

PONTE VEDRA RECORDER

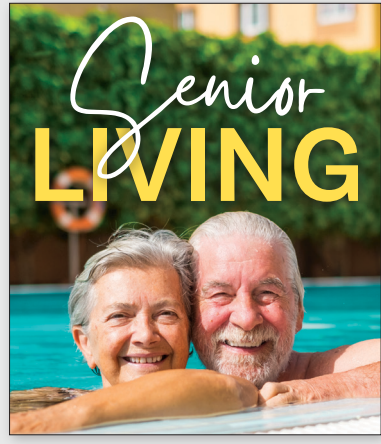
May 12, 2022
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75 cents

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PonteVedraRecorder.com



Entertainment Extra:
The TV section is back!
INSIDE



Senior Living
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Sports
Page 29



Students at The Bolles Lower School Ponte Vedra Beach Campus pledge allegiance to the flag during a recent military appreciation-themed field day. See story on page 9.

Photo by Shaun Ryan

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Send us your news

We welcome submissions of photos, stories, columns and letters to the editor. Let us know what's happening. If you have hard copies of photos you want us to feature, feel free to bring them to our office — we'll scan them and hand them right back. E-mail submissions to news@pontevedrarecorder.com or bring them by our office at **1102 A1A N., Unit 108, Ponte Vedra Beach.**



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BRIEFS

Arboretum & Botanical Gardens begins charging admission

The Jacksonville Arboretum & Botanical Gardens, which has experienced significant growth in attendance throughout the pandemic, has begun charging a \$3 admission fee per person — with members receiving unlimited visits each year.

Children 3 years or younger are admitted free. Admissions will be collected at a drive-up payment station inside the front gate. Visitors can use credit cards with Venmo, or purchase through the QR code on the entrance sign. People can also purchase a

membership online, with a membership card sent to their smartphone or laptop.

Revenue from entrance fees will help offset costs of continued improvements and educational programming as popularity of the arboretum continues to rise.

Membership levels are: individual (one named adult), \$40 a year; dual: (2 adults) \$55 a year; family (2 named adults and all children): \$70 a year.

To purchase a membership, jacksonvillearboretum.org/memberships.

BRIEFS continues on Page 3



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Briefs

Continued from 2

Nonprofit grant applications accepted by alliance

The Ponte Vedra Women's Civic Alliance is accepting applications through June 30 for their \$10,000 grant. The grant will be awarded to a 501(c)3 nonprofit organization located in St. John's County or to an organization that serves the Beaches area, including Ponte Vedra Beach, Jacksonville Beach,

Neptune Beach and Atlantic Beach.

To request an application and to review the grant guidelines go to pvwca.com.

The Ponte Vedra Women's Civic Alliance is a nonprofit organization established in 2011 to foster friendship by working together for the good of the community. The alliance awards grants yearly.

Book store owner to speak at library

Rona Brinlee will be the speaker Tuesday, May 17, for the Friends of

the Ponte Vedra Beach Library Speaker Series. The free program will be held at the library, located at 101 Library Blvd., Ponte Vedra Beach. Doors open at 6 p.m. The program starts at 6:30 p.m.

Brinlee is the owner of The BookMark book store in Neptune Beach. She and her husband purchased it in 1995 and moved it to its current location in 2010.

Brinlee earned her B.A. from Barnard College and her Ph.D. from Columbia University before moving to Jacksonville in 1980 to start the Anthropology Department at UNF.

The BookMark is known for its carefully created selections, diverse offerings and a host to best-selling authors on a regular basis. It also helps numerous book clubs in the area with recommendations.

The store is located at the corner of 1st and Orange streets in Neptune Beach. In August, the BookMark will celebrate 32 years in the beaches.

— Compiled by Shaun Ryan

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LETTER TO THE EDITOR

We must work together to help those with mental illness

To The Editor:

In America today, approximately 1 out of 5 Americans is suffering with a mental health issue; and approximately 1 in 25 adults is experiencing a serious mental illness that substantially interferes with one or more major life activities. The pandemic has further compounded the impact on mental health. Admissions to ERs have increased by 24%; the rate of suicides has increased; fatal overdoses have increased. Seventy-six percent of workers have indicated they are struggling with mental health challenges, up from 59% in 2019. Left unaddressed, the negative impact will increase. The time to act is now.

As CEOs of Wekiva Springs Center and River Point Behavioral Health, we and our staff have the privilege of serving many members of our community who are experiencing some of the most challenging times of their lives – mental illnesses that are often invisible to the casual observer in ways that physical illnesses are not. As a behavioral health industry, we must build capacity to serve the need ... attracting new providers, expanding our workforce, investing in prevention and reducing barriers to care.

May is Mental Health Awareness month, providing an opportunity for reflection and collective action to address the stigma preventing individuals from getting the care they need.

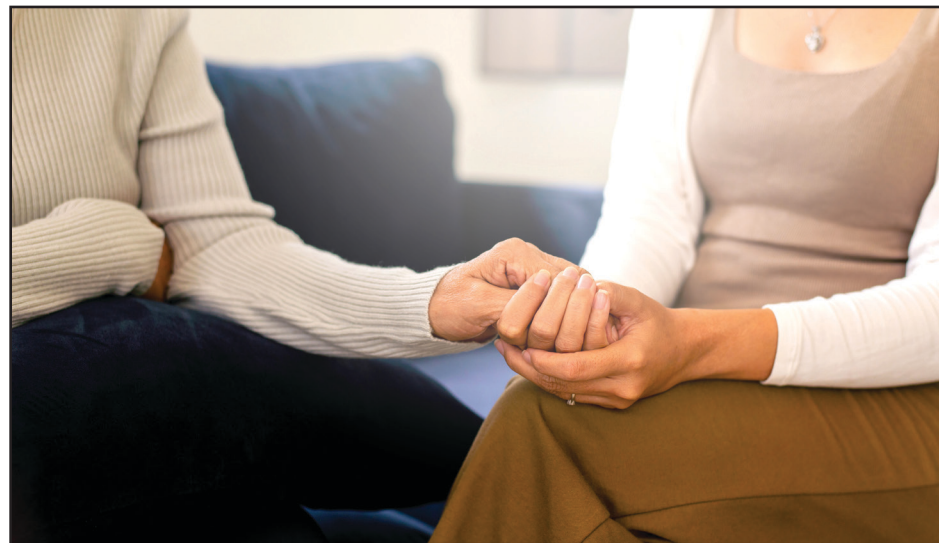
The good news is that there is hope and available resources for recovery. Today, positive outcomes are not only possible, but they are experienced every day. Like chronic physical illness, mental illness can be diagnosed and effectively managed. Individuals who were once in despair can go on to live their best lives. This is highly rewarding and one reason I chose to work in this field.

What can we do within our communities to recognize the signs of mental health challenges and assist those in need of care and treatment?

Listen and show understanding: If you suspect a loved one is struggling, offer to listen and encourage them to seek professional help.

- Share the Lifeline number (800-273-TALK) – a 24/7, free and confidential support line. Military veterans may press “1” for dedicated support.

- Learn about implementation of the new 988 crisis line in your community this summer.



- In case of acute emergency, dial 911 or go to the nearest emergency room. Suicide is often preventable when people at risk receive the support that they need.

Our schools should encourage students to pursue careers in mental health fields, whether through nursing, medical or vocational programs. We need to inspire the next generation of talented professionals.

Our community must align for the best outcomes to support these vulnerable individuals. Working together, we can

improve the lives of Americans suffering with mental health concerns, not just during this month, but every month in every community across the country.

Donna Smith
CEO, River Point Behavioral Health
904-724-9202

Sheila Carr
CEO, Wekiva Springs Center
904-296-3533

May Is Mental Health Awareness Month

If you or a loved one is experiencing a mental health condition and/or struggling with substance use, you are not alone. Treatment is available and recovery is possible. We can help.

The Effect of Uncertain Times

The arrival of the COVID-19 pandemic in 2020 led to an increase in mental health challenges and a decrease in access to the care needed to address the challenges.

According to Mental Health America's 2021 State Of Mental Health In America report, more than 47 million American adults are experiencing mental health disorders, with over 4.5 percent reporting severe conditions.

In addition, about 14 percent of children between the ages of 12 and 17 stated they experienced at least one major depressive episode (MDE) in 2021. That's an increase of 206,000 children from 2020. The number of children with severe MDE rose by 126,000 from 2020.

Other results from the report include:

- 7.67 percent of American adults reported having a substance use disorder in the past year.

- An estimated 10.7 million adults have serious suicidal thoughts, an increase of 460,000 over 2020.
- 3.83 percent of children in the U.S. reported having a substance use disorder in the past year.
- More than 2.3 million children deal with severe major depression.

Access. Advocacy. Support.

The need for care continues to rise. Mental Health America reports that one in five U.S. adults experienced a mental health condition before COVID-19.

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Hope. Help. *Healing*

Source: CDC, Mental Health America

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St. Johns County adopts new voting precincts

The St. Johns County Board of County Commissioners unanimously adopted new voting precincts Tuesday, May 3, after a redistricting process presentation by the supervisor of elections.

The supervisor of elections is required by law to request that the new precinct lines be approved by county commissioners subsequent to a census count. The 2020 U.S. Census concluded in 2021 and the Board of County Commissioners and the St. Johns County School District adopted new district lines in December.

The new precincts are effective immediately, with the number of precincts increasing from 48 to 53.

In addition, new precinct lines initiate the need to update St. Johns County polling places, with polling places increasing from 39 to 41. Of the 39 previous polling places, 33 will remain in use for the 2022 elections, and approximately 78 percent of St. Johns County voters will continue to vote on election day at the same location they did in the 2020 elections.

The supervisor of elections will release the new precinct map and draft polling location list to the public through the media, on the St. Johns County Supervisor of Elections website at votesjc.gov, in the supervisor of elections newsletter and on social media.

New voter information cards are scheduled to be mailed to all registered voters in early June. However, a court decision regarding Florida's congressional districts is pending. If the court makes no decision by May 20, the county's supervisor of elections will move ahead with implementing the congressional districts as adopted.

Once the districts are confirmed, the mailing of voter information cards can occur and the voter lookup tool on the supervisor of elections website will be updated with new districts, precincts and polling places.

Updated voter information cards will reflect the new districts, precincts and



election day polling places.

All voters are advised to review their new cards carefully as some precincts and election day polling places have changed. Voters are encouraged to go to votesjc.gov or contact the Supervisor of Elections Office at 904-823-2238 for additional information regarding the new precincts and voting locations.

Easter egg hunt raises \$3,200

Adventure Landing hosted its 26th annual Easter Egg Hunts and Charity Raffles on April 16. This year, they raised \$3,200 through community donations, which went directly to the American Red Cross Volunteer Lifesaving Corps for the ninth consecutive year.

The charity was chosen because of its commitment to families and children. For 105 years, the men and women of the American Red Cross Volunteer Life Saving Corps have stood watch over Jacksonville's beaches to protect the lives of residents and visitors who come throughout the year to enjoy the local pristine shores and abundant sunshine.

Find more information about the American Red Cross Volunteer Life Saving Corps at redcrosslifeguard.org.

Adventure Landing is headquartered in Jacksonville Beach. It owns and operates 11 parks and one waterpark at these locations: Dallas; Raleigh, Gastonia and Winston Salem, North Carolina; Buffalo, New York; St. Augustine; and Jacksonville Beach. The parks offer a variety of family entertainment such as go-kart tracks, miniature golf courses, video game rooms, batting cages, laser tag arenas and snack bars.

For more information, go to AdventureLanding.com.



Contributed photo

Pictured from left are Windy Leaprott, event manager at Adventure Landing; Jim Emery and Susie Park, lifesaving corps representatives.

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Edwards & Ragatz, P.A.

Chez Leeby is the creator of Soul Life, a platform for community prevention and wellness education. She also created Soul Shine, a camp and weekly group initiative for teenage girls. She has authored three books and regularly presents programs at the link in Nocatee.

Dr. Cheralyn “Chez” Leeby

As told to Shaun Ryan

What is Soul Life?

I like to think of Soul Life as the “Walmart of Wellness.” It’s the one-stop shop for integrated and inspiring avenues to psychological health. Soul Life workshops, retreats and classes incorporate all the things I love, including art therapy and creative expression, music, breathwork, meditation and yoga. It is the perfect complement to my individual, couples, group and family therapy.

My mission is to teach individuals and families tools for healthy living from a multidisciplinary and experiential approach. I do not want my clients to simply hear or read about “what they should do.” Instead, I encourage and empower my clients by offering a variety of healing practices to try on.

I believe we are all heroic healers of self. We know the answers; sometimes, we simply need the support, inspiration and accountability to actualize and follow through with interventions or learn new strategies, backed by neuroscience.

I don’t believe in therapeutic paradigms that are stuck on a symptom of disease. Instead, I believe in planting seeds to ignite a life of choice while honoring areas of struggle as opportunities for growth.

How did you get the idea for Soul Life?

I created Soul Life with the dream of bringing a variety of modern and ancient healing modalities, teachers and practices from around the world, here to Northeast Florida.

I have visited and experienced many wellness centers, retreats and resorts, including those on the “best of” lists and the lesser known.

My husband and I have been happily married for 30 years and these wellness vacations keep our marriage and our family health in check. I knew my clients needed more and I wanted to offer adjunct therapies that could be experienced in groups for low costs.

My long-term hope is to build a Soul Life Center here in our community, a place to gather, hear lectures, connect with friends and neighbors in real ways while sipping on green juice or organic tea. I envision an open air, treehouse structure (think Costa Rica with A/C), surrounded by our beautiful nature. I’m saying this out loud so the wheels of manifestation drive this dream into motion. This hub of healing would incorporate all contemplative practices and therapies from all schools of thought so we can make our Soul Life our Whole Life.

Tell me about your background, your education and what led you to where you are today.

I am a Florida Licensed marriage and family therapist with over 35 years’ experience in mental health. I earned my undergraduate and master’s degrees from Vanderbilt University and my Ph.D. from the University of Florida. I have experience working in both public and private psychiatric hospitals, detention centers, mental health and substance abuse recovery centers, and I was the former director of the Prince George’s County Sexual Assault Center in Cheverly, Maryland.

I have been in private practice for over 15 years. I am certified in a variety of modalities as a psychotherapist, art and play therapist and parent educator. My experience with individuals with PTSD, anxiety and depression led me to want to find interventions that work. I lost my younger brother 34 years ago to suicide, and my grief guided me on the path I continue today.

As a world, we are not well. Global rates of anxiety and depression have increased over 25% since 2020 (WHO, 2022). Tragically, drug overdose deaths have increased by almost 30% (with over 100,000 deaths in 2020, CDC, 2021).

I am passionate about offering innovative interventions and early education in our schools so we can reduce these numbers. Again, not just by telling kids what to do, but letting them experience tools and strategies for themselves. This work is part of my Soul Life mission and I am eager to get these programs in our schools.

I understand you have some classes and workshops at the link. Can you tell me about those and how people can sign up?

I am thrilled to be a teacher and member of the link in Nocatee. My classes are listed on the link app, or people can reach out through my website (www.soullife.us).

Soul Life offers monthly meditation and sound bath classes in the Flagler Health Immersion Studio. Under the stars, we immerse ourselves in sound and re-set our central nervous systems. Meditation is often the very best medication for stress. Each time I do these classes, I observe the drastic shifts in energy and mood for our participants, before and after class. It’s fascinating to witness.

I also co-teach a class for writers called Booked on Tuesdays. This class combines both formal writing instruction and the psychology of writing for mental health and healing. We have writers of



Photo by Jennifer Zimmer

Amy Maughan and Dr. Chez Leeby, right, lead “Booked on Tuesdays,” a writer’s journey, from 10 a.m. to 12:30 p.m. Tuesdays at the link.

children’s books, fiction, memoirs, self-help, podcasts and poetry anthologies.

On Monday evenings, I co-teach YinLighten, a unique class combining yin yoga and psychology. The focus is on understanding our patterns, habits and default dysfunctional behaviors so we can act with more conscious choice. We use the body practices and group therapy to inform and transform the ways of the mind.

This summer, we will offer a youth camp at the link focused on emotional expression, communication skills and stress/distress busters. The camp classes are engaging and interactive using psychodrama, music, art and play therapy.

I also offer both online Soul Life groups and in-person healing circles (register at www.soullife.us). These structured groups follow my Lighten Your Life curriculum to discover the root of trauma and the path to our purpose. I have been collecting data on these initiatives for the past seven years so that I can better understand what actually works and why.

I will be speaking at the link with Sara Gaver, Ms. Wheelchair, Florida on Tuesday, May 17, at 7 p.m. This free author talk is about “The Heart of Inspiration.” Sara and I will share personal stories and invite listeners to experience inspiration and joy despite any life circumstance.

Did you move here from somewhere else?

I grew up in Pennsylvania and continued moving south until we settled here in beautiful Ponte Vedra. We have lived here for almost 22 years. We absolutely love this special little pocket of the world.

How do you like to spend your free time?

My family (husband Doug and two kids, ages 26 and 22) are my biggest source of laughter and joy, no matter what we are doing. I spend my free time doing exactly what I teach — I love writing, traveling, meeting people from all cultures, meditating, creating and bringing my dreams to life.

Nominations begin May 20

2022

BEST *of the* **BEST**

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The Ponte Vedra Recorder, celebrating 53 years of community news excellence, will launch our fourth annual **BEST OF THE BEST of Ponte Vedra, 32081 & 32082.**

YOU, our valued readers, now have the chance to nominate your favorite businesses in various categories online. Online voting begins June 13th after nominations are complete.

HURRY, last day to nominate is June 12th!

www.pontevedrarecorder.com/bestof2022

Fun ways to keep bored kids occupied over summer break

Kids look forward to summer vacation every year. The last day of school gives way to less structured days when kids can spend more time outdoors and less time cracking the books.

Summer vacation can be a dilemma for parents, especially in households where both parents work full-time. A pandemic-related increase in remote working has made that problem somewhat more manageable, but even parents working from home must find fun way for kids to stay occupied until the new school year begins. No two kids are the same, so parents may need to try various activities on for size until they find something their children enjoy doing during the lazy days of summer.

• **Day camps/summer programs:** Day camps provide much of the structure of school without all the homework or time spent indoors. Many parks and recreation departments run summer day camps for kids. Camps can be generalized or specialized. For example, some may offer an array of activities, including sports and

nature walks, in a given day, while others may focus on a single activity, like musical lessons or science-based programs. Camps run by local parks and rec departments do not typically last all summer long, which parents should keep in mind when enrolling youngsters.

• **Reading:** Parents may be surprised by how much their children enjoy a good book. A recent poll from the National Education Association found that 70 percent of middle school students read more than 10 books a year. The National Literacy Trust reports that roughly 45 percent of children between the ages of eight and 11 enjoy reading “very much.” When suggesting to children that they read more this summer, parents can note the many ways that reading for pleasure differs from reading for school. Point out that kids won’t have to submit book reports and emphasize that they can choose their own books. Depending on children’s ages, introduce kids to a series like “Harry Potter,” which is a set of seven fantasy novels that has helped millions of young people



across the globe discover and develop a fondness for reading. Weekly visits to the library, where kids can pick from hundreds of books, can get youngsters even more excited about reading.

• **Play dates:** Play dates are a great way to make kids happy and take a little off of parents’ daily plates. Arrange routine summer play dates with children’s school friends, neighbors and/or cousins. Parents can alternate hosting responsibilities so they can get work done at home and enjoy a break when it’s not their turn to host.

• **Find something free:** Perhaps in recognition of the need for affordable, family-friendly fare, many communities now host free events for kids and their parents each

week. Weekly movie nights under the stars and concerts in community squares are popular in many communities, but those same towns also may host events specifically for kids during the daytime. A simple internet search of “free events near me” may unveil a host of activities that can keep kids happy and occupied on summer days when their schedules are open. Local libraries can be great resources for free events as well.

Summer vacation is a relaxing time for youngsters. Parents who don’t want that relaxation to turn into boredom can look to various activities to occupy their children’s time until a new school year begins.

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ACTIVITIES | ARTS | CLASSES**

Bolles students learn about military during field day

It was a full day of relay races, team-building and camouflage when The Bolles Lower School Ponte Vedra Beach Campus had its military-themed field day, hosted by coaches Melissa Stone and Reggie McAfee on Friday, May 6.

Representatives from each branch of the United States armed forces were on hand to cheer on the students as they competed in military-themed games as military music played. They also visited with the students in their classrooms and gave presentations.

A team from K9s For Warriors visited to tell the classes about their mission to provide highly-trained service dogs to veterans suffering from PTSD and other trauma.

The school conducts its field day with a different theme each year. Last year, it was college football. It is the result of a year of planning by Stone.

“Several years back, I did a military appreciation field day, and it was absolutely a wonderful success for the kids,” Stone said. “They really enjoyed it, so I decided that I would like to do it again.”

Stone said she grew up as “an Air Force brat” and wanted the students to gain some exposure to the military and learn how important it is.

Stacey Hendershot, head of the Lower



Technical Sgt. Turner of the U.S. Air Force answers students' questions during The Bolles Lower School Ponte Vedra Beach Campus field day on May 6.

School, said the students have been learning the games in their phys ed classes and learning about the different branches of the military in the classroom.

“We’re so appreciative to Coach Stone for organizing all of it,” Hendershot said. “And our parents are incredible. They’ve been really supportive.”

In addition to all the fun activities, the students and their families raised \$55,000, which they donated to K9s For Warriors.



Photos by Shaun Ryan

James Rutland with Dunkin, K-9s For Warriors senior development specialist Carly Braun and Greg Wells with Utah, from left, speak to students at The Bolles Lower School Ponte Vedra Beach Campus during field day on May 6.



Students in pre-K through grade two held a military appreciation parade May 6 during field day.



The students at The Bolles Lower School Ponte Vedra Beach Campus competed in several events during field day on May 6.

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Sidewalk deemed feasible along San Juan Drive

The sidewalk could span 2 miles at a cost of about \$500K

By Anthony Richards

Representatives from Kimley-Horn, a national planning and design consultant company, informed the Ponte Vedra Municipal Service District board of trustees that they have deemed it feasible for a

sidewalk along San Juan Drive from Solana Road to Ponte Vedra Boulevard.

According to Edwin Santos, an analyst with Kimley-Horn in Jacksonville, the feasibility study is not a final report, which is still to come, but it was necessary because it allowed to get an idea if a sidewalk project was even possible.

“We’ve always had talking points, but this is a credible source,” Trustee Brad Wester said.

Now that the study has been conducted, he informed his fellow trustees that he plans to lobby the county for

assistance with the project, as well as organize a workshop with residents sometime in the next three months.

The sidewalk would likely span two miles and Santos estimated the project having a preliminary cost of about \$500,000.

According to Santos, the figure was a “conservative” estimate and was based off the Florida Department of Transportation’s average cost of similar two-mile projects.

Some conflicts that arose during the study, include some landscaping that may have to be removed from its current locations.

Also, during the meeting, Captain Bill Werle with the St. Johns County Sheriff’s Office presented the board with crime stats focusing on the recent months since the MSD began hiring off-duty Sheriff’s officers for extra patrol.

The stats are from the MSD’s geographical territory during that time and includes the off-duty patrol as well as the county’s regular patrol.

According to Werle, since January there have been 865 traffic stops, which resulted in 158 citations handed out and 612 warnings.

Trustee Mack McCuller asked Werle if there was some way to break down the stats further so that they can just see

what the numbers are for the off-duty patrol alone.

However, Werle informed him that there was no current way to separate the info but would be willing to see if something can be done in the future.

“The number of traffic stops has improved very significantly, but the level of crime has been the same overall,” Werle said.

After discussing the emergency regarding the garbage piling up at the beach access points at the March MSD meeting, Wester updated that the situation had been since fixed.

The MSD was able to work out an agreement with its landscaping partner that helped temporarily collect the garbage.

“The county has since hired a company to manage the trash at the beach walkovers,” Wester said. “I appreciate our citizens for being tolerant during that situation.”

Beginning in June, the MSD will start its meetings at 5:30 p.m. instead of 6 p.m. The 30-minute difference was approved by the board after agreeing that a change was necessary to work with the hours of the Ponte Vedra Beach Public Library, while also making sure there is time to discuss the entire agenda at hand.

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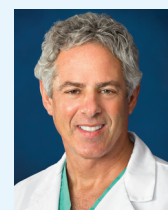
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Senior LIVING



Seniors Helping Seniors brings unique concept to First Coast PAGE 12

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Being scammed prompted woman to help others PAGE 15

How to reduce your risk of life-threatening strokes PAGE 17

Kentucky Derby celebrated at The Palms PAGE 18

... THESE STORIES AND MORE INSIDE!

PONTE VEDRA
RECORDER



Not your average newspaper, not your average reader

May 12, 2022

Seniors Helping Seniors brings unique concept to First Coast

By Anthony Richards

In-home care for senior citizens is nothing new, but one local couple has introduced a unique approach, in which seniors are provided the help they need by fellow seniors.

After decades of social service work, owners Brian and Rita Sanders decided to get involved with the company known as Seniors Helping Seniors, which was founded in 1998.



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“I really hope to raise the quality of senior care to a new level,” Brian Sanders said.

According to Brian Sanders, the company was co-founded by Kiran Yocom, who spent time working alongside Mother Teresa.

“That was a big selling point,” Brian

Sanders said. “We felt it was just the right fit for us.”

He believes that what makes the process work so well is the simplicity behind pairing more active seniors with those who are less active and therefore in need of assistance.

“Because the caregivers are aging themselves, they can often relate to the hardships and pain the seniors in need are going through,” Rita Sanders said. “They develop a bond and relationship.”

Another area where the Sanderses have seen a difference be made by placing seniors in the caretaker role, is with the passion dedicated to the role.

“The biggest problem with this type of service today is people not putting in the proper work ethic,” Brian Sanders said. “By using seniors, we are nine times more likely to have people show up when they’re supposed to and be ready to help.”

Despite the approach being so unique, the Sanderses have not had difficulty finding people who want to be a part of the program.

“We have 40 or 50 people right now



Photo courtesy of Seniors Helping Seniors

Brian and Rita Sanders are the owners of Seniors Helping Seniors on the First Coast.

chomping at the bit to help and get to work,” Brian Sanders said.

However, with the service still being new to the area, the number of seniors in need of assistance that have joined the

program does not yet equal the demand of those that have shown interest in being a provider.

CONCEPT continues on **Page 13**

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Area athletes compete in national senior games

The 2022 National Senior Games, presented by Humana, is being held in the Greater Fort Lauderdale Area, with more than 11,000 athletes registered to compete. Among those athletes are a total of 1,656 Florida Senior Games athletes competing in the 21 sports offered.

The Games began on Tuesday, May 10, and will conclude on May 23, with a Celebration of Athletes to be held on Monday, May 16. The Games were originally scheduled for 2021 but were postponed due to COVID-19 precautions in the Greater Fort Lauderdale area.

Athletes from every area of the state will represent Florida, including more than 70 from the Jacksonville area.

Among the notable athletes from St. Johns County is Gabriel Wong, the 2020 Florida Senior Games Athlete of the

Year, from Ponte Vedra Beach. Wong earned the 2020 honors winning gold medals in pickleball and tennis in the 70-74 age group, and he repeated the feat in the 2021 Florida Senior Games, presented by Humana. At the 2022 National Senior Games, Wong is registered to play men's singles tennis in the 75-79 age group.

St. Johns County athletes competing in the Games

- John Grexa, basketball — 85+, St. Augustine
- David Hudson, beach volleyball — 60+, St. Augustine
- George Olsen, cycling — 80-84, St. Augustine
- Darryl Forrest, cycling — 80-84, Ponte Vedra

- John McGarry, cycling — 70-74, Ponte Vedra Beach
- William Walker, golf — 75-79, Ponte Vedra Beach
- Diane Zaring, golf — 70-74, Ponte Vedra
- Kenneth Furman, pickleball — 70-74, St. Augustine Beach
- Sharon Ahearn, pickleball, Ponte Vedra
- Harold Dockins, race walk — 60-64, St. Augustine
- Paul Smith, road race — 80-84, St. Johns
- Judy Paukert, swimming — 70-74, Ponte Vedra
- Rebecca Miles, swimming — 70-74, St. Augustine
- Sally Moloney, swimming — 65-69, St. Augustine

- Douglas Gallagher, tennis — 65-69, St. Johns
- Gabriel Wong, tennis — 75-79, Ponte Vedra
- Carter Lord, tennis — 75-79, St. Augustine
- Martha Poitevent, tennis — 75-79, St. Augustine
- Bob Rooney, track and field — 85-89, Ponte Vedra Beach
- Patricia Schwadron, track and field — 55-59, St. Augustine
- Benjamin Santos, triathlon — 65-69, St. Augustine

Multiple sport athletes

- Glenn Wilkinson, recumbent cycling time trials, track & field, triathlon — 60-64, Ponte Vedra

Concept

Continued from 12

“I was really blown away by the response we’ve gotten,” Rita Sanders said. “Especially with us still just introducing it.”

Brian has 36 years of social service experience under his belt, while Rita began her service work years ago as a

nurse in her native Hungary.

Although Seniors Helping Seniors assists people across the First Coast, Ponte Vedra, Nocatee and The Beaches was an area they believed they could make a definite impact.

Brian initially realized the need that existed for a better way of in-home senior care after searching around and doing research for his grandmother before she died a couple of years ago.

“She was a catalyst during this, because I couldn’t find what I was looking for out there,” Brian Sanders said.


By being there to provide the aid needed, Brian Sanders hopes that will allow seniors to remain in their homes instead of a nursing home for as long as they can.

“It was heartbreaking to hear about the seniors who passed away during COVID without their family by their side,” Rita

Sanders.

The services offered include companion care, shopping, personal care and even pet walking. Medical care is one of the only forms of assistance not offered.


“We want to make a community difference,” Rita Sanders said. “It’s more than just a business, it’s a family and friend environment instead of a work environment.”




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Educational series for LGBTQ seniors offered

“Age Your Way” is the name and theme of a new five-part series of online educational seminars beginning this month for older LGBTQ adults. The sessions, sponsored by the LGBTQ Fund at the Community Foundation for Northeast Florida, is presented by ElderSource and SAGE, a national advocacy and services

group for LGBTQ elders.

The 90-minute virtual workshops will be presented live using Zoom online meeting software. They are free, but advanced registration is required. Each of the five workshops will feature a panel of experts who will candidly discuss issues that older LGBTQ seniors face,

along with a 30-minute live question-and-answer period. The series will also be recorded and available on the ElderSource website at MyElderSource.org.

In honor of May’s celebration of National Older Americans Month, the first session will be held from 11:30 a.m. to 1 p.m. Tuesday, May 24. The workshop, “Age Your Way: Understanding and Planning for Your Legal Choices,” will offer information on understanding and planning for the legal decisions pertaining to older LGBTQ adults.

Subject matter experts from organizations such as Lambda Legal, Consumer Voice, National Center on Elder Abuse and a Florida elder law attorney will discuss how to protect assets, honoring end-of-life wishes and nursing home and housing rights.

Other scheduled monthly workshops in the series include:

- June — “Age Your Way: Effective Caregiving Part 1”
- July — “Age Your Way: Accessing the Best Caregiver Support Services Part 2”
- October — “Age Your Way: The Financial Check-Up”
- November — “Age Your Way: Being at Your Best in Mind, Body and Spirit”

This is the first time this specific type of educational series has been offered in the area, said Linda Levin, CEO at ElderSource.

“We’re thrilled to be able to support this effort so generously funded by the LGBTQ Community Fund for Northeast Florida,” Levin said. “Our work with older adults in communities throughout the area has shown how important inclusivity is for people of all ages.”

For more information or to register, go to MyElderSource.org/AgeYourWay.



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Study ranks Florida 28th in improvement to seniors’ lives

According to a new study, Florida ranks 28th in the United States for improvement to seniors’ lives over the past decade.

COVID-19 resulted in a decline in life expectancy, but aside from the pandemic, seniors are generally living better for

longer. The study shows that death rates from common diseases impacting seniors have dropped; Social Security checks have increased even after inflation; and fewer older people are living alone in isolation.

Results of the study, “Where Older Adults are Living Better Lives,” were released Thursday, May 5, by Seniorly, a San Francisco-based company that helps families and older adults find the right options for their needs and budget. The company provides access to thousands of senior living communities, expert insights and personalized recommendations-based search preferences.

The study uses the most recent data from the CDC, U.S. Census Bureau and the Social Security Administration from 2011-2020.

The rankings were determined by comparing all 50 states and District of Columbia across four main categories: physical health, mental health, finances and social lives.

Florida ranks 28th, scoring 154.6 points out of a possible 306. Among the key findings, Florida saw a 3% increase in older adults reporting no poor mental health days in the past month and a 19% increase in older adults per 100,000 residents.

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Being scammed prompted woman to help others

Cynthia Battie O’Sullivan’s volunteer work, helping seniors navigate the often-confusing maze of Medicare choices and issues began with her husband falling victim to Medicare fraud.

She spent many years teaching public health at University of North Florida before retiring in 2016. Despite her extensive knowledge on related subjects, last year a scam artist was able to engage her husband in a Medicare fraud scheme that offered cardiac genetic screening.

When they received a test kit in the mail that asked for sensitive information, she began digging deeper into the scam artists behind it. Medicare fraud costs millions of dollars each year and if Medicare does not pay a bill, the scam artists will bill the Medicare recipient — sometimes for as much as \$10,000.

Her research led to a volunteer named John Risler whom she says was “wonderful” in helping her discover the truth about the scam.

Risler volunteers for a Florida Department of Elder Affairs program called SHINE (Serving Health Needs of Elders) operated in Northeast Florida through the nonprofit ElderSource. SHINE offers seniors, adults with disabilities and their caregivers free, unbiased counseling on Medicare and health insurance issues.

Part of his volunteering includes working for Senior Medicare Patrol, which assists Medicare beneficiaries with reporting health

care fraud, errors and abuse. Risler and other volunteers work with clients to report fraud to the proper federal agencies in a timely manner.

This positive experience convinced O’Sullivan that it was worthwhile to volunteer for SHINE, beginning last fall. She was impressed with the caliber of training, including the mentoring and background check required to become a volunteer.

“I had many days of training and a final exam that thankfully was open-book,” she said. “As a former professor of public health, I know the value of reaching people with this type of crucial health information. Medicare is very confusing. People are inundated with information about different plans and options. Some of it is misleading. Many people I speak with are very upset.”

She supplies clients who are new to Medicare with information about Medicare choices, but also helps those who have problems related to Medicare. She learned from her mentor to make sure that all clients who qualify for assistance with drug costs or medical costs get this help.

O’Sullivan has worked with many clients with a wide variety of backgrounds and needs through her volunteering experience. She has the time to listen to their stories and help them help themselves.

She said the work has been personally rewarding. She remembers a woman she helped



SCAMMED continues on Page 16

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Former Ponte Vedra Home Care changes name

Nearly nine years after opening its doors to serve the local community, Ponte Vedra Home Care has changed its corporate name to Beaches Home Care, effective May 10.

Beaches Home Care has specialized in offering solutions to families by providing the highest quality of care for those who wish to age in place, recover in the comfort of their home after surgery, or

desire a companion to help ease loneliness and isolation.

CEO Seth Movsovit of Beaches Home Care said that the company had been planning this name change along with other strategy changes.

“We have been honored to provide compassionate care to hundreds of Ponte Vedra seniors,” he said. “This change brings more awareness to the bigger com-

munity we serve as our top priority.”

In addition, the business offers an exclusive new proprietary program, Dementia with Love, which involves caregivers receiving live training on special dementia techniques to foster better relationships and care, striving for engaging hands-on activity for at least 30 minutes a day, free consultations upon request for families with a dementia prac-

itioner and a caregiver-and-senior perfect match method.

Learn more about Beaches Home Care by going to beacheshomecare.com or by calling 904-325-9086.

Beaches Home Care is located at 3304 Sawgrass Village Circle, Ponte Vedra Beach.

Scammed

Continued from 15

recently who had lost her husband. He had been the one responsible for decisions about their Medicare plan. The woman was in tears during their first conversation.

“Helping her navigate the system and get into the right plan, and to a better place emotionally, was extremely rewarding,” O’Sullivan said. “It (volunteering) helps me, too, in my life. I really have enjoyed it. I’ve had people call me to thank me, telling me they are now confident about handling their medical bills.”

O’Sullivan was among area volunteers

that ElderSource honored and thanked as part of April’s celebration of National Volunteer Month. The annual commemoration recognizes the importance of volunteering and the significant contributions volunteers make by donating their time and talents to worthy causes.

ElderSource’s SHINE volunteers provide local seniors free help with things like Medicare enrollment and coverage questions, plan comparisons, claims, billing issues, complaints and appeals and other related issues.

The nonprofit is seeking more volunteers throughout its seven-county service area. For information, email volunteers@myeldersource.org or call ElderSource at 904-391-6631.

Presentation: German spies in Ponte Vedra Beach

On June 16, 1942, four German spies stepped ashore at Ponte Vedra Beach. In the pre-dawn hours, a German submarine surfaced, a raft was launched and the four men rowed to shore with a cache of materials. After burying boxes of explosives, they walked to highway 140 and caught a bus to Jacksonville.

Local pop historian Scott A. Grant will present “The Night The Nazis Invaded Ponte Vedra Beach” at Alhambra Theatre & Dining on June 9. This event is a special presentation only and will not fea-

ture a meal. The Library Lounge will be open for the purchase of refreshments.

The program begins at 2 p.m. It will benefit the Joshua Frase Foundation.

Tickets are \$25. They may be purchased at sales.alhambrajax.com/100/tickets.shows.html?showall=1&playID=1415&code=DB. The box office is open 11 a.m.-7 p.m. Tuesday-Sunday. For more information, call the box office at 904-641-1212.

Alhambra Theatre & Dining is located at 12000 Beach Blvd., Jacksonville.

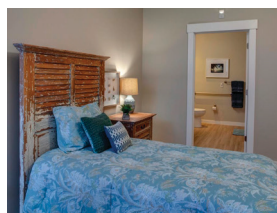
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Vicar's Landing employees receive scholarships

Vicar's Landing Scholarship Committee, funded by members of Vicar's Landing Retirement Community, has announced that more than \$300,000 will be awarded as scholarships to 87 employees of Vicar's Landing, including 10 children of employees.

James Munson, chairman of the scholarship committee, announced the amount to the membership, congratulated the

recipients and thanked his committee: Carolee Bertisch, Sallie Ann Hart, Sue Foley, Jim Marx, Laurie Reeves and Dr. John Woodard.

This year there were 77 general scholarships, 36 member-special scholarships and 12 named scholarships. General scholarships, member-special and named scholarships have been donated specifically by residents of Vicar's Landing.

Employees were eligible for general awards of \$2,500, plus special awards of \$1,000 to \$3,000 for qualified expenses related to colleges, trade schools, English as a Second Language, nursing schools and others. Vicar's Landing departments represented were dining, health, administration, housekeeping, wellness and activities.

Vicar's Landing Boutique, although

restricted by COVID to only one public sale, raised more than \$60,000, which was donated to the Scholarship Fund.

That committee was co-chaired by Rose Murdock and Ginny Elliott, and members included Sue Foley and Yvonne Goldsmith — Art, Sherri Russell — Christmas, Kay Zolezzi — Jewelry, and Sandra Burnaman, Mary Ann Stone, Jean Cowell, Lyn Cabrera and Ken O'Hara.

How to reduce your risk of life-threatening strokes



By Anthony Magnano M.D.,
Ascension St. Vincent's
Riverside

A new study published in the American Heart Association journal

Stroke showed that cases of a serious and more life-threatening type of stroke have been increasing in the United States. According to the research, there has been an 11% increase in intracerebral hemorrhage strokes (also known as ICH strokes). ICH strokes have grown at an even faster rate among younger to middle-aged adults

under 65 years old as compared with individuals above 75.

These results are concerning, as they indicate not only a rise in hemorrhagic stroke, but occurrence at an earlier age. They also show the critical need for all adults, at all ages, to control stroke risk factors. May is American Stroke Month, so it is timely to gain a better understanding of this medical emergency and how it can be prevented.

Understanding Strokes

According to the World Health Organization, stroke is the second most common cause of death worldwide, and one in six of us will experience stroke in our life-

time. The most common type is ischemic stroke, but ICH strokes are more life-threatening. ICH strokes also are more likely to cause long-term disability.

Strokes occur when blood flow to the brain is abruptly stopped due to a blood clot creating a blockage (ischemic) or a blood vessel leaking (hemorrhagic). This causes brain damage, and it can continue even after symptoms stop. In fact, ischemic strokes unfold over a period of 10 hours, aging the brain years. Depending on severity and how long blood flow was interrupted, a stroke can cause temporary or permanent disability. The sooner you recognize signs of a stroke and seek medical attention, the better your chances

of recovering and avoiding serious brain damage or disability. Even better, take steps to reduce the likelihood of stroke before it happens.

Risk Factors of Stroke

Two heart conditions that are tied closely to stroke are high blood pressure (also known as hypertension) and atrial fibrillation (AFib). The present study strongly suggests that we are doing a worse job identifying and controlling hypertension in young people. This trend was also worse in the South, Midwest and West as compared with the Northeast U.S. Hypertension not only puts people at

STROKES continues on **Page 19**

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A not-for-profit agency sponsored by the organized Jacksonville Jewish community.

Kentucky Derby celebrated at The Palms

The Palms at Ponte Vedra hosted a Kentucky Derby party for its residents that included making and wearing their own derby hats.

Photos courtesy of The Palms at Ponte Vedra



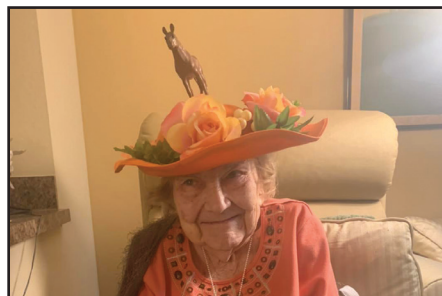
Residents at The Palms at Ponte Vedra held a Kentucky Derby party May 7.



The Kentucky Derby is known for its elaborate and colorful hats, and The Palms carried on that tradition.



Horses and hats go together for the Kentucky Derby.



The residents' creativity was on display with their hats.



The Palms at Ponte Vedra was full of colorful hats this year on derby day.

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Strokes

Continued from 17

direct risk of stroke, but it also increases likelihood of AFib, the most common type of irregular heart rhythm.

In fact, 20 percent of all strokes are attributable to AFib. AFib increases stroke risk because the fibrillating atrium does not contract well, thus allowing blood to pool in a part of the heart called the left atrial appendage. This potentially creates clots that can travel (or “embolize”) to the brain. AFib-related strokes carry a higher risk of more severe brain damage than other ischemic strokes because the clots can be large in comparison to the small arteries of the brain. While AFib increases strongly with age, other contributors include hypertension, obesity, diabetes, sleep apnea and alcohol consumption.

Steps to Reduce Stroke Risk

The good news is that leading a heart-healthy lifestyle that includes regular physical activity and a low-fat diet can not only diminish stroke risk but also improve your overall health. Adults should aim for about 150 minutes of exercise per week, and focus on a diet high in fruits, vegetables and whole grains low in salt and fat.

Alcohol should be limited to one drink per day for women and two drinks per day for men. Breathing clean air is critical

for good cardiovascular and pulmonary health — thus, smoking, second-hand smoke and air pollution should be avoided.

Another important part of a heart-healthy lifestyle is regularly seeing a doctor to monitor your heart and figure out the best plan for you. Knowing your numbers, such as blood pressure, cholesterol, blood glucose, body weight and body mass index are important for a good preventative strategy. Strive to improve

each of these “numbers” to the best of your ability.

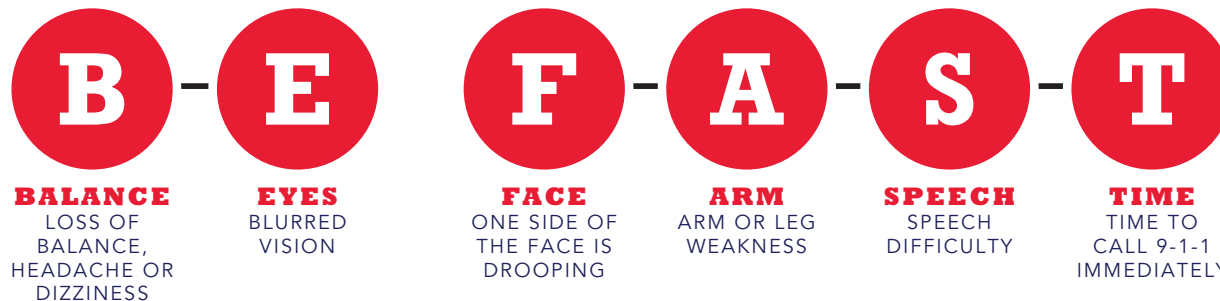
Know the Signs and Don't Delay Treatment

Ideally, you can reduce your risk of stroke by managing your heart health. But recognizing the warning signs of stroke can still protect both yourself and your loved ones. The important acronym to remember for identifying a stroke is B.E.F.A.S.T. That stands for balance, eyes/

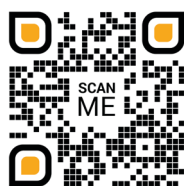
vision loss, face drooping, arm weakness, speech difficulty, time to call 911. It's common to mistake or minimize the signs of stroke, but don't delay treatment. Call 911.

Dr. Anthony Magnano is a Ponte Vedra resident and Chief of Cardiology at Ascension St. Vincent's Riverside. For more information on Dr. Magnano and his specialty treating atrial fibrillation, visit Health-care.ascension.org or call 904-388-1820.

May is American Stroke Awareness Month



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Memorials planned for fallen military in Vietnam, Korean wars and warriors lost in undeclared wars

Sons of the Legion (SAL) at American Legion Post 129 are funding the first memorials in Jacksonville Beach honoring beaches veterans who perished in the Vietnam and Korean wars — along with a memorial for warriors who gave their lives in many of America's undeclared wars.

“We’ve raised \$11,000 for this effort so far and we’re working with the City of Jacksonville Beach in coordinating the installation of the new memorials for unveiling later this year,” said SAL Spokesman Brian Haught. “We are proud to be

part of this effort to recognize and honor the sacrifices made by those men and women who fought and died to protect our freedom.”

An estimated 40,000 American military personnel died during the Korean Conflict and more than 57,000 Americans died in Vietnam.

Haught said the organization is especially pleased to honor those who died in several undeclared wars, including Granada, the Persian Gulf War and the War on Terror.

Although there had been plans for

Vietnam and Korean War memorials, the idea for honoring those lost in undeclared wars came with the passage of The LEGION Act in 2018 — which acknowledged the service and sacrifice of at least 1,600 veterans who died or were wounded in previously undeclared periods of war over the last century.

The memorials will be erected at Jacksonville Beach Memorial (Oceanfront Park), located at 429 First St. South later this year, pending the approval of the city's parks and recreation department.

Those who would like to support the

project are encouraged to attend the special event, “A Night at the Races,” a virtual horse race and fundraising event that opens at 5 p.m. Saturday, May 7, at American Legion Post 129 — located at 1151 South Fourth St. in Jacksonville Beach — with proceeds benefiting the post's Sons of Liberty.

Haught said that part of the project will also include placing the existing memorials for the various armed forces in the correct chronological order of their founding.

Fleet Landing resident artists featured in exhibit

Fleet Landing residents are the featured artists for the month of May at the City of Atlantic Beach's Adele Grage Cultural Center in Bull Park. The artists reception will take place from 5 to 8 p.m. Thursday, May 19, at the center, located at 716 Ocean Blvd., Atlantic Beach. More than 20 Fleet Landing artists will participate in the event. The reception is open to the public.

“The Fleet Landing Art Club has been a valuable resource for resident artists and art lovers for decades,” said Pat Payne, art club coordinator. “Many of our artists have exhibited in juried shows, and several have been nationally recognized for their talents and accomplishments. The Adele Grage show is the first outside Fleet Landing, and we are thrilled to share our work with all those who live in

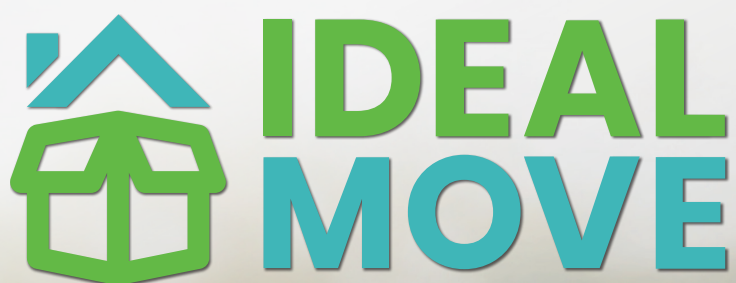
the beaches area and beyond.”

Fleet Landing artists will be on hand to greet the public and discuss their work from 5 to 7 p.m. Refreshments will be served.

Originally founded by and for retired military officers, Fleet Landing now welcomes people from all walks of life. It is a nonprofit community serving adults age 62 and older. Fleet Landing offers an

independent and active lifestyle, wellness programming, educational, cultural and social events, fine and casual dining, the full continuum of health care services and maintenance-free living on its 95-acre campus.

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U.S. News recognizes Starling at Nocatee

U.S. News & World Report has named Starling at Nocatee “Best Independent Living” in the Jacksonville area as part of its Best Senior Living Communities 2022 report.

Residents gave Starling the highest recommendations.

“It’s beautiful here,” one resident in the study commented. “They did a great job designing the place. It’s outstanding. The staff is always available to help you solve any problems promptly.”

Residents praised the value and safety of the community, said it “feels like home” and said it offered a variety of life-enrichment activities.

They also praised the quality and variety of meals and the friendliness of the dining staff. Management, maintenance, housekeeping, staff members and the billing department all drew a rating of “excellent.”

“As the saying goes, ‘It is not a job if you love what you do,’ and our resident ratings reflect the dedication and passion that our team members have for our Starling community,” said Kerri Dufour, executive director of Starling at Nocatee Independent Living. “We are very proud



to be named the best Independent Living in the Jacksonville area.”

Starling at Nocatee is located at 885 Crosswater Parkway, not far from the Splash Water Park and the Town Center. In addition to independent living, it also offers assisted living and memory care.

In its evaluation process, U.S. News surveyed residents of more than 3,000 senior living communities and their families. They were asked to rate their experiences in different categories, and independent living, assisted living and memory care were evaluated separately.

To learn more about the U.S. News recognition, go to health.usnews.com/best-senior-living/starling-at-nocatee-2453. To learn more about Starling at Nocatee, go to starlingliving.com.



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Feeling right at home

K9s For Warriors graduate presented with new house

By Anthony Richards

K9s For Warriors is always looking for ways to help veterans deal with the mental stresses that can occur following military service, and they took that a step further by partnering with JWB Real Estate Capital to present Army veteran Jennifer Andreasen with a house.

The presentation was part of a ceremony that took place May 5 in the north Jacksonville area that centered around



Eddie has been matched with K9s For Warriors graduate Jennifer Andreasen since March 2018.

Andreasen being presented with a new home.

She served her country as a member of the Army, which included a pair of yearlong deployments.

However, she has struggled at times since finishing her active duty and that was what led her to K9s For Warriors and eventually being partnered with her service dog, Eddie.

Although the presentation of the house was supposed to be a surprise, she did have an inkling that she could be getting a house.

“The funny thing is that I first found out after Rory (Diamond, K9s For Warriors CEO) came up behind me one day and asked, ‘Hey, do you want a house?’” Andreasen chuckled. “I had to ask him three more times, because I just didn’t believe what I was hearing.”

Despite not being surprised by the announcement, what remained a complete surprise was the look of the house, which she had not seen until it was unveiled in-person during the ceremony.

The house was built just for Andreasen and will allow for her to live on her own for the first time since she ended her military duty, as she and Eddie have been living with her parents.

This is the fourth house JWB Real



Photo courtesy of K9s For Warriors

Army veteran Jennifer Andreasen was presented with a new home thanks to a partnership between K9s For Warriors and JWB Real Estate Capital.

Estate Capital has built and donated for a graduate of the K9s For Warriors program.

She thanked both groups for making the day possible and for all their help to provide her and Eddie a place to call their own home.

“There was no way with how the housing market is in Jacksonville that I would be able to pay for even a rental,” Andreasen said. “It’s important because it gives me a chance to have my own space and the independence that comes with

that.”

However, it is not just Andreasen that was excited to see the home be unveiled, but Eddie could not hold back his enthusiasm either.

“We came up to the house and he was just rubbing all over the lawn,” Andreasen said. “He couldn’t wait to run around in the fenced-in back yard.”

She and Eddie were matched up in March 2018, and he has been by her side

NEW HOUSE continues on Page 24

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Rotary District 6970 honors Ed Dalton



Contributed photo

Rotary Club of Ponte Vedra Beach President Lori Anderson, right, congratulates Ed Dalton on his award from Rotary District 6970. Dalton recently received the award for his services as webmaster for both the district and the Ponte Vedra Beach club.



Photos courtesy of K9s For Warriors

K9s For Warriors graduate Jennifer Andreassen and service dog Eddie were both happy to have their new home.

New House

Continued from 23

ever since.

“It really is like a family,” Andreassen said. “I was having trouble finding some-

one to help me with some of my symptoms, so I called K9s (For Warriors) and we got the paperwork done. They are just so supportive with everything that they do, and I want to encourage veterans in the area looking for support to give them a try.”

Rubber Duck Race benefits local organizations

Members of the National Honor Societies at Creekside, Nease and Ponte Vedra High School are selling duck “adoptions” as part of the effort for this year’s Rubber Duck Race in Ponte Vedra.

This annual event raises money for two organizations in the area: the Ponte Vedra Rotary Foundation and Learn to Read of St. Johns County.

Last year’s race garnered about \$22,000 in total fundraising, and race organizers hope to more than double that this year.

“We are blessed to have these students

and corporate sponsors helping us with our fundraising this year,” said event organizer and Ponte Vedra Rotarian Gary Smith. “Their efforts show that when young people and local companies set their minds to it, they can help achieve great things for St. Johns County.”

The Rubber Duck Race raises money by encouraging people to “adopt” a duck (or group of ducks) in the race. Adoption fees range from \$5 for one ducky up to \$100 for the “Quacks Galore” package of 25 duckies.

Top finishers will win prizes, includ-

ing two round-trip Southwest Airlines ticket vouchers to anywhere in the United States, multiple gift cards to local restaurants and businesses as well as a \$100 gift card for the clubhouse at TPC Sawgrass.

Adopt ducks by going to pontevedrarotaryduckrace.com.

“As a volunteer, nonprofit organization, we couldn’t do what we do without the money raised in the Rubber Duck Race,” said Learn to Read’s CEO, Joseph Cincy. “We teach over 200 students a year to read, improve math skills and prepare

for the GED, as well as provide English for speakers of other languages adult conversation classes and U.S. citizenship exam preparation. These duckies help keep us afloat.”

The 8th Annual Rubber Duck Race will begin at noon Sunday, May 22. The duckies will be dropped from the north side of the Palm Valley/Ponte Vedra (County Road 210) bridge and will waddle to the finish line opposite the Palm Valley Outdoors Bar & Grill (377 S. Roscoe Blvd., Ponte Vedra Beach, headquarters for the event).



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THURSDAY, MAY 12, 2022

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Entrepreneur seeks to inspire business professionals, next generation

Adam Fridman describes himself as a “serial entrepreneur” — something a glance at his LinkedIn page bears out.

The founder and CEO of ProHabits, which applies digital marketing techniques to improve employee retention and performance, Fridman holds a master’s degree in finance and has worked in corporate investment banking, real estate and other businesses. He’s also a former contributor to Inc. magazine and the co-author of “The Science of Story,” described as a “field guide” for business professionals and others seeking to transform and grow their organizations.

Last summer, Fridman moved his family from Chicago to Nocatee, where he acquired co-working space at the link and began to turn — or, more accurately,

return — his attention to what he calls a “passion project” that had fallen dormant in the aftermath of COVID-19.

For about a decade, AdvisorTV has created videos featuring business professionals offering advice and inspiration. The shows focused on various aspects of business for companies at all levels, large and small.

The concept flourished.

“Over the years, we taped over 1,000 shows,” Fridman said. “Some began to be sponsored by Microsoft.”

That changed with the pandemic. Everything shut down. Microsoft concluded its sponsorship.

But then, Fridman moved to the First Coast just as everything began to get back to normal. It was time to consider new

opportunities.

“Now that I’m here, I’m asking the question of how do I rejuvenate this project and begin to inspire passion locally?” he said.

One idea grew out of an observation made by his son, Aiden. The 16-year-old Nease student was an avid consumer of

TikTok content who one day admitted that what he saw on that platform was terrible.

After Aiden said he wanted to make his own videos, Fridman’s wife, Ola, helped her son connect with others in the community via Facebook, including

ENTREPRENEUR continues on **Page 26**

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First Horizon hosts Chamber After Hours



First Horizon Bank had a tent set up outside of its location on A1A as it hosted a St. Johns County Chamber of Commerce Ponte Vedra Beach Division After Hours event April 27.

First Horizon Bank hosted a St. Johns County Chamber of Commerce Ponte Vedra Beach Division After Hours event April 27. It was a night full of networking, food and fun for all that attended.

Photos by Susan Griffin



Lesley Vitel, Felicia Cox, Karen Everett and Trudy Toche



Felicia Cox, banking center manager with First Horizon, speaks at the event.



New York Butcher Shoppe offered assorted desserts for guests at the event.



Chase Rideman plays music at the event.

Entrepreneur

Continued from 25

a professor to provide oversight and a homeschooled student, Kennedy Fulk.

At the suggestion of his 7-year-old sister, Avery, Aiden made a short video about Level Up, a dance company launched by two sisters that offers classes at the link. He followed that up with a Q&A, where he asked people on the street whether they believed there were more doors or windows in the world.

Seeing these efforts, Fridman realized that, to create consumable content in today's world, it's important to enlist the involvement of the next generation, whose worldview has been significantly shaped by social media and who see

things differently.

If the medium is the message, the creators are the content.

In addition to this new direction, AdvisorTV continues to produce content focused on business. New shows include: "Bullish On Business" and a series on the workplace featuring a representative of Florida Blue.

According to Fridman, getting teens involved in video production would teach them more than the technical skills required to produce a show. Interviewing entrepreneurs will give them firsthand exposure to the perspectives of those who have found success.

Fridman sees the rapid growth of Nocatee as an opportunity to play a role in the development of its business community.

"It's a unique moment in time," he said.

Discovering the link — a business incubator, co-working space, center for culture and education and more — has proven fortuitous to his goals. He said he likes that his children can engage in activities at this "one of a kind" place while he's working there.

Whatever direction AdvisorTV takes, it will perhaps always be tied to what Fridman says drives him most: "Creating, having a meaningful life, leaving something behind to make the world better."

To see some of AdvisorTV's videos or connect to its social media accounts, go to advisor.tv. New content, including Aiden Fridman's work can be found on the YouTube channel: [youtube.com/channel/UCRmyl7CzTrbt6U1pz2QxEVA](https://www.youtube.com/channel/UCRmyl7CzTrbt6U1pz2QxEVA).



Photo by Shaun Ryan

Adam Fridman is looking to relaunch his AdvisorTV idea with input from the next generation.

In the Arts

Send your arts news to
news@pontevedrarecorder.com

THURSDAY, MAY 12, 2022 · PAGE 27

www.PonteVedraRecorder.com

Saint Augustine Ballet to present 'Peter and the Wolf,' 'Don Quixote Suite'

Saint Augustine Ballet will present "Peter and the Wolf" and "Don Quixote Suite" on Saturday, May 21 — with two performances, at 1:30 p.m. and 7 p.m., in Lewis Auditorium at Flagler College.

Local dance students from St. Johns, Duval and Flagler counties are featured in the performance, under the direction of Luis Abella, executive and artistic director of Saint Augustine Ballet, the producer of the annual "Nutcracker" for the past 13 years.

Special guest Daniel Hilbert is the narrator. Hilbert, an attorney with Canan Law in St. Augustine, is known for his podcast, "The Things I Like," on The 904 Now App, in which he interviews local business owners and nonprofits.

"Peter and the Wolf" was previously staged in May 2012 by Saint Augustine Ballet in Kirk Memorial Auditorium on the

campus of the Florida School of the Deaf and the Blind.

"We are so excited to be able to re-stage this ballet 10 years later in our wonderful community," said Abella. "We are thrilled to share these performances with our audiences from near and far."

Act 1 features "Peter and the Wolf," a "symphonic fairy tale" by composer Sergei Prokofiev.

The ballet features a narrator and a young boy named Peter who lives with his grandfather in a small country house surrounded by meadows, a pond and the woods. Peter's three best friends are a little bird who has a nest near Peter's home, a duck who likes to splash in the nearby pond at the edge of the woods and a playful cat who is forever chasing his own tail. This is the perfect ballet for all ages.

Act 2 features the "Don Quixote Suite: The Dream," a ballet based on episodes taken from the famous novel "Don Quixote de la Mancha" by Miguel de Cervantes.

In the dream sequence, Don Quixote has an enchanted dream about beautiful maidens in which the image of Kitri symbolizes his Dulcinea.

Tickets are \$35, \$45 to \$50 and are available at saintaugustineballet.com or by calling 855-222-2849.

Saint Augustine Ballet offers perfor-



Saint Augustine Ballet will present "Peter and the Wolf" and "Don Quixote Suite" on May 21.



Photos provided by Saint Augustine Ballet. A dancer from Saint Augustine Ballet's forthcoming production of "Peter and the Wolf."

mance opportunities to dancers from St. Augustine, St. Johns County and the surrounding area. The Saint Augustine Ballet is a nonprofit performing arts organization founded in 2010. For more details, go to saintaugustineballet.org.

Musician collaborates with poets to produce album

A new album represents the collaboration between local poets and St. Augustine musician Ryan Bozeman.

The "re:covery" album was released on Monday, May 9.

Bozeman, who records under the name "brotherwell," reached out to Chris Bodor of Ancient City Poets in the name of collaboration and in the creative spirit of breaking out of pandemic-induced isolation. The result is an album featuring 13 spirited and invigorating tracks.

It is available for purchase on iTunes and Bandcamp and can be streamed on Spotify, Amazon Music and other places.

"We are not taking a penny here," said Bozeman. "All proceeds will be donated to Tiny Changes, a charity established to help and heal young minds who are troubled."

"Tiny Changes was born out of a really sad event, the death of my brother Scott," said Neil Hutchinson, founding trustee and Tiny Changes CEO.

Scott Hutchinson was a founding member and primary songwriter of the indie rock band Frightened Rabbit. The musician disappeared on May 9, 2018, and his body was found the following day in a Scottish riverbank.

The album's tracks are: "Synesthesia and The River Song," Belinda Subraman and brotherwell; "The Fight of My Life," Jared Morningstar and brotherwell; "Landslide," Ari Whipple and brotherwell; "The Existential Campfire," H.M. Kanicki and brotherwell; "Present Moment Bliss,"

ALBUM continues on Page 28

Kids' Night Out, May 20
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1050 A1A North, Ponte Vedra Beach
Purchase tickets at the St. Augustine Amphitheatre box office or ticketmaster.com.

For further information about each act, go to pvconcerthall.com/events.

- **Tommy Emmanuel** — 7:30 p.m. May 15. With special guest Gareth Pearson
- **Dance Gavin Dance** — 6 p.m. May 17. With special guests Memphis May Fire, Volumes and Moontooth.
- **Rob Schneider** — 8 p.m. May 19.
- **Ryan Hamilton** — 7 p.m. May 21. Rescheduled from Feb. 3.
- **Heather Land** — 7:30 p.m. May 22.
- **Robert Earl Keen: "I'm Comin' Home: 41 Years On The Road"** — 8 p.m. May 28.

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Box office hours are 10 a.m.-6 p.m. Thursdays and Fridays, 8:30 a.m.-12:30 p.m. Saturdays. Tickets sold at the box office are available via credit- and debit-card only. A valid ID is required for all box office transactions and ticket purchases must be made in person.

Tickets may also be purchased at ticketmaster.com.

For further information about each act,

go to theamp.com/events.

- **Yacht Rock Revue** — 8 p.m. May 14
- **Leon Bridges "The Boundless Tour"** — 6:30 p.m. May 19. With support from Chiiild.
- **Phoebe Bridgers** — 7 p.m. May 25. Note: Per artist request, proof of COVID-19 vaccination or negative COVID-19 test result within 48-hours of event is required for entry. Face masks are encouraged.
- **Wallows** — "Tell Me That It's Over" Tour — 8 p.m. May 27
- **Bright Eyes** — 7 p.m. May 28. With special guest Hurray for the Riff Raff
- **Bikini Kill** — 8 p.m. May 31.
- **Rebelution Good Vibes Summer Toot 2022** — 5:30 p.m. June 1 and 2. With Steel Pulse, DENM and DJ Mackle
- **Barenaked Ladies** — 6 p.m. June 3. With guests Gin Blossoms and Toad the Wet Sprocket.
- **Fool's Paradise** — 4 p.m. June 4, 2 p.m. June 5. With Umphrey's McGee, Lettuce, Andy Frasco & The U.N., Isaiah Sharkey, Flamingosis, Jennifer Hartswick & Nick Cassarino
- **Jason Isbell and the 400 Unit & Sheryl Crow** — 6 p.m. June 9, 6:30 p.m. June 10. With special guest Waxahatchee
- **Flogging Molly & The Interrupters** — 5:30 p.m. June 12. With special guest The Skints and Tiger Army.

— Compiled by Shaun Ryan

Album

Continued from 27

Chris Bodor and brotherwell; "Trans-theoretical Model of an Armchair," Amanda Morningstar and brotherwell; "Feats of Alchemy," Donny Winter and brotherwell; "[Un](re)cover(y)[ed]," Ameer Schmidt and brotherwell; "The Salvage Yard," Matthew McGuirk and brotherwell; "Still On My Feet," Aaron

Woodson and brotherwell; "The Moment Before the World Wakes Up," Aleathia Drehmer and brotherwell; "Railroad Earth," Mike Zone and brotherwell; and "Reforged from Falling Stars," Donny Winter and brotherwell.

The songs can be found at [youtube.com/channel/UCMtBxIpHYVLgSa-JpYIPuFUQ](https://www.youtube.com/channel/UCMtBxIpHYVLgSa-JpYIPuFUQ)

To learn more about Ancient City Poets, go to bodor.org.

ROMANZA FESTIVALE CONCLUDES THIS WEEK

This week, St. Augustine's Romanza Festivale of Music and The Arts concludes its two weeks of daily events. For further information, go to romanzafestivale.com/events/all.

Reservations: Call 904-810-1083

St. Augustine Concert Band Season Finale

When: 7:30-9 p.m. Friday, May 13
Where: Pacetti Bay Middle School, 245 Meadowlark Land, St. Augustine
Featuring: music by Wagner, "Celtic Dances," "Fuego del Alma" and an "'80s Flashback" which includes the following tunes: "Thriller," "Time After Time," "Eye of the Tiger," "Up Where We Belong" and "You Give Love a Bad Name." A highlight of the evening will be "Lightning Fingers," a solo for clarinet and band by Henry Fillmore that will feature Stephen Marr on clarinet. Tickets are available on the band's website: staugband.org.

From Bach to Bernstein

When: noon-1 p.m. Saturday, May 14
Where: Ancient City Baptist Church, 27 Sevilla St., St. Augustine
Featuring: Cliff Parrish, Tyler Channey, Tamara Seymour and Haley Longino Kirk. Admission is free.

St. Augustine Community Chorus: "Emerging Light"

When: 7-8:30 p.m. Saturday, May 14
Where: Ancient City Baptist Church, 27 Sevilla St., St. Augustine
The St. Augustine Community Chorus, accompanied by chamber orchestra, presents "Emerging Light," a concert featuring works from Parts 2 and 3 of Handel's "Messiah." There will also be the compositions of more contemporary composers. **Tickets are available on the website and at the door:** staugustinecommunitychorus.org.

"With a Song in My Heart – Songs of Broadway Through the Ages"

What: Festivale closing event
When: 5:30-7 p.m. Sunday, May 15
Where: Upstairs in the Lincolnville Museum & Cultural Center, 102 M. L. King Ave., St. Augustine
Featuring: Haley Kirk, Trudye Lutton, Nancy Grotte, David Abraham and Jason Whitfield. Admission is free.

— Compiled by Shaun Ryan

"The Immigrant"

What: The true story of the playwright's grandfather's experiences in his new home.
Who: A Classic Theatre
When: 7:30-9:30 p.m. May 13, 14; 2 p.m. May 15
Where: The Waterworks, 184 San Marco Ave., St. Augustine
Tickets at: aclassictheatre.org/tickets. Directed by Margaret Kaler, with Dexter McDaniel, Harolyn Sharpe, Bill White and Mary Schubert.

The St. Augustine Orchestra

When: 8-9:30 p.m. Thursday, May 12.
Where: Lightner Museum, 75 King St., St. Augustine.
Featuring: World premiere of "Diamante," composed by Bob Moore. Purchase tickets at staugustineorchestra.ticketleap.com.

Jacksonville University Choir

When: noon-1 p.m. Friday, May 13.
Where: Ancient City Baptist Church, 27 Sevilla St., St. Augustine
Admission is free.

Florida Stories told by The Florida Storytelling Troupe

When: 4-5 p.m. Friday, May 13
Where: Lawn of the Ximenez-Fatio House Garden, 20 Aviles St., St. Augustine
Featuring: David Fussell, Kathy Kniery and Debra Weller

Governor William DuVal and his wife, Nancy Hynes DuVal, will be portrayed by Fussell and Kniery. Weller will relate the story of Marjorie Kinnan Rawlings. Admission is free.

Malbec Mania

When: 6-7:30 p.m. Friday, May 13
Where: The Gifted Cork & Gourmet, 64 Hypolita St, St. Augustine
This \$25 event doesn't need any luck... ..a great variety of seven wines, gourmet cheeses, and 13% Off All Wine!

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Sports



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www.PonteVedraRecorder.com

Sharks leave mark on and off field at final four

By Anthony Richards

What makes a special team?

In the case of the Ponte Vedra boys lacrosse squad, it was the group's togetherness that was already strong to start the season but continued to grow with every game and helped propel the Sharks to their state runner-up finish in Class 2A.

Despite the Sharks falling to St. Thomas Aquinas 13-12 May 7 in Naples, the one-point loss does not sum up the resilience of the team.

"It was just a trust that they each had for each other, and the belief that their teammates were going to be up to the challenge and make the necessary plays," head coach Chris Polanski said.

Polanski believes the team will be defined by their mental fortitude and ability to bounce back no matter what adversity was thrown their direction.

The first of that adversity started last year when the Sharks lost to Creekside in the district tournament and missed out on the state playoffs.

That was then compiled with Polanski being promoted to head coach prior to the start of the season.

"The coaching change could have created chaos, but they stayed together until the very end," Polanski said. "It is a true testament to our seniors. Their legacy does not leave when they graduate, because they've put in the work and have made the program what it is. Our alumni and our culture are what drives the machine."

However, that was not the end of the challenging times for the Sharks, who were the only one of the final four teams

on the boys side that did not sleep in their own beds the night before due to the six and a half-hour drive to Naples.

The Sharks also experienced a pair of weather delays that pushed the start of the game back a couple of hours. As a result, the championship did not begin until 11:15 p.m. and ended in the early morning hours.

Once the game got underway, the Sharks found themselves quickly trailing 4-0, but once again refocused and fought back.

Fortunately, one of the most experienced players on the team was senior goalie Nolan Parlette, who stood tall in net throughout the season and made his presence known during the Sharks' postseason run.

"Since stepping in this role as a freshman, Nolan has been a confident leader," Polanski said. "He's one of the hardest workers and when he's calm and cool out there, everyone just follows suit, and it makes my job so much easier."

Brendan Nace was another senior who was not intimidated by the bright lights of playing for a state title and had a hat trick in the championship contest.

Polanski reflected how proud he is of his team in a message he posted on his Twitter page.

"The accolades which I hold the highest and am most proud of are the ones who came the furthest from the lacrosse world," Polanski said. "Our server at the restaurant, hotel manager or FHSAA staff who would go out of their way to tell me how 'not only did your boys clean up after



Photo by Tammy Johnson

Senior Nolan Parlette watches a shot from Winter Park during the state semifinal matchup.

themselves in the lobby, but they cleaned up after other guests too."

According to Polanski those are the little things that make the most difference and in the long run mean even more than a state title.

"It's all about developing better kids and

better humans," Polanski said. "All those state titles rings are great, but there's a whole lot more to life than that."

The Sharks defeated Winter Park 13-11 in the state semifinals May 5. It was the Sharks' first return trip to the state title game since winning it all in 2019.

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Flag Football champs

The Fighting Illini won the 2022 Spring Flag Football League Championship on Saturday, May 7, with a 20-13 victory over the Raiders. Down 7 with under four minutes to play, the Fighting Illini were able to bounce back with two scores, the game winner coming with 16 seconds left, a touchdown pass from Asher White to his twin brother Hayden in the corner of the endzone. Hudson Gassner then sealed the victory with an interception on the last play of the game. Pictured in no particular order are: head coach Brian White and assistant coaches Paul Schlicht, Austin Gassner and Neal Wagner; and players Hudson Gassner, Asher White, Hayden White, Charlie Fowler, Eli Hatfield, Reid Schlicht, Gage Schlicht, Olivia Neary, Zach Galley and Beau Wagner.

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THEME: GRADUATION

ACROSS

1. Like a bug on windshield noise
6. G-man
9. Type of race
13. Late actor Ledger
14. Waikiki necklace
15. Group of lions
16. Knight's shiny garb
17. Ensign, for short
18. One to beat
19. *Graduation proof
21. **School's Out* singer
23. An indigenous person in Laos
24. 6-shooter
25. Founder of People's Republic of China
28. Porous rock
30. *MFA or BA
35. Comrade in arms
37. Be inclined
39. Had in mind
40. Was a passenger
41. Ventricular beater
43. Same as ayah
44. ____ Trick, rock band
46. Nicholas II, e.g.
47. Initiation ceremony, e.g.
48. "Pollock" actor Ed
50. Foolish one
52. Ever, to a poet
53. "House of Gucci" star
55. Masters Tournament peg
57. *Mortarboard attachment
60. **No more ____, no more books"
64. Fancy boat
65. Mozart's "L____ del Cairo"
67. Arm bones
68. Orderly arrangement
69. Granola grain
70. Gustatory sensation
71. Lord Byron's composition
72. Dashboard unit
73. Weasel's aquatic cousin

DOWN

1. Herring's cousin
2. "Frasier" actress Gilpin

3. Bulb holder

4. Coral reef island
5. Neck cavity
6. Pestilence pest
7. Even, to a poet
8. "Saturday Night Fever" music genre
9. Type of coffee maker
10. Gauche or Droite in Paris
11. Month of Purim
12. Styling product
15. For the time being, Latin (2 words)
20. Cave opening
22. Like Hemingway's certain man on sea
24. Type of rummy
25. *One in "Pomp and Circumstance" series
26. Hello to Israel Kamakawiwo'ole
27. Ahead in years
29. **You have brains in your head, you have ____ in your shoes"

31. Cleats to soccer player

32. China grass
33. Related on mother's side
34. Olden days anesthetic
36. *School ____, which is about 180 days
38. No-win situation
42. Old-hat
45. Wilbur's home
49. *Famous frat house
51. Adjective in sheet music
54. Low light
56. Enthusiastic approval
57. Tropical edible root
58. Land measure
59. A fake
60. Beaten by walkers
61. Research facil.
62. It's better than never?
63. Tiresias in "Oedipus Rex"
64. Small dog's bark
66. *Gown's companion

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Panthers prepare for next season

Nease High School has begun its journey in preparation for next season with its spring football practices. The Panthers will host Ed White High School in a spring game May 20 at 7 p.m.

Photos by Anthony Richards



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Newspaper Carriers Needed Dealer & Carrier Routes Available

The Ponte Vedra Recorder is currently hiring reliable and dedicated Independent Contractors to distribute newspapers throughout the Ponte Vedra Beach, Nocatee & Beaches areas one day a week (Thursdays).

To be considered:

- Must be committed to providing excellent customer service
- 18 years of age or older
- Valid driver's license
- Current automobile insurance
- Reliable transportation
- Attention to detail and customer service driven
- Willing to work Thursdays (early AM)
- Must be able to lift paper bundles of approx. 20-lbs
- Able to collect and record fees from dealers

If interested, please call 904-300-5374 or email Joe Wilhelm: joe@osteenmediagroup.com



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