos and videos) that bring natural life products to life. Work closely with socia marketing and ecommerce market ing teams to ensure content matche the brand identity and supports product strategy. Support digital and social marketing teams with posts that help prospect new and engage current followers. Assist producing, coordinating and directing photo shoots, taking and editing off-site and lifestyle imagery. Organize thephoto shot list and coordinate models as needed. This includes sourcing, vetting and booking models, locations/sets for lifestyle photo shoots. Work closely with the product development and e-commerce team manage creative/photo queue based on priorities. Collaborate with product development, marketing & ceo to create and maintain brand standards for photography by format group and/or story. Collaborate with the marketing team to conceptualize photo styling, including background and prop ideas for each photo shoot Manage the storytelling behind each creative asset to ensure it is clear, concise, on brand and true to the specific social vertical. Monitor kevmoments and current trends and identify ways for the creative team to leverage current topics of interest as part of content development. Education Required:Bachelor's degree required in communication, marketing fashion or related field. Job Location 820 A1A N, Suite W-4, Ponte Vedra Beach, FL 32082

Mail resume to Natural Life, at the address provided above.

Help Wanted Full-Time

Help Wanted. Assemble CD Cases from Home. No Experience Necessary. Call our Live Operators Now! 1-800-537-6133 Ext 550. Americancottagecrafts.com



Autos For Sale

CASH FOR CARS! We buy all cars! Junk, high-end, totaled it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-833-238-0340

A-1 DONATE YOUR CAR FOR BREAST CANCER! Help United Breast Foundation education, prevention, & support programs. FAST FREE PICKUP - 24 HR RESPONSE TAX DEDUCTION 1-855-758-6966

DONATE YOUR CAR FOR BREAST CANCER! Help United Breast Foundation education, prevention, & support programs. FAST FREE PICKUP - 24 HR RESPONSE

TAX DEDUCTION 1-855-758-6966 Miscellaneous

Got an older car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1- 855-401-1378

KILL ROACHES - GUARANTEED!
Buy Harris Roach Tablets. Odorless,
Effective, Long Lasting. Available:
Hardware Stores, The Home Depot,
homedepot.com

MEDICAL MARIJUANA. Call for Statewide Locations. 1-833-420-0421

Miscellaneous

Denied Social Security Disability? Appeal! If you're50+, filed for SSD and denied, our attorneys can help get you approved! Nomoney out of pocket! Call 855-50-4744

Make a Connection. Real People Flirty Chat. Meet Singles right now! Call LiveLinks. Try it FREE Call NOW: 855-334-7726

DENTAL INSURANCE. Call Physicians Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 855-404-2263 or http://www.dental50plus.com/cpf Ad# 6118

liminate gutter cleaning forever! Leaf-Filter, the most advanced debrisblocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off and 0% financing for those who qualify. PLUS Senior & Military Discounts. Call 1-866-287-4769

Book Your Flight Today on United, Delta, American, Air France, Air Canada. We have the best rates. Call today to learn more 1-866-449-3539

ENJOY 100 guaranteed, delivered to-the-door Omaha Steaks! SAVE 75 PERCENT - PLUS get 4 FREE Burgers! Order The Family Gourmet Feast - ONLY \$49.99. Call 1-844-275-9596 mention code 55586EXE or visit www.omahasteak s.com/excellent13

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-855-972-5518

Dealing with water or fire damage requires immediate action. Local professionals that respond immediately. Nationwide and 24/7. No mold calls. Call today! 1-855-298-3486

Miscellaneous

Ehrlich Pest Control Experts: providing pest control solutions since 1921. Protect your home from termites, ants, spiders, fleas, roaches and more, 365 days a year! Call 1-877-801-2214 to schedule your FREE Pest Inspection.

ENJOY 100% guaranteed, deliver ed-to-the-door Omaha Steaks! SAVE 77% PLUS get 4 FREE Burgers! Order The Happy Family Feast - ONLY \$49.99. 1-844-275-9596 mention code: 48269ZLH or visit www.omahast eaks.com/dinner48



CLASSIFIEDS

THE SOURCE MOST RELIED ON FOR INFORMATION ABOUT FURNITURE AND HOME FURNISHINGS!

1102 A1A N., Unit 108 Ponte Vedra Beach, FL 32082 904.285.8831

LUNG CANCER? Call Now

Asbestos exposure at refineries, shipyards, chemical plants, power plants, pipelines, on ships, offshore rigs, or other maritime jobs, industrial, construction, manufacturing jobs, or the military may be the cause. Family in the home were also exposed. Throat, Stomach, and Colon cancers may also be asbestos related.

Call 1-619-485-4372

or email <u>cancerFL@breakinginjurynews.com</u> \$30 billion is set aside for asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit.



national advertising network

To inquire about placing an ad in this section, call 579-2154

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast- FREE pick up. 100% tax deductible. Call 1-800-245-0398

AIRLINES ARE HIRING- Get FAA approved hands on Aviation training. Financial Aid for qualified students - Career placement assistance. CALL Aviation Institute of Maintenance 888-686-1704

CARS/TRUCKS WANTED!!! 2002 and Newer! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

VIAGRA and CIALIS USERS! 100 Generic Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Espanol

TRUCK DRIVER TRAINEES NEEDED at Stevens Transport! Earn \$1000 per week! Paid CDL Training! No experience needed! 1-844-452-4121 drive4stevens.

CASH FOR CARS: We Buy Any Condition Vehicle, 2002 and Newer.

Nationwide Free Pick Up! Call Now: 1-800-864-5960.

MEDICAL BILLING TRAINEES NEEDED! Train at home for a career as a Medical Office Professional at CTI! 1-833-766-4511 AskCTI.com

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off and 0% financing for those who qualify. PLUS Senior & Military Discounts. Call 1-855-995-2490

Spectrum Triple Play! TV, Internet & Voice for \$99.97/mo. Fastest Internet. 100 MB per second speed. Free Primetime on Demand. Unlimited Voice. NO CONTRACTS. Call 1-877-338-2315 or visit http://tripleplaytoday.com/news

Recently diagnosed with LUNG CANCER and 60+ years old? Call now! You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 877-648-6308 today. Free Consultation. No Risk.

Siding: AFFORDABLE NEW SIDING! Beautify your home! Save on monthly energy bills with beautiful NEW SIDING from 1800Remodel! Up to 18 months no interest. Restrictions apply . Call Today 1-844-767-8735

Start Saving BIG On Medications! Up To 90% Savings from 90DAYMEDS! Over 3500 Medications Available! Prescriptions Req'd. Pharmacy Checker Approved. CALL Today for Your FREE Quote. 844-584-5104

Stay in your home longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-855-534-6198

MobileHelp, America's Premier Mobile Medical Alert System. Whether You're Home or Away. For Safety and Peace of Mind. No Long Term Contracts! Free Brochure! Call Today! 1-855-401-6993

INVENTORS- FREE INFORMATION PACKAGE Have your product idea developed affordably by the Research & Development pros and presented to manufacturers. Call 1-888-501-0236 for a Free Idea Starter Guide. Submit your idea for a free consultation.

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 888-912-4745

DENTAL INSURANCE. Call Physicians Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures.888-623-3036 or http:// www.dental50plus.com/58

ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit. Call 877-929-9587

A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 855-741-7459

DISH TV \$59.99 For 190 Channels + \$14.95 High Speed Internet.

Free Installation, Smart HD DVR Included, Free Voice Remote.

Some restrictions apply 1-800-718-1593

BECOME A PUBLISHED AUTHOR! We edit, print and distribute your work internationally. We do the work... You reap the Rewards!

Call for a FREE Author's Submission Kit: 866-951-7214



You may be eligible for VA benefits if you are a wartime veteran or the surviving spouse of a wartime veteran. Keith Dawkins, Senior Specialist for Aging Options, will discuss: overview of program benefits, eligibility requirements & how to apply for and maintain benefits.

Thursday, July 25th • 5 pm Limited Seating. Kindly RSVP for this important program!

115 Benton Lane St. Augustine, FL 904-671-0808

bentonhouse.com Assisted Living license pending







