

# THE RECORDER



Not your average newspaper, not your average reader.

July 21, 2022  
Volume 53, No. 38  
75 cents

Covering Ponte Vedra, St. Augustine, and Greater St. Johns County

PonteVedraRecorder.com



Healthcare Profiles  
Page 11



Voting ends July 27th  
Cast your vote today!



INSIDE: CHECK IT OUT!  
The Recorder's Entertainment EXTRA featuring TV listings, streaming information, puzzles and more!



Photo by Shaun Ryan

Kids compete in a potato sack race during the Family Olympics recently at the link. The fun competition was conducted in conjunction with the Business Expo at the unique facility in Nocatee. The occasion was the first anniversary of the link. See page 24.



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**Hugh Osteen**

COO/VP  
hugh@osteenmediagroup.com  
(904) 285-8831

**Susan Griffin**

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

**Shaun Ryan**

Editor  
shaun@pontevedrerecorder.com  
(904) 285-8831, ext. 1202

**Anthony Richards**

Reporter  
anthony@pontevedrerecorder.com  
(904) 285-8831, ext. 1207

**Don Coble**

Contributor  
don@claytodayonline.com

**Amber Anderson**

Page/Graphic Designer  
amber@pontevedrerecorder.com

**April Snyder**

Sales Assistant  
april@pontevedrerecorder.com  
(904) 285-8831, ext. 1204

**Kristin Flanagan**

Account Executive  
kristin@pontevedrerecorder.com  
(904) 285-8831, ext. 1206

**Adele McGraw**

Account Executive  
adele@pontevedrerecorder.com  
(904) 285-8831, ext. 1208

**Debbie Apple**

Account Executive  
debbie@osteenmediagroup.com  
(904) 285-8831

**Joe Wilhelm**

Circulation Manager  
joe@osteenmediagroup.com  
(904) 300-5374

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

## BRIEFS

### Palm Valley Market is every Tuesday

The Palm Valley Market hosts a variety of local vendors at the Palm Valley Community Center on 148 Canal Blvd. from 10 a.m. to 2 p.m. every Tuesday. There will be fresh local produce, baked goods for humans and pets, sweet treats, plants, artwork, handcrafted jewelry, soaps and more.

### Beach cleanup Saturday

There will be a beach cleanup from 9:30 to 11:30 a.m. Saturday, July 23, at Guana Tolomato Matanzas National Estuarine Research Reserve. Meet at the visitor center, 505 Guana River Road, Ponte Vedra Beach. Gloves and trash bags will be provided. For additional information, email Candace. Killian@FloridaDEP.gov.

### Beaches Go Green student clubs hold training

Almost 50 student and teacher volunteers dedicated five hours of their summer to Beaches Go Green club training, learning about environmental issues and meeting Beaches Go Green club officers and future officers from different schools in the area.

Flagler Health+ sponsored the meeting space at the link in Nocatee. Publix sponsored all of the food and snacks for the volunteers.

There were environmental and leadership lectures, with guest speakers from Cornell. Participants toured the link, dissected albatross boluses for plastic, experienced the Flagler Health+ Immersive Studio, did yoga and drumming mini sessions and col-

laborated with local environmental groups like the Matanzas River Keeper. Attendees also heard from Beaches Go Green officers.

There will be offering a much shorter makeup BGG/Leadership training session at 4 p.m. Sept. 11. Location to be determined.

### City launches new payment program at parking garage

The City of St. Augustine launched a pilot program Monday, July 18, at the Historic Downtown Parking Facility that allows motorists to pay via the ParkStAug mobile app or a payment kiosk.

The northernmost entrance to the garage is being used as an express lane, marked with a blue sign, without a parking attendant manning the toll booth. Drivers entering through the express lane will park in a marked space and use the ParkStAug mobile app or enter their license plate at the payment kiosk to make a payment.

With this pay-by-plate system, users are no longer required to place a receipt stub on the dashboard of their vehicles. The receipt stub is proof of payment. There is a 15-minute grace period to allow for making payment regardless of which payment option is selected.

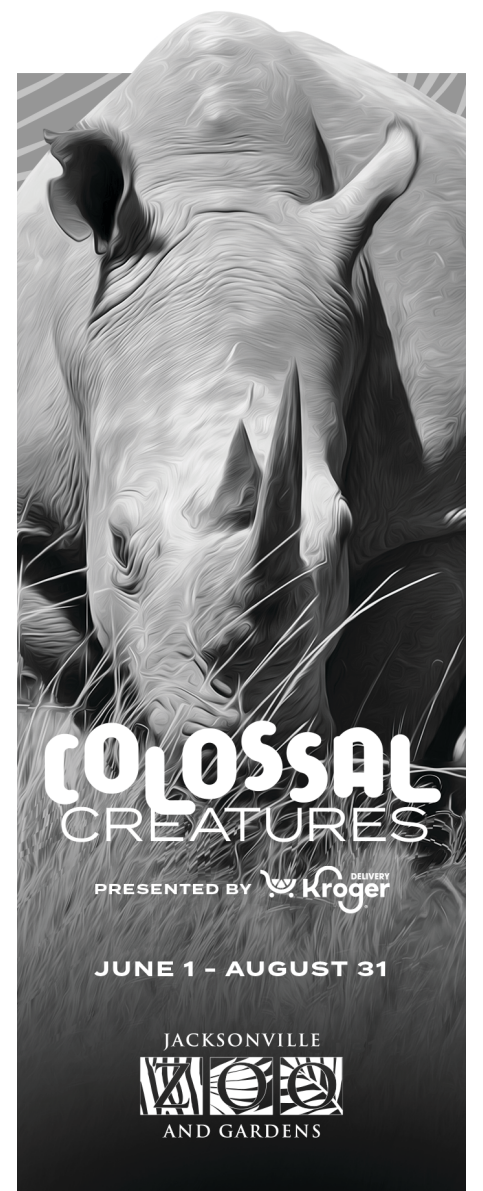
“This payment option at the parking garage has been in the works for quite some time and we are excited to launch the pilot program,” Public Works Director Reuben Franklin said. “We’ve had great success

BRIEFS continues on Page 3

## PUZZLE SOLUTIONS

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

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



## Correction

The Ponte Vedra Recorder would like to make the following correction: In the article titled “MSD residents raise parking project concerns” in the July 14 edition, it should read that the MSD voted to approve the use of off-duty Sheriff’s Office deputies for the next fiscal year at a rate of \$55 per hour per officer for 17 hours a day.



# Briefs

Continued from 2

with the parking app and payment kiosks in our street parking spaces and parking lots, and now we can offer this great convenience to folks parking in the garage.”

The ParkStAug mobile app is available to anyone, but also offers an automatic discount for St. Johns County residents who register their vehicles with the app. To register your vehicle, go to ParkStAug.com.

For additional information, contact the Historic Downtown Parking Facility

office at 904-484-5160.

## \$800K awarded to project in Lincolnton

The City of St. Augustine Community Redevelopment Agency has been awarded \$891,932 through the Florida African American Cultural and Historical Grants program for the funding of the Lincolnton Community Redevelopment Area Institutional Rehabilitation Grant Program, specifically for the Fountain of Youth Elks Lodge 684, located at 100 Washington St. in Lincolnton.

The grant opportunity was presented by the Florida Department of State

in 2021 with funding provided by the Coronavirus State and Local Fiscal Recovery Funds program, as authorized by the Department of the Treasury, for construction projects at facilities in Florida that highlight the contributions, culture or history of African-Americans.

Organizations could request up to \$500,000 or up to \$1 million with 50% matching funds from other sources. With a project budget of \$1,141,932, the St. Augustine Community Redevelopment Agency matched the 50% at \$250,000.

“We could not be more pleased with this grant award,” commented Jaime D. Perkins, St. Augustine’s Community

Redevelopment Agency administrator. “We have 24 months to complete all the proposed project activity and have already begun meeting with consultants and stakeholders to get started.”

The grant panel discussion and scoring took place in February. Although the application was not initially accepted, an additional \$30 million in grant funding that was added to this year’s state budget allowed for this project to be approved.

For additional information, contact Perkins at [jperkins@citystaug.com](mailto:jperkins@citystaug.com) or call 904-209-4254.

— Compiled by Shaun Ryan

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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 and 32082.

Readers have nominated their favorite businesses, organizations, professionals and more in over 250 categories online. **Vote now through July 27th.** Readers can vote for their favorite business in each category once per day. Help your favorites win and VOTE!

[www.pontevedrarecorder.com/bestof2022](http://www.pontevedrarecorder.com/bestof2022)

# Paul Harris Fellowship

Rotary Club of Ponte Vedra Beach President Ronald “Doc” Renuart, right, marks the beginning of a new Rotary Year by presenting his wife Tamara with a Paul Harris Fellowship as Rotary Foundation committee chair Andre Green looks on. Considered to be Rotary International’s highest honor, the Paul Harris Fellow recognizes donations of \$1,000 or more to support Rotary’s global efforts to eradicate polio.

Contributed photo



# Expect partial closure during parking garage rehab project

St. Augustine’s “Historic Downtown Parking Facility” is undergoing a construction rehabilitation project focusing on the second floor through the end of October. During this time, portions of the first and second floors of the parking garage will not be available for use.

The city has contracted with Restocon Co. to complete concrete maintenance, joint replacements and various other repairs.

For more information, contact the Historic Downtown Parking Facility at 904-484-5160.

# ST. JOHNS



The Primary Election is August 23. The General Election is Nov. 8.

## Do you know who you're voting for?

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### Politics in St. Johns

**Ponte Vedra  
July 27, 2022**

**Ponte Vedra Concert Hall**

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Ponte Vedra Beach, FL 32082  
5 p.m. - 7 p.m.

### Politics in St. Johns

**St. Augustine  
August 11, 2022**

**Solomon Calhoun Center**

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This free event is open to the public.  
For more information, please visit [www.sjchamber.com](http://www.sjchamber.com)





# Ponte Vedra Library re-opens after fire

By Anthony Richards

The Ponte Vedra Beach Branch Public Library opened its doors to the public once again July 19 after being closed for two weeks due to electrical and roof damage from a fire caused by a lightning strike.

“Any time that you’ve been closed for a period of time, whether it’s a situation like this or a hurricane, that first day back, people need you,” said Anne Crawford, Ponte Vedra Beach Library assistant branch manager. “The library is part of the fabric of the family community feel we have here in Ponte Vedra Beach.”

According to Crawford, staff was greeted with an abundance of enthusiasm when they re-opened at 10 a.m. July 19.

“It has been wonderful to see lots of smiling faces coming through the door of all ages,” Crawford said. “Everyone that I’ve seen has been very happy, positive and just relieved to know that their library is here and open again. They’ve said several times about how much they’ve missed us and are glad that we’re

back, and we as a staff feel the same way.”

The damage to the building has been repaired and none of the collections were affected during the fire.

“You can still smell a hint of smoke, but aside from that everything looks exactly as it did before,” Crawford said. “We were very fortunate in that regard.”

Although the Ponte Vedra Beach branch was physically closed, it did not stop the amount of people interested in searching and reserving books online for when the library eventually re-opened.

“People really did miss their library, and many of them know the staff by name,” Crawford said.

All the holds of materials that were sitting on the library’s shelves during the closure were extended until July 23.

Although the holds were turned off while the branch was closed, there remained a “pull list” of materials waiting to be processed when the doors opened back up.

“It’s a list of all the items we have to



Photo by Anthony Richards

**Residents visit the Ponte Vedra Beach Branch Public Library after it re-opened July 19 following a two-week closure due to fire damage.**

pull either for our patrons or for patrons at other branches, and it was at more than 400 items,” Crawford said. “The library never sleeps.”

The amount of the “pull list” is probably the best example of how much the local community missed the library during its absence.

The outside book drop opened one day

prior to the entire library to give staff a day to do some catching up and get organized once again prior to returning to regular hours.

Crawford held a pizza party for the staff during the day as a way of welcoming everyone back, after many spent time working at various other branches in the county during the two-week closure.



*Alan Chernomashentsev is one of the top fencing competitors in the world, having won medals at several competitions. He and his family make their home in the Nocatee area, where he teaches fencing classes at the link.*

## Alan Chernomashentsev

### As told to Shaun Ryan

#### **You have achieved some incredible success in fencing. What honors, medals and awards are you most proud of?**

The biggest honor of my fencing career was being a member of the U.S. Veterans World Team. I earned a spot on this team in 2018, 2020 and 2021.

Some of my most memorable fencing results include a gold medal at the 2010 National Championships and the White Tiger Clemson University Championship. This victory was where I earned my first “A” rank while fencing in the USA.

#### **How did you discover the sport of fencing when you were young, and how did you develop your skills in this field?**

I discovered the sport of fencing when I was 9 years old in Lviv, Ukraine. I have trained in this sport ever since then.

In the process of my growth as a fencer through practicing and competing I developed a strong passion and loyalty towards fencing. This was the foundation for my fencing skills.

#### **What qualities does a person need to become good at fencing?**

I think the most important quality needed to become a good fencer is perseverance. The athlete should stay focused regardless of the circumstances. The results of intensive training do not appear immediately; they only surface over time. These principles carry over to life lessons a student can carry with them beyond the sport. A fencer will also develop qualities such as speed, agility, strength and flexibility. These skills require constant training to maintain and improve.

#### **You are also a coach. I read that you teach your students not only to perform well when they are fencing, but also to develop good character. Can you tell me about that?**

During the three minutes of a single fencing encounter, the fencers will face both mental and physical challenges. These challenges can be so strong that they may even overpower a fencer’s desire to win. A strong and resilient character helps fight this challenge and turn their mindset towards victory. A student should constantly seek self-improvement, put in hard work and not look for excuses. These are some of the basic principles to develop and maintain good character in life and in sports. I encourage my students to exhibit these principles in all aspects of their life.

#### **I saw that you teach fencing at the link. How did you become affiliated with this facility in Nocatee?**

My family recently moved to the Nocatee area. I started to watch the daily news in the area and heard of the link, developed by Raghu Misra. I liked the concept of a community multipurpose facility and stopped by to offer my skills and knowledge of fencing. We believe fencing at the link is a good fit because of their mission to offer people of all ages the ability to learn, play, think and do things they have never experienced before.



#### **You have seen many different parts of the world. What do you like best about this area in Northeast Florida?**

What I like best about Northeast Florida is how this area is growing and developing. Here, people have a chance to write history. In other parts of the world, such as Europe, I have noticed that most of their notable achievements are from the past. I am excited to see how Northeast Florida will grow and what accomplishments

those who come from this area will make.

#### **How do you like to spend your free time?**

It always depends how much free time I have at the moment. Sometimes, I spend it watching movies with my family. If I have additional time, I enjoy restoring antique watches. In the smaller moments of free time, I like to read and learn.





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*Congratulations to our June Leaders!*



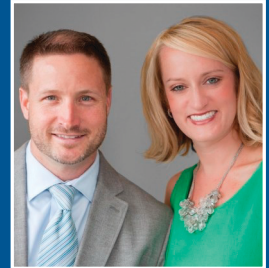
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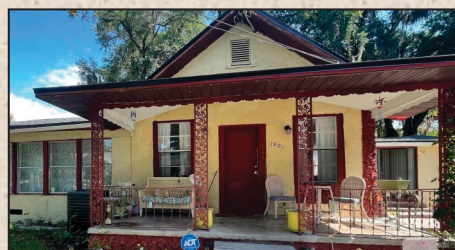
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Abby McCary (right) was given the opportunity to be part of the worship team during Ponte Vedra Presbyterian Church's recent vacation bible school.



It was a memorable experience for Abby McCary and all those involved.



Abby McCary has always had a passion for dance. Photos by Anthony Richards

# VBS worship team sets example of inclusion

*Passion for dance creates outlet for McCary*

By Anthony Richards

Ponte Vedra Presbyterian Church has vacation bible school each summer, but this year's version will always be one to remember thanks to a special 16-year-old girl.

Abby McCary has Down Syndrome, which makes her unique and sometimes hard for the rest of the world to understand and interact with.

However, she was offered a chance

to take part as a member of the worship team at PVPC's vacation bible school, and it turned out to be an unforgettable experience for not just Abby, but everyone who was involved in the program at some point during the week.

One of the things the worship team oversaw was leading dance routines up on stage for all the children in attendance to follow, which according to Abby's mom Lori was perfect for her because she has always been passionate about dancing.

"We've always been a part of churches, and she always just watches from the sidelines trying to find a way to become a part of the community and the things she loves," Lori McCary said.

This experience allowed Abby to say goodbye to the sidelines and instead be front and center in the middle of all the action, and it was a glorious sight to see.

"We started bringing her to the practices, and we were shocked how she learned the sequences of the dance," Lori McCary said. "However, in the end the dance doesn't even matter because it's all about the fact that she's up there. I can't describe how life changing it has been for her."

Helping make the experience what it is was the way in which the rest of the girls on the dance team embraced Abby and treated her as if she was their sister.

According to Kaelyn Hamby, who taught the worship team their dance cho-

reography, said that she believed it was not just a life-changing experience for Abby, but that the entire group benefited from her being a part of it.

"I've never worked one-on-one with anyone who has special needs, so it's been a learning experience for me as well with a lot of patience, but it's been really fun," Hamby said.

For Hamby and the rest of the group dancing is already a fun time, but having Abby involved has kicked it up to even another level.

"Abby just lights up the room," Hamby said. "She's just out there having a good time. Everyone just sees Abby up there doing her thing, and everyone just wants to join in."

The addition of Abby has made the week of VBS and the message of God that it is intended to spread even more meaningful.

"The world can be blessed with people like Abby in it," Lori McCary said.

Abby was born with Down Syndrome in China in November 2005 and was abandoned in the stairwell of a children's hospital when she was about 8 months old.

"She was taken to the local orphanage, where she laid in a crib for almost two years staring at the ceiling and left to stimulate herself by throwing her head from side to side and tapping her fingers together in front of her face," Lori McCary said.

Melinda Weber wound up taking Abby home to her apartment in China and believed that God had purpose for Abby's life in the form of an adoptive family and new home in the United States.

"We were that family," Lori McCary said.

**PRIMARY ELECTION**  
**AUGUST 23, 2022**

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**KATHY'S GARDENING GUIDE**

*The Recorder's garden columnist Kathy Esfahani of Kathy's Creative Gardens & Nursery shares her tips for growing gorgeous gardens in Northeast Florida.*

# Hurricane preparation for your landscape

*"The flower that follows the sun does so even in cloudy days." — Robert Leighton*

By Kathy Esfahani



Kathy Esfahani

Hurricane season in Florida begins June 1 and runs through Nov. 30. Though we hope for a quiet season each year, it is important to take steps to prepare your home and yard for a hurricane. Good preparation can help minimize damage in the event that a storm does arrive! Keep these tips in mind as you prepare for possible hurricanes:

- Prune shrubs and bushes away from the house. Branches that are too long can damage siding.
- Make sure all tree limbs and palm fronds are trimmed high and away from the house. Prune low-hanging limbs that could damage shingles or siding and remove any dead limbs that could fly off in heavy wind.
- Mow the lawn! Shorter grass will not accumulate as much debris as longer, more overgrown yards.
- Clean up debris or miscellaneous items from the yard. When winds begin to pick up, it will help minimize

flying objects that could hit your home.

- Stake any plants or trees that are top heavy such as standard bottle brush or standard cassia as well as any topiaries.
- Remove yard decor such as pottery, trellises, yard art, swings and lawn furniture, if possible. Otherwise, secure or anchor down these items with sandbags, bungee cords, etc. in preparation for high winds.
- Wait until after storm season to replace mulch as it can wash away with heavy rains. Pine straw can be placed around the beds to help keep bark mulch in place as much as possible.
- Make sure all drainage lines are clear. Clean out gutters and storm drains so that they are able to work properly. Check gutters to ensure that they are securely attached to the house and can direct water away from the foundation.
- If there is a hurricane near, turn off all irrigation systems. Although most systems have a rain shut-off device, do not depend on this trigger during/after a hurricane. This shut-off device will dry out more quickly than the soil and allow irrigation to resume when the soil is still saturated. Heavy rains can bring significant amounts of water, causing roots to loosen and trees to fall. Too much water can also lead to disease problems for grass, plants, and trees. After the storm, allow your yard to dry out for 3-4 days before turning on the irrigation system.
- Always know where your water main is located and

**Flower of the Week**



Photo provided by Kathy's Creative Gardens & Nursery

Gaura

how to turn it off in an emergency. If there is a special tool needed to turn off, be sure to pick up that item now.

**Flower of the Week: Gaura, pink and white**

**Please email Kathy at [kcg.pvr@gmail.com](mailto:kcg.pvr@gmail.com) for any questions or gardening tips you would like to see in the future. For more information & ideas, visit Kathy's Creative Gardens & Nursery, 196 N. Roscoe Blvd. The phone number is 904-655-7373.**

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## LETTERS TO THE EDITOR

### Writer defends Gold Star Mother

**To the Editor:**

Why is a Gold Star Mother, whose son died for our country, being discriminated against for membership and not allowed free speech by The Trump Club of St. Johns County?

Krista Keating-Joseph is a resident of St. Johns County who is being denied membership and the opportunity to speak at The Trump Club of St. Johns County. Her son, "Charlie," a Navy Seal, was killed in a fierce battle with ISIS fighters in Iraq.

"Gold Star families carry the burdens of freedom on their shoulders ... Charlie was the kind of man who makes this country proud. He carried with him the fierce American spirit and the timeless values of duty, honor and sacrifice that live on in your family today ... We will always remember Charlie as an American hero and for his selfless sacrifice in defense of our nation." These are the direct words of former President Donald J. Trump in a letter to Krista Keating-Joseph.

Krista is being denied membership and the opportunity to speak at the Trump Club of St. Johns County. Is the Trump

Club of St. Johns County a secret society? Free speech is one of the fundamental cornerstones of our country. What a shame and disgrace. I testified to help eliminate "free speech zones" several years ago before the County Commission. This discrimination against Krista Keating-Joseph is a black eye on St. Johns County and the Trump Club of St. Johns County.

Using the borrowed vernacular of that conservative commentator, Mark Levin, concerning the leadership of the Trump Club of St. Johns County, "It is time to throw this lack of leadership out." Oh, I forgot to mention that Krista Keating-Joseph is a candidate for the County Commission District 4, a highly qualified professional woman. Is there a conflict by this deliberate discriminatory action from the Trump Club of St. Johns County?

It is time for the membership to show up at the next meeting as well as the public to demand the resignation of the current board of directors of The Trump Club of St. Johns County for taking such odious discriminatory action on a Gold Star Mother. Why? Shame! This is disgusting action on the part of the Board of Directors! They need to go!

**Dr. Michel S. Pawlowski**

*Former member of the board of directors*

# Back-2-School supply drive to benefit Boys & Girls Clubs

PulteGroup is holding a Back-2-School supply drive to benefit the Boys & Girls Clubs of Northeast Florida.

Through Aug. 4, Pulte is collecting donations of school supplies at several Pulte Homes and Del Webb sales offices in Northeast Florida, including:

- Del Webb Nocatee, 73 Glenhurst Ave., Ponte Vedra
- Trails at Grand Oaks, 23 Myrtle Oak Court, St. Augustine
- Preserve at Bannan Lakes, 205 Cedar Preserve Lane, St. Augustine

The sales offices are open from 10 a.m. to 6 p.m. on Monday, Tuesday, Thursday, Friday and Saturday, and from noon to 6 p.m. on Wednesday and Sunday.

To view a school supply wish list, go to [bgcnf.org/events/back2school](http://bgcnf.org/events/back2school).

The Boys & Girls Clubs of Northeast Florida serve elementary, middle and high school students.

"We want to give our young people at the Boys & Girls Clubs of

Northeast Florida the tools

they need for a successful school year," said Tony Nason, division president of PulteGroup's Northeast Florida Division. "Donations to our Back-2-School Supply Drive can help ensure every student has a positive start to a great school year."

For more information about PulteGroup in Northeast Florida, go to [pulte.com/jacksonville](http://pulte.com/jacksonville).





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**THURSDAY, JULY 21, 2022**





# Procedure effectively treats Parkinson's, essential tremor

*Support groups provide important information to sufferers, caregivers*

By Shaun Ryan

If you are diagnosed with Parkinson's disease or essential tremor, you are not alone. And, thanks to available resources right here in Northeast Florida, you really can improve your quality of life.

That's the message Alaine Keebaugh, Ph.D., wants to share.

"I want them to know where they can get those resources so that they don't feel isolated," she said.

To make that happen, Keebaugh and others have started support groups for Parkinson's patients and caregivers. And beginning this fall, they will launch an essential tremor support group.

Neurologists will speak with attendees about ongoing research and medications, and physical therapists and occupational therapists will speak on the importance of exercise.

The groups meet at the COA Center at Flagler Health+ Village, 351 Town Plaza Ave. in Nocatee.

Keebaugh, who holds a doctoral degree in genetics from Emory University School of Medicine, has had a front row seat to some of the latest developments in the field of neuroscience. While at Emory, she observed a deep-brain stimulation procedure that determined the course of

her professional life thereafter.

"It was one of those moments in your life where you get chills on the back of your neck," she said. "It was like: This is what I was meant to do."

On the recommendation of a Mayo Clinic surgeon, the manufacturer of the deep-brain stimulator, Boston Scientific, hired Keebaugh. She and her husband moved from Atlanta to Jacksonville. Here, she has become involved with Jax Hope Inc., a nonprofit that supports people with Parkinson's.

## Parkinson's vs. ET

Though both disorders involve tremors in sufferers, Parkinson's disease and essential tremor (often called ET) are different. Those experiencing symptoms should consult a physician.

Parkinson's is a neurodegenerative disease, and those who have it experience tremors even when they are at rest. It is perhaps the more serious of the two because it gets progressively worse as neurons in the brain are lost.

Sufferers could eventually experience difficulty in walking. They may become fatigued, and cognition can be impacted.

Though a small percentage of cases may have a genetic link, experts still don't know what causes it.

Early signs may include a slight tremor in the hand or failure of one arm to swing when the person is walking. Some people report a loss of their sense of smell, sleep disturbances and constipation long before they are diagnosed.

ET, an action tremor, is not neurodegenerative. At rest, the sufferer appears symptom free, but the tremor appears once the person reaches for something.

They may have difficulty eating or drinking or signing their name. Otherwise, they are cognitively and physically intact.

ET is about 10 times more prevalent than Parkinson's, and about half the cases are inherited.

An early sign might be a slight tremor in the hand. It can grow progressively more noticeable and switch sides and can even result in a head tremor or voice tremor.

There is no cure for either disorder, but deep-brain stimulation is making life better for sufferers.

## Getting their lives back

Keebaugh plays a key role in deep-brain stimulation procedures and has seen firsthand their effectiveness.

"For many of these patients, this is the first time they haven't had a hand tremor in maybe 20 years," she said, calling the experience "really rewarding."

Unfortunately, some candidates for the surgery fear it and choose to forgo this revolutionary treatment option. Keebaugh said it is not as invasive as it sounds and that "the quality of life that it can give these people is incredible."

"We can literally do this two-hour procedure and the tremor is gone," she said. "It literally gives them their lives back."

After careful planning, the surgeon makes a small incision and opening in the back of the skull and inserts a thread-like electrode. That is connected to a battery, which is placed under the skin below the clavicle. The entire time, the patient is awake but feels no pain, and the neurologist speaks with the patient throughout.

Once the procedure is finished, the neurologist asks the patient to hold out



Contributed photos

Alaine Keebaugh, Ph.D

a hand, which is still trembling. Then, Keebaugh turns the device on. And the tremors stop.

"They get symptom relief immediately following the surgery," Keebaugh said.

Once implanted, the programming can be adjusted as the disease evolves.

This procedure is effective for both Parkinson's disease and ET.

Keebaugh said she has a "pretty cool job."

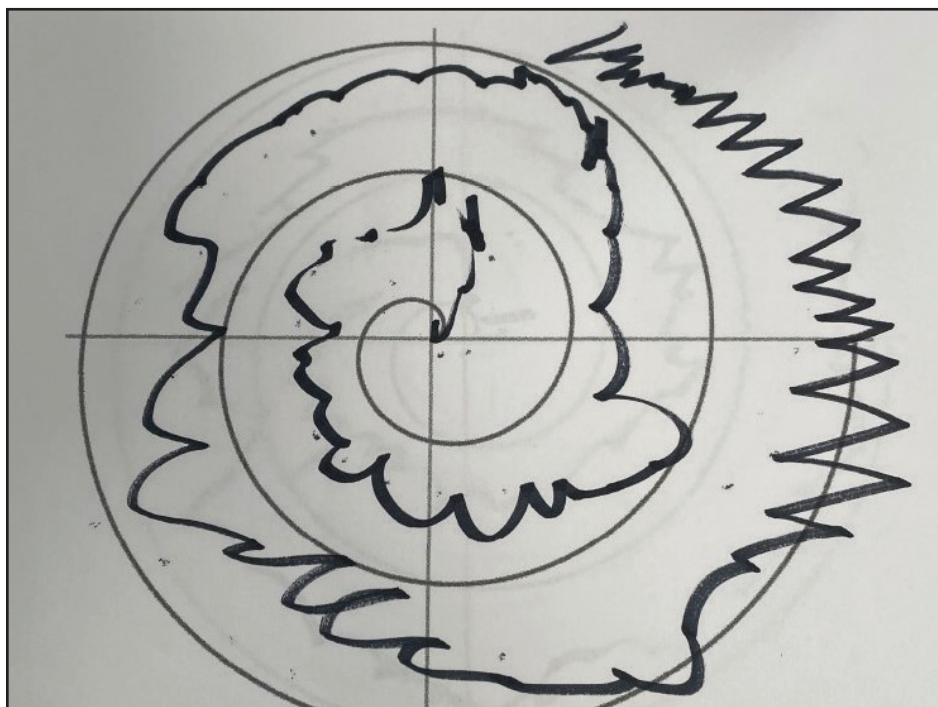
"It's exciting and rewarding," she said. "You get to see people get better."

## Learn more

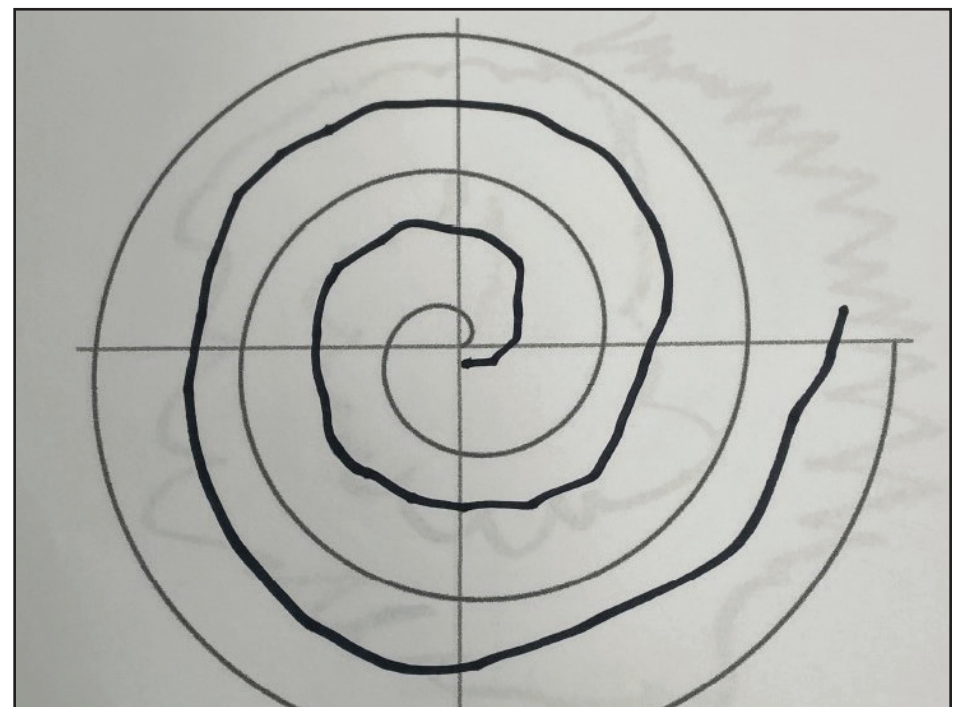
The support group meets at 3 p.m. on the first Wednesday of each month. At the next meeting on Aug. 3, Keebaugh will present "Advanced Treatment Options for Essential Tremor and Parkinson's Disease." The public is welcome.

Those wanting to learn more about the support group meetings can email Pam Brunell at [pbrunell@stjohnscoa.com](mailto:pbrunell@stjohnscoa.com).

Additional support group information for the First Coast region is available at [jaxhopeinc.org/support-group-assistance](http://jaxhopeinc.org/support-group-assistance) or by emailing [alaine@jaxhopeinc.org](mailto:alaine@jaxhopeinc.org).



While in the OR, patients are asked to draw a spiral before and after deep-brain stimulation. This was drawn by a patient before undergoing the procedure.



This spiral was drawn by the same patient immediately after the procedure. Today, he is 100% tremor free.



# Cypress Village awarded Nursing Care Center Accreditation

Cypress Village has earned The Joint Commission's Gold Seal of Approval for Nursing Care Center Accreditation by demonstrating continuous compliance with its performance standards. The Gold Seal is a symbol of quality that reflects a health care organization's commitment to providing safe and quality patient care.

Cypress Village underwent a rigorous, unannounced onsite review in May 2022. During the visit, a team of Joint Commission reviewers evaluated compliance with Nursing Care Center standards spanning several areas including infection prevention and control, leadership,

medication management and quality assurance.

The Joint Commission's standards are developed in consultation with health care experts and providers, measurement experts and patients. They are informed by scientific literature and expert consensus to help health care organizations measure, assess and improve performance. The surveyors also conducted onsite observations and interviews.

"As a private accreditor, The Joint Commission surveys health care organizations to protect the public by identifying deficiencies in care and working

with those organizations to correct them as quickly and sustainably as possible," says Mark Pelletier, chief operating officer, Accreditation and Certification Operations, and chief nursing executive, The Joint Commission. "We commend Cypress Village for its continuous quality improvement efforts in patient safety and quality of care."

"We are honored to have our rehab facility within the Joint Commission's network," said Stephanie Markoski, health care administrator at Cypress Village. "I am proud of my team and how they work diligently every day to uphold

high quality standards."

Cypress Village is a continuing care retirement community that includes independent living, assisted living, memory care, skilled nursing and rehabilitation services. Cypress Village is a preferred provider of all hospital systems in the Jacksonville area and is stroke-certified with in-house dialysis and rounding Mayo Nurse Practitioners five days a week for all patients admitted from the Mayo Clinic.

For more information, go to The Joint Commission website and [CypressVillageRetirement.com](http://CypressVillageRetirement.com) or call 904-223-6100.



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# Reducing men's risk for heart disease, Afib



Dr. George R. Dibu

By George R. Dibu, MD, FACC,  
Ascension St. Vincent's

According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death for men in the United States. One common condition that can increase men's risk is

atrial fibrillation, or Afib. It's the most common heart arrhythmia. Afib-related deaths are rising, and many patients remain untreated.

Not only that, men develop heart disease 10 years earlier, on average, than women do. That's why it's important for men to be aware of the heart health risks they face at any age, and steps they can take to prevent them.

## The Link Between Afib and Heart Disease

Atrial fibrillation causes a rapid and chaotic heartbeat in which the atrial electrical signals in the heart can increase as high as 350 to 600 beats per minute. Afib affects millions of Americans, but because many don't experience any symptoms, the condition often goes undiagnosed. This can be dangerous, as Afib doubles the risk of heart-related deaths and increases risk of stroke by five-fold.

Afip can cause the upper chambers of the heart to not contract properly. When this happens, blood pools in an area called the left atrial appendage. The pooled blood can form a clot that travels to your brain's arteries, interrupting blood flow and leading to a stroke. Moving down to the lower chambers of the heart, Afib can cause an irregular and often

rapid pulse. This often results in symptoms like palpitations, fatigue, breathlessness and even reduced heart function.

## Special Heart Risks for Men

Low testosterone levels in men have been linked to a higher risk for developing heart conditions. Certain behaviors like drinking and smoking too much can also increase heart disease risk.

Afip specifically can often be associated with high stress levels and mental health conditions, as the disorder is usually caused by strain on the left upper part of the heart. Men who have conditions like sleep apnea, coronary artery disease, lung disease or kidney disease may also be at a much higher risk for developing Afib.

## Prevention and Treatments

One great way to reduce your risk for heart disease is to check your blood pressure regularly and discuss your cholesterol and triglyceride levels with your doctor. Men should also find ways to lower stress levels to avoid heightened blood pressure and stress hormone levels, which result in restricted blood flow to the heart.

Thanks to modern advancements, there are many therapies available today to

treat Afib. Medications may be used to control the heart rate or to restore and maintain a normal rhythm. Advanced heart catheter ablation (Afip ablation) is another effective treatment option.

In addition, there are effective treatments to prevent clots and lower the risk for stroke, such as anticoagulation with a blood thinner or a small mechanical device (known as the WATCHMAN) that can be placed in the left atrial appendage of the heart.

## Take Control of Your Heart Health Today

They say an ounce of prevention is worth a pound of cure. No matter your age, talk with your primary care doctor or cardiologist anytime you notice a change in your health. Our teams of primary care doctors and cardiologists, including those at our new hospital in St. Johns County, can provide you with the care you need, when and where you need it. Take control of your heart health by making an appointment today.

**Dr. George R. Dibu is chief of cardiology at Ascension St. Vincent's St. Johns County. For more information on Dr. Dibu, go to [healthcare.ascension.org](http://healthcare.ascension.org) or call 904-691-9100.**

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# Wolfson Children's Hospital ranked among best for pediatric neurology, neurosurgery

When Taylor Pappas started getting headaches at 13 years old, she didn't think too much of it.

"They were actually pretty minor," the now-24-year-old remembered. "There was just one time at school I went to the nurse's office because it was really bad, and I think that was the only migraine I've ever had."

But deep down, her mother knew something was wrong.

An MRI at Wolfson Children's Hospital of Jacksonville revealed a lemon-sized brain tumor for which Pappas would need immediate surgery. Under the care of the pediatric neurosurgery team with Wolfson Children's Walter and Michelle Stys Neuroscience Institute, Pappas would ultimately have four surgeries, followed by proton therapy, before finally being declared tumor-free at age 17.

"When you're going through something serious, your mentality is so important," Pappas said. "I was very confident in the team taking care of me and in myself. I never had a doubt I would get past this."

In recognition of the expert care provided to children like Pappas every

day, U.S. News & World Report named Wolfson Children's Hospital one of the top 50 Best Children's Hospitals in the nation for Pediatric Neurology and Neurosurgery. Neuroscience services are provided by pediatric physician specialists with Nemours Children's Health, Jacksonville, and the University of Florida College of Medicine — Jacksonville.

The multidisciplinary team with the Stys Neuroscience Institute at Wolfson Children's provides comprehensive care for children from newborn to age 18 with neurological and neurosurgical conditions, including epilepsy, cerebral palsy, traumatic injuries and brain tumors.

The co-medical directors of the Stys Neuroscience Institute are pediatric neurosurgeon Philipp Aldana MD and pediatric neurologist Raj Sheth MD.

"The U.S. News recognition is one of the most prestigious a hospital can receive, and we are humbled to be



ranked among their Best Children's Hospitals for another year," said Michael D. Aubin, president of Wolfson Children's Hospital. "This is yet another assurance to parents that their children are in the best hands when they receive neurological and neurosurgical care at Wolfson Children's. Our team's commitment to clinical excellence, research, education and innovation has improved

patient outcomes, which means longer and healthier lives for the children we serve. We're grateful for our longstanding collaboration with Nemours Children's and the UF College of Medicine — Jacksonville, which makes this level of care possible."

"We at Nemours Children's Health are proud to partner with Wolfson Children's Hospital to provide excellent life-changing, specialized care to children," said Gary Josephson MD, chief medical officer of Nemours Children's Health,

Jacksonville. "The U.S. News rankings reflect the excellence of care provided to patients and this recognition is one more stellar example of what teamwork can accomplish."

"The collaboration among the staff at Wolfson Children's and with our colleagues at Nemours Children's allows us to provide the very best care to the children in Northeast Florida and far beyond," said Mark Hudak MD, chair of the Department of Pediatrics at the UF College of Medicine — Jacksonville. "When caregivers come together for the common good of a child, lives are changed and saved."

The annual Best Children's Hospitals rankings and ratings, now in its 16th year, is designed to assist families and their doctors in making informed decisions about where to receive care for challenging health conditions.

"Choosing the right hospital for a sick child is a critical decision for many parents," said Ben Harder, chief of health analysis and managing editor at U.S. News. "The Best Children's Hospitals rankings spotlight hospitals that excel in specialized care."



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# Baptist Health recognized for providing high-quality stroke care

Baptist Health has once again been recognized for its outstanding stroke care by the American Heart Association.

Baptist Medical Center Jacksonville, Baptist Medical Center Beaches, Baptist Medical Center Nassau and Baptist Medical Center South received the association's GoldPlus Get With The Guidelines — Stroke Quality Achievement Award for their commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized research-based guidelines.

Stroke is the fifth-highest cause of death and a leading cause of disability in the United States. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is blocked or bursts. Without the blood or oxygen they need, brain cells die.

Early stroke detection and treatment are key to improving survival, minimizing disability and accelerating recovery times.

Each year, Get With The Guidelines participants qualify for the award by

demonstrating how their organization has committed to providing quality care for stroke patients.

"Every day, our teams put proven knowledge and processes to work, providing the latest research- and evidence-based care to patients," said Michael A. Mayo, president and CEO of Baptist Health. "Their care and dedication to preventing and treating strokes helps ensure more people in the Jacksonville region can experience longer, healthier lives.

"The Baptist Health team is dedicated to providing excellence in stroke care to our patients," said Ricardo Hanel MD, neurosurgeon and co-medical director of the Baptist Stroke & Cerebrovascular Center. "Every day, we offer our community the highest level of treatment for those suffering a stroke so they may have their best life going forward."

With cutting-edge technology and state-of-the-art facilities, Baptist Jacksonville's Stroke & Cerebrovascular Center is the regional epicenter for advanced diagnostics and treatments for strokes,

brain aneurysms and other cerebrovascular conditions.

The Joint Commission Certified Comprehensive Stroke Center offers patients dedicated facilities for neurological care, including a neurointensive care unit, a dedicated neurosurgical operating room and interventional radiology suite with specially trained staff and the latest technology, and a specialized area in the emergency department designed for stroke, brain aneurysms and other neurological emergencies. This dedicated area was the first of its kind in Florida.

In addition, all other Baptist Health hospitals and satellite emergency centers are recognized by the Joint Commission as stroke centers. This expert stroke care is also available to patients throughout the Jacksonville area and beyond via the Tele-stroke network, which virtually connects physicians and health care professionals from 14 sites within a 160-mile radius of Baptist Jacksonville.

In addition to the GoldPlus Get With The Guidelines — Stroke Qual-

ity Achievement Award, the association recognized Baptist Health's hospitals for other achievements:

- Baptist Jacksonville received the American Heart Association's Target: StrokeSM Honor Roll Elite Plus and Advanced Therapy awards (the highest award level) by meeting specific criteria that reduce the time between an eligible patient's arrival at the hospital and treatment to remove the clot causing the stroke.

- Baptist South received the Target: StrokeSM Honor Roll award. To qualify for this recognition, hospitals must meet specific criteria that reduce the time between an eligible patient's arrival at the hospital and treatment with the clot-buster alteplase.

All four hospitals received the association's Target: Type 2 Diabetes Honor Roll award. This award aims to ensure patients with Type 2 diabetes, who might be at higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized due to stroke.



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## Mental health services offered to Duval students

United Way of Northeast Florida, in partnership with the Kids Hope Alliance and Duval County Public Schools, has announced the recipients of \$5.5 million in grants to provide mental health care access for all public school students in Duval County through the Full Service Schools initiative.

The grantees will deliver mental health counseling and other support services to students and their families in elementary, middle and high schools in Duval County Public Schools for the 2022-23 academic year.

The following organizations are recipients of the grants for the upcoming academic year, with the Full Service Schools resource centers where they will operate listed in parentheses.

- Jewish Family & Community Services (Arlington Family Resource Center)
- Child Guidance Center (Beaches Family Resource Center and Sandalwood Family Resource Center)
- Children's Home Society (Englewood Family Resource Center and Ribault Family Resource Center)
- Daniel (Greater Springfield Family Resource Center and Historic James Weldon Johnson Family Resource Center)
- Family Foundations of Northeast



Florida (Westside Family Resource Center)

The selected providers were identified using a request for proposal process, which was open to any governmental entities, for-profit and nonprofit organizations who could provide mental health services for at least one full school year.

To access these mental health services, families are encouraged to call the United Way 211 information and referral hotline to find their nearest Full Service Schools site. Callers can dial 2-1-1 or 904-632-0600 on a cell phone or landline. Texting is also available by texting "Hello" to 211904. Additionally, students and parents can contact their school's guidance office to learn more about the mental health services provided through Full Service Schools.



# Know the risks of heart valve disease



Dr. Samer Garas

By Samer Garas, MD, FACC,  
Ascension St. Vincent's

Each year, more than 5 million Americans are diagnosed with heart valve disease. If left untreated, advanced valve disease can be deadly. The condition can result in heart failure, stroke, blood clots or death due to sudden cardiac arrest when the heart stops beating.

Learning about heart valve disease symptoms and staying informed of the

many available treatment options could save you or a loved one's life. Here is everything you need to know to help protect your heart.

## What is Heart Valve Disease?

Heart valve disease occurs when any valve in the heart has damage or is diseased. When this happens, the heart can't pump enough oxygen-rich blood to the body and has to work harder to pump. While heart valve disease is less common than other forms of heart disease, it's becoming an increasing problem. Left untreated, advanced valve disease can be deadly. It's especially vital to diagnose and treat the condition as patients get older.

## Signs and Symptoms of Heart Valve Disease

Symptoms of heart valve disease include shortness of breath, chest pain, fatigue, dizziness or fainting, fever, rapid weight gain and irregular heartbeat. Some people may mistake the signs of valvular heart disease for signs of aging. If you notice that everyday activities like walking or climbing the stairs have become more difficult, don't brush it off. See your doctor. Some patients may not have any symptoms, which is why regular screen-

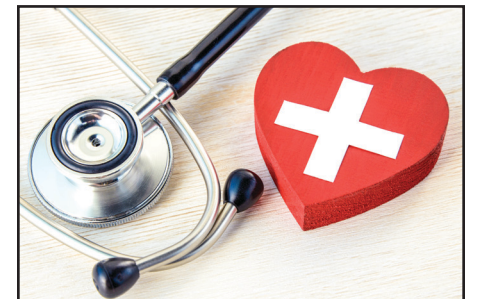
ings are so important. The sooner we can start treatment, the better patient outcomes may be.

## Treatment Options

In some cases, patients may need open heart surgery to replace diseased valves. However, major surgery may not be an option, or the best option, for certain patients.

Ascension St. Vincent's was the first in the region to offer patients the minimally-invasive transcatheter aortic valve replacement (TAVR). TAVR allows the doctor to replace the valve through a catheter placed in an artery, rather than through open heart surgery. This is a significant benefit because patients often have a shorter hospital stay and quicker recovery. While initially designed for patients too sick or frail to have surgery, multiple recent trials have proven that TAVR is the best approach for most patients. Other valves can also be treated using a catheter or minimally invasive approach, including the mitral and tricuspid valves.

Late last year, Ascension St. Vincent's Riverside became the first hospital in Jacksonville to receive the Transcatheter Valve Certification from the American College of Cardiology. This distinction recognizes the hospital's commitment to



treating patients receiving transcatheter valve repair and replacement procedures.

If you think you may be suffering from heart valve disease, schedule an appointment with your primary care doctor or cardiologist. Our teams of primary care doctors and cardiologists, including those at our new hospital in St. Johns County, can provide you with the care you need, when and where you need it. Yearly heart check-ups can help you maintain your heart health and catch issues in their earliest stages. Make time to care for your heart health and encourage a loved one to do the same.

**Dr. Samer Garas is a cardiologist and medical director of the cardiovascular service line at Ascension St. Vincent's. For more information on Dr. Garas and his specialty of interventional cardiology, go to [Healthcare.ascension.org](https://www.healthcare.ascension.org).**



## Inspiring restful sleep

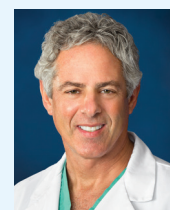
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# CORA Physical Therapy expands in Northeast Florida

CORA Health Services Inc., doing business as CORA Physical Therapy, a top-10 national operator of outpatient physical therapy clinics, has announced the opening of two new locations in Northeast Florida — CORA St. Johns and CORA Orange Park.

These clinics mark the company’s 121st and 122nd locations in the state.

Both will offer treatment for general orthopedic and sports injuries, post-COVID recovery programs, pre-and post-operative care, vertigo and balance disorders, chronic pain, geriatric reha-

bilitation, sports medicine and workers’ compensation.

Joanna Marshall will manage CORA St. Johns, which is located at 445 State Road 13, Suite 21 in Julington Creek. She received her undergraduate degree in exercise physiology from Ohio State University and attended Shenandoah University for her master’s and doctor’s in physical therapy. She was a professional ballet dancer before entering into the work of therapy.

Marshall has been a certified upper extremity specialist for more than 15 years and has taught several specialty courses on the upper extremity. She is skilled in various manual therapies, as well. As a certified hand therapist, Marshall brings her advanced study and experience specializing in treatment and rehabilitation for hand, wrist, elbow and upper extremity injuries to the St. Johns and surrounding communities.

“More clinics means more access and opportunity for CORA to deliver a better experience and a better continuity of care to patients across the Jacksonville community,” said Katharine Bolduc, regional manager at CORA Physical Therapy.

“We are excited to support a broadening patient base with CORA’s personalized approach to physical therapy with a growing team of experienced and dedi-



cated therapists.”

As with all CORA clinics, the new locations are taking precautions to ensure the safety of both patients and staff in accordance with CDC and OSHA guidelines for health care facilities. For patients who cannot go into the clinic, CORA also offers telehealth visits and therapy in the home to ensure continuity of treatment.

CORA accepts more than 4,000 insurance plans and offers payment options for patients without insurance.

CORA is a portfolio company of H.I.G. Capital, a global alternative investment firm with more than \$44 billion of equity capital under management.

For more information, go to [coraphysicaltherapy.com/location/cora-st-johns-florida](http://coraphysicaltherapy.com/location/cora-st-johns-florida) or call 866-443-2672 today to schedule for a free consultation.

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# New exhibition opens at Yellow House

A new exhibition at Yellow House asks: What does it mean to be well? What do people need to be safe, healthy and whole? How can they more fully approach the acts of caregiving and caretaking? How do art, culture and artists impact well-being? Can anyone truly be well if neighbors and society as a whole are broken?

Paintings, posters, political cartoons and poetry provide glimpses into the reciprocal and interdependent relationship between self and community. There are examples of how abstraction, the human body, fragments of history, the written word, political commentary and the natural environment can serve as vehicles for proclaiming, "This is who I am; this is what I require and desire to be well."

The lived experiences of these artists, informed by gender, ethnicity, race, place, illness and disability, illuminate humanity's collective condition. They invite us to consider the private, public and political conditions that support or hinder well-being.

The experience of COVID-19 has impacted people individually

and collectively, exemplifying the consequences of scarcity of access, lack of human-centered policy, the power of misinformation and physical and emotional isolation. Yet, the experience has also illuminated the possibility and power of reimagining how people protect and care for one another, amid the many learnings and losses that evolved out of this public health crisis.

It is in this emergent place where people see their potential while honoring the wounds that still need binding. This is a collective, but not complete, recipe for wellness that embraces ancient knowings, modern progress and the critical importance of universal human rights.

The well-being of people is influenced by climate change, gun violence, lack of mental health resources, food insecurity, racial inequity and more.

The curators of this exhibition believe the works and stories offered up by the artists are a part of the solution.



Photos provided by Yellow House

A diversity of artworks in a new exhibition at Yellow House explore a variety of social issues and what it takes to 'be well.' Artists are, clockwise from top left, Keion Davis, April Fitzpatrick and Barbara Colaciello.

EXHIBITION continues on Page 20

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# Exhibition

Continued from 19

The artists are Dimelza Broche, Barbara Colaciello, Keion Davis, April Fitzpatrick, Ed Hall, Sandra Murphy Pak, Nina Yagual and poet Ebony Payne-English.

The opening for the exhibit, “Be Well,” will be held 6-8 p.m. Saturday, July 23. Yellow House Art Gallery is located at 577 King St., Jacksonville. The exhibit is free.

Here’s a quick look at the artists:

- Dimelza Broche, a Jacksonville-based Cuban-born artist, explores her experience with the genetic illness osteogenesis imperfecta, which makes her bones especially fragile and requires her to use a wheelchair.

- Barbara Colaciello, an actor, director and facilitator, turned to painting when she was dealing with the symptoms of COVID-19, specifically the lingering challenges of “brain fog.”

- Keion Davis is a designer based in Jacksonville. The designs focus largely on the state of humanity, channeling the strife of existing inside of an “anti-Black queer-phobic system” into physical works.

- April Fitzpatrick is a Tallahassee-based art therapist, artist and CCO of Pineapples with Purpose, a mental health organization that introduces art therapy

to communities impacted by race-based traumatic stress.

- Ed Hall is a Jacksonville-based and internationally recognized illustrator who has won numerous journalism awards and is published in newspapers across North America and worldwide. Hall’s works shine a light on the merged pandemics of physical disease and racism, the scourge of gun violence in America and the recent ruling overturning Roe vs. Wade.

- Sandra Murphy Pak, a Gainesville-based artist, has worked for many years as an artist-in-residence with the Arts in Medicine Program at UF Health. In 2014, Murphy-Pak was diagnosed with amyotrophic lateral sclerosis. As a result, her art has evolved as her body has continued to change.

- Nina Yagual is a Gainesville-based artist with an endless hunger for liberation for people all over the world. Yagual draws inspiration and guidance from her Indigenous and Black ancestry.

Yellow House has been called a place where art and action creates change. The space serves as a catalyst for personal and collective growth by displaying thought-provoking exhibitions, hosting public events and promoting community dialogue.

Yellow House explores topics as varied as racial and gender equity, universal human rights, environmental sustainability and the untold stories of people and neighborhoods that have shaped history.



Photos provided by Yellow House

**A diversity of artworks in a new exhibition at Yellow House explore a variety of social issues and what it takes to ‘be well.’ Artists are, clockwise from top left, Sandra Murphy, Dimelza Broche and Barbara Colaciello.**



Yellow House is more than a physical space; it is a hub for educational outreach and collaborations among artists, writers, activists, organizations and communities.

### Community Gathering

Yellow House, Amplifier and UF Center for Arts in Medicine is planning a day of art, music, mutual aid and a community vaccine clinic.

The “Be Well” Community Gathering will bring together art, wellness and human connection. There will be artmaking, story sharing and music for all ages. It will be a perfect day to spend time with the exhibition, highlighting seven regional artists creating art that explores

what people require and desire – as individuals and collectively – to be healthy, safe and whole.

There will also be a free community COVID vaccine clinic with free ice cream and bags of fresh produce for all who receive a vaccination or booster. Reserve a ticket within this event to hold a space for a vaccine or booster or call Yellow House at 904-419-9180 to hold a space.

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Photo courtesy of Marc Arenas

Marc Arenas founded NABR.

# Primary care from the comfort of home

By Anthony Richards

Marc Arenas of Ponte Vedra Beach blended a unique mix of new and old approaches when he founded NABR, an organization that offers primary care in a patient’s home regardless of their age.

According to Arenas, the process uses the approach common among telemedicine services, but without the feeling of not having someone immediately present in the home.

Instead, it is a hybrid approach that allows doctors to diagnose a patient and provide immediate feedback regarding the next steps advised in the process depending on what a patient is dealing with.

“A facilitated model is where you have a trained tech that can do the notes, as well as with a doctor,” Arenas said. “It is a pretty novel concept.”

The idea came to him as he was sitting down talking with fellow colleagues in the medical field and discussing the best ways to better help people.

“The world of house calls is getting such a following,” Arenas said. “Especially because of COVID, the government has been more excepting of late.”

He believes there are many benefits when diagnosing a patient that can be more accurate when taking place in a person’s everyday environment.

According to Arenas, visiting a doctor can be a stressful time for many people and that hypertension only masks what the true problems are a person is faced with.

“Clinical care is completely different when you meet people on their terms,” Arenas said. “I don’t want to see people in their Sunday best, I want to see them as they would live day-to-day.”

Although doctors coming into the home of a patient seems a new approach today, it is an approach that is very

grassroots in its nature, as it used to be a common practice before more hospitals and the modern ways were adopted.

However, Arenas believes that if it worked years ago, there is no reason why there shouldn’t be a place for that method nowadays as well.

The largest difference, of course, being the digital tools used during an examination and the fact that all lab work can be performed at the time of a visit.

“There’s a lot of wisdom in the way we’ve done things in the past,” Arenas said.

One of the unique ways he can expand the base he helps is by using the technology to not only come to people’s homes, but also visiting office units to provide checkups for a company’s entire staff of people.

At the end of the day, the capability to be remote allows for a variety of possibilities.

“My goal isn’t to replace the health care systems in place, that are doing a great job, but just to do what we can to provide more comfortable care,” Arenas said. “It’s basically Uber for medicine.”

The venture is new, as Arenas has only provided medical services since May. Now, they are only accepting Medicare, but are planning on adding seven possible other insurances companies soon.

Arenas moved with his wife and two children to Ponte Vedra Beach in 2019 to be closer to family.

Prior to that, he worked in Grand Rapids, Michigan, where he developed most of his more than 10 years of experience in primary care delivery.

Arenas went to medical school in Puerto Rico, where he was also born and raised, before moving to Grand Rapids for his residency. He is dual board certified in family medicine and geriatrics.



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# The link hosts Chamber at Noon

The link hosted a Chamber at Noon event July 14. Owner Raghu Misra spoke to those in attendance about the state-of-the-art facility and the unique business it brings to the Nocatee community. The New York Butcher Shoppe catered food for the event.

Photos by Susan Griffin



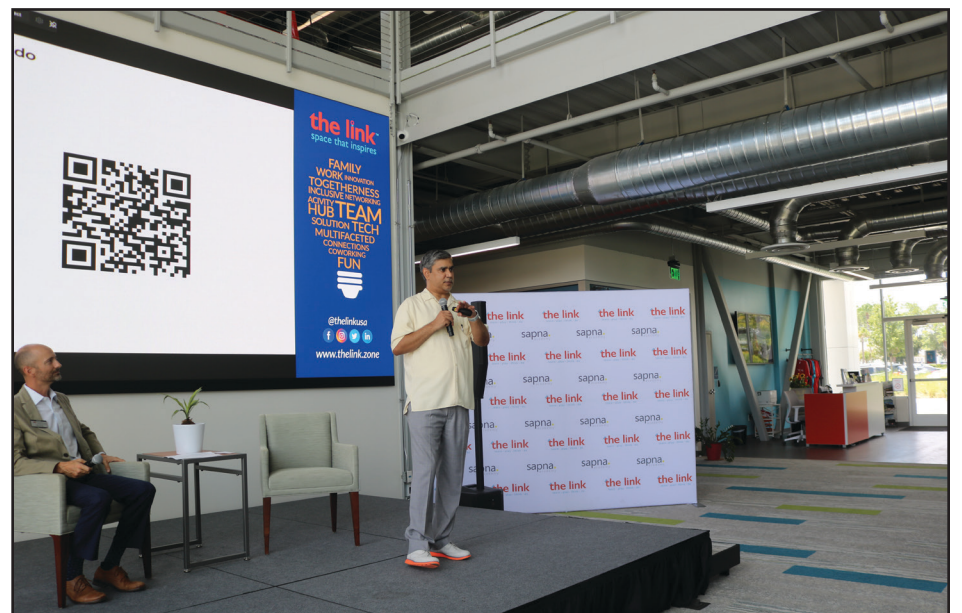
Matt Price, St. Johns County Chamber of Commerce Ponte Vedra Beach division chair, talks with the link owner Raghu Misra.



Members of the Chamber and the link took part in a Chamber at Noon event July 14.



Scott Maynard, Ericha Gore and Ponte Vedra Beach division director Karen Everett.



Raghu Misra speaks on stage during the event.

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# Link marks first year with Business Expo, Family Olympics

By Shaun Ryan

The link, a multipurpose facility in Nocatee, celebrated its first anniversary Friday, July 15, with a Business Expo and Family Olympics, both of which were well-attended.

The event reflected the two primary areas of focus for this enterprise over the past 12 months: business and family.

On one hand, the 22,500-square-foot hub at 425 Town Plaza Ave. serves professionals as a co-working space and business incubator that offers a variety of office-space solutions. On the other, it's a place that offers members and the community at large a variety of activities, classes and entertainment.

Standing amid the hubbub of the expo, Raghu Misra – who with wife Gurpreet co-founded the link – reflected on the success of the facility since they cut the ribbon on July 14, 2021. He called it “very gratifying” to look back over how his idea became reality and admitted that he couldn’t have imagined in the beginning how it would evolve during its first year.

“The community support has been phenomenal, shockingly good,” he said.

The expo was a busy place Friday, with members of the community visiting the 40 tables to learn about the products and services of a diverse cross-section of local businesses.

“I think we have a good spectrum of

representation,” said Misra.

Meanwhile, on the lawn out front, families gathered to compete in timeless games, such as tug-of-war, potato sack races and a three-legged race, while a DJ played music.

As the link enters its second year, Misra indicated that an emphasis was going to be placed on education. The facility is looking to augment the curriculum offered by the schools.

“It’s going to be an interesting journey for the next year,” Misra said.



**Pankaj Singh and son Aditya spoke with the public about their new app during the link’s Business Expo on Friday, July 15. The app, Curamei, helps people retain ownership of all their health information.**

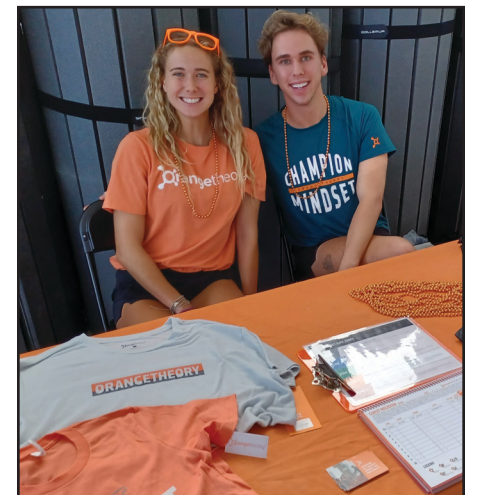


Photos by Shaun Ryan

**The link celebrated its first anniversary with a Business Expo and Family Olympics.**



**During the link’s Business Expo, Victoria, Silvana and Isabella Spence, from left, told people about “Bella The Scientist,” the first in a series of childrens’ books with a science basis that they recently published. The book features a story, activities and an experiment to do at home. Learn more at silsteps4success.com.**



**Katy Morgan and Elijah Brooks were at the Orange Theory table to tell visitors about the Nocatee fitness center.**



**A DJ had everyone dancing between events at the link’s Family Olympics on Friday, July 15.**



**The link’s pavilion was a great place to get refreshments on a hot and humid afternoon during the Family Olympics.**



**Isabelle Renault, St. Johns County Chamber of Commerce president and CEO, and Scott Maynard, director of economic development for the Chamber, are seen at one of the tables at the link’s Business Expo.**



Photos by Susan Griffin

**Families gather outside the link anticipating activities in the Family Olympics.**



**A birthday cake celebrates the link’s first year in Nocatee.**



**Monica Ketterman and her daughter represented Halo Spa at the Business Expo.**



# Business Weekly

For MORE business news, go to [facebook.com/ThePVRecorder](https://www.facebook.com/ThePVRecorder)

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THURSDAY, JULY 21, 2022

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## Benchmarks of Success

### Food bank welcomes new CFO and COO

Feeding Northeast Florida, the area's largest food bank, has announced new additions to its executive leadership team. Ben Peek is the organization's new chief financial officer, and William Carnegie is chief operating officer. Both began their new roles this summer.

Peek brings nearly two decades of financial management, health and human services work and nonprofit sector experience to his new role at the food bank. He has served as the director of finance and human resources for Global Teen Challenge, a nonprofit organization serving individuals battling addiction. He was responsible for preparing the yearly budget and overseeing the financial operations of the global organization, in excess of \$10 million.

Peek is a certified CPA and earned his Master of business administration from the University of North Alabama.

Carnegie is a retired U.S. Coast Guard finance officer and nonprofit professional with more than 28 years of experience in the nonprofit sector. He most recently served as the chief executive officer for Big Brothers, Big Sisters

Southern Lake Michigan Region. He has worked with a wide variety of nonprofits, including 25 years in leadership roles with several Feeding America food banks.

Carnegie earned his Master of science in nonprofit administration from the University of Notre Dame and a Bachelor of science in marketing from Hawaii Pacific University. In addition to his work, he has served on the board of directors for multiple local, regional and national organizations and was recognized as the Feeding America CEO of the Year in 2012.

### Local utility leaders elected to lead statewide power agency

Managers and public officials from public power utilities throughout Florida elected five officers to lead a statewide wholesale power agency in 2022-23. Elections for the Florida Municipal Power Agency's board of directors and executive committee took place July 13 at a public meeting in Palm Beach.

Agency members re-elected Barbara Quiñones, director of electric utilities for Homestead Public Services, as chair of the board of directors. This is her

fourth term as chair. Quiñones previously served as vice chair and has been a member of the board since 2009.

Lynne Tejada, general manager and CEO of Keys Energy Services, was re-elected vice chair. This is her fourth term.

Larry Mattern, vice president of operations for Kissimmee Utility Authority, was re-elected secretary. This is his fourth term.



Allen Putnam

Allen Putnam, director of Beaches Energy Services, was re-elected treasurer. This is his fourth term. Putnam has more than 25 years of experience in Florida public power. He has been with Beaches Energy for seven years, where he manages the utility's daily operations and long-term planning. Putnam is the agency's immediate past president.

### New Green Chamber executive director sought

The North Florida Green Chamber of Commerce is seeking a new execu-

tive director. It was announced last month that Jacksonville Beach resident Christina Kelcourse will be leaving her post with the Green Chamber. She will remain active with the four-year old organization she helped found and will help with the transition to a new leader.



Christina Kelcourse

The North Florida Green Chamber is a regional networking organization for all sizes of businesses and community organizations, including nonprofits that emphasize green and sustainable business practices or who wish to learn how to incorporate sustainability practices into their organizations for longterm business success.

The board of directors has launched a search to fill the executive director position. Candidates interested in applying can read the complete job description and application procedure at [northfloridagreenchamber.org](http://northfloridagreenchamber.org).

— Compiled by Shaun Ryan



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# In the Arts

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## Local author pens novel of romance, mystery, suspense

By Shaun Ryan



David Hardon, AKA  
Sabato diVincenti

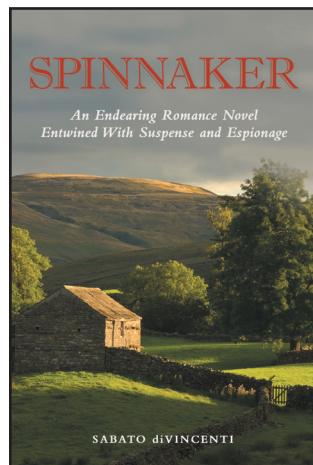
Germany, 1943. An airplane leading a wave of bombers encounters mechanical problems and the pilot, Karl Schellenberg, is forced to eject. But his parachute fails to deploy correctly, and he crashes to the ground, alive but badly injured. A farm girl, Katarina Keitel, finds him and nurses him back to health.

Inevitably, the pair fall in love. But this is no ordinary romance. The young

lovers will soon be caught up in a suspenseful web of espionage, revenge and murder.

To learn more, readers will have to get a copy of “Spinnaker: An Endearing Romance Novel Entwined With Suspense and Espionage,” the first novel by local resident David Nardon, writing as Sabato diVincenti. Released by Archway Publishing, it is available in hardcover and softcover and as an E-book.

“This compelling and



Contributed photos  
“Spinnaker: An Endearing Romance Novel Entwined With Suspense and Espionage”

thrilling romance novel has it all, adoring and passionate love that weaves fiction and fact in an adventurous intriguing mystery full of action and deception supported by a cast of very different characters,” said Nardon, who promises that the ending will leave readers in “utter astonishment and disbelief.”

A World War II buff, Nardon had long thought about the idea for his book and in the autumn of 2017 decided to com-

mit it to paper.

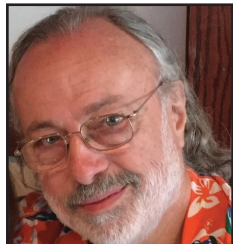
“I sat down, and I wrote the first chapter, and I wrote the last chapter,” he said. “And those two chapters never changed. Then, four and a half years later, I finished filling in the remaining chapters.”

As an executive in heavy civil construction, Nardon could not maintain the daily regimen of writing that other novelists do.

“When I had time — mostly weekends and evenings — I just sat down and wrote,” he said. “Sometimes, I wrote two chapters and went back and made some edits. Sometimes, I wrote part of a chapter.”

SPINNAKER continues on Page 27

## Creating memorable characters presentation topic



William Hatfield

Multi-published Gainesville author William Hatfield will share with area writers how to create strong, memorable characters at the Saturday, July 23, meeting of the FWA Ponte Vedra Writers group.

Hatfield will present “Creating Memorable Characters No One Can Forget.”

The 10 a.m. meeting will be in room 106 at Christ Episcopal Church.

In his presentation, Hatfield will explain how compelling and complex characters are created and how they can be the difference between a so-so book and an outstanding one. He’ll discuss how writers should spend time getting to know their characters and making them as complicated as real people with flaws and weaknesses as well as strengths.

Hatfield has a diverse background of his own, with degrees in history and com-

munications, as well as graduate studies in the Middle East and international relations. He’s worked in bookstores and as a musician playing and singing in piano bars.

He turned to writing in 2005 with the first of an action-adventure science fiction series titled “Fist of Earth.” He then turned to murder mysteries set in Key West, penning six novels with diverse characters.

He returned to the science fiction field with the “Emperor’s Blade” in 2021 and

has recently published the first in a LGBTQ+ romance series called “Tales of the Diane Isis Bar & Girl.”

The Ponte Vedra Writers group is part of the Florida Writers Association, a statewide, non-profit organization dedicated to the support of both aspiring and published writers in any genre.

The July 23 meeting is free and open to members and nonmembers alike.

For information on FWA, go to floridawriters.org.



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## Butterfield Gallery plans art sale

The 20th annual Butterfield Garage “Garage Sale” opens Aug. 1 and will continue throughout the month with work by 31 local artists.

Well known member artists bring in their older work, art with slightly damaged frames, experimental work that has never been shown and even works of other artists from their own private collections at “garage sale” prices.

There will be a wide variety of art mediums, including paintings, sculpture, photography, prints, textiles, glass, jewelry and more.

Butterfield Gallery is open 11 a.m. to 5 p.m. daily at 137 King St., St. Augustine.



# Irish artist's first U.S. exhibit opens at MOCA

The Museum of Contemporary Art Jacksonville has announced its newest Project Atrium installation, "Maud Cotter: what was never ours to keep." The exhibition is on view through Nov. 13.

An acclaimed artist, both in her homeland, Ireland, and internationally, Cotter is best known for her sculptural

installations. She uses manmade materials such as cardboard, industrial rubber and clear plastic, as well as natural materials like wood to create dynamic sculptures. The artist's unique aesthetic language manifests an understanding of space that allows her to build highly

MOCA continues on Page 30



Contributed photo

The St. Augustine Amphitheatre seen from the air.

## St. Augustine Amphitheatre No. 1 in US, No. 2 worldwide

The concert industry looks to make a strong comeback in 2022, and The St. Augustine Amphitheatre is leading the way, according to industry publication Pollstar Magazine. The publication's 2022 Mid-Year Ticket Sales Report ranks The St. Augustine Amphitheatre number 1 in the United States and number 2 in the world based on tickets sold from Jan. 1 to June 27, 2022.

According to the report, the local venue sold 106,646 tickets for \$7,299,976 in gross sales during the first half of 2022. The only amphitheater to outperform that was the Sidney Myer Music Bowl in Melbourne, Australia, which sold 127,030 tickets for \$11,123,866 in gross sales.

The St. Augustine Amphitheatre has a history of ranking as a top venue, but this most recent ranking is due to the venue's record-breaking number of ticketed events and overall sales.

Since the start of 2022, the amphitheater hosted 39 ticketed events. In 2019, the last full year of live music prior to the pandemic, The Amp hosted 30 ticketed events and welcomed 74,226 guests at the mid-year point, earning the number 2 spot in the United States and number 3 in the world.

"We knew we were having a strong year, and we just assumed that most, if not all, venues were seeing similar

record-setting numbers," said Gabriel Pellicer, general manager of The St. Augustine Amphitheatre and Ponte Vedra Concert Hall. "That being said, we didn't necessarily think we'd be first in the country, let alone nearly double the sales of outdoor venues like Red Rocks Amphitheatre with 57,423 patrons. We're very proud."

Red Rocks finished third in the world, earning \$3,208,617.

Since the start of the 2022 season, the venue hosted a variety of renowned artists, including three nights of Grammy Award-winning bluegrass phenom Billy Strings, the critically acclaimed indie-rock artist Phoebe Bridgers, two nights of award-winning comedian Sebastian Maniscalco, emerging indie singer-songwriter Rex Orange County, Grammy Award-winning R&B artist Leon Bridges and three nights of American-rock group Widespread Panic, to name a few.

Looking ahead, The St. Augustine Amphitheatre will close out 2022 with a strong lineup of performances by artists such as Buddy Guy & John Hiatt (Aug. 6), Ring Starr and His All Starr Band (Sept. 15), Jack White (Sept. 19), Earth, Wind & Fire (Sept. 27), Bonnie Raitt (Nov. 12) and many more.

For a complete listing of upcoming events, go to [TheAmp.com](http://TheAmp.com).

# ON STAGE

A roundup of musical acts appearing before Aug. 22 at local venues

### ST. AUGUSTINE AMPHITHEATRE 1340C A1A South, St. Augustine

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](http://ticketmaster.com).

For further information about each act, go to [theamp.com/events](http://theamp.com/events).

• **Iration and Atmosphere** — 5 p.m. July 21.

• **Shine A Light Concert & 5K for Ukraine** — With Bold City Classics on the Backyard Stage. 4 p.m. July 24.

• **Slightly Stoopid** — With special guests Pepper, Common Kings, Fortunate Youth. 5 p.m. Aug. 4.

• **Rick Springfield and Men At Work** — With special guest John Waite. 7 p.m. Aug. 5.

• **Buddy Guy and John Hiatt & The Goners featuring Sonny Landreth** — 7:30 p.m. Aug. 6.

• **Lee Brice** — With special guests Michael Ray and Jackson Dean. 7 p.m. Aug. 12.

— Compiled by Shaun Ryan



Image from The Amp

Slightly Stoopid will perform Aug. 4 at The Amp.

## Spinnaker

Continued from 26

He also kept a pencil and paper at bedside so that, should he awake with an idea, he could jot it down.

While the characters and their story are the work of Nardon's imagination, all but one of the battles in his book were actual events.

"A lot of research went into that, to get the battles and to get the dates right," he said.

The title refers to the lead sail on a sailboat, a metaphorical reference to

Karl's role as the lead scout for his bombing mission. A stone barn in the cover photo depicts the place where Katarina finds the young pilot.

When selecting a nom de plume, Nardon reworked his grandfather's first and middle names — Sabato and Vincent.

Nardon and his wife, both originally from Altoona, Pennsylvania, live in Ponte Vedra Beach. They have a daughter, son-in-law and three grandchildren.

The 346-page book is available at Amazon, Barnes & Noble, Google Books and Archway Publishing.

Nardon is working on a sequel.

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# Sports



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Nease alumnus Ashton Wood works with campers during a faceoff competition. He plays at Mercer University.



Current Nease boys lacrosse players served as instructors during the camp.

Photos courtesy of Nease High lacrosse

## Nease lacrosse camp intertwines past, present and future

By Anthony Richards

Nease High School hosted its annual lacrosse summer camp July 11-14, in its latest attempt to grow the sport locally.

The camp has been going on since Max Gurowski took over as head boys lacrosse coach in 2016.

“It’s really great, because we have our high school guys out here as our coaches,” Gurowski said. “They love it.”

Even though the camp is only one week, the relationships developed between the current high schoolers and the younger camp participants are vital to helping teach the game.

Participants of all ages took part in the camp, from first graders to incoming high school freshmen with an array of varying skill levels.

“It’s important when it (advice) comes from them, because it really makes it stick,” Gurowski said. “Any team that’s player-led is that much more special.”

According to Gurowski, developing relationships between current and future players is the first step in fostering a strong culture within a program, as the foundation is laid by those currently,

while the future generation aspires to one day maintain or better it.

As with most typical summer camps, much of the focus deals with working on fundamentals.

“We started with practicing passing, catching and ground ball work and advanced to more competition and elevating levels from 1-on-1 to 2-on-2 and 3-on-3,” Gurowski said. “No matter how long you’ve been playing, everyone can always find ways to get better.”

One of the things that Gurowski is most proud of about the camp, is the way that it brings together past and future generations of the Nease lacrosse program.

Ashton Wood, who graduated from Nease in 2018 and plays at Mercer University, worked with campers during a faceoff competition one day.

“He’s one of the top faceoff guys in the country,” Gurowski said. “It’s great to have him come back and get involved.”

Even if former players were not able to stop by and assist with the camp in person, they were still able to contribute and give back to their former program in multiple ways.



Teaching the fundamentals of lacrosse was a focus throughout the camp.

Another example of giving back included Matt Leighty, who graduated Nease in 2009 and played at Johns Hopkins University, donating some of his former equipment to be used by campers who had not played lacrosse before and did not already have the necessary equipment.

“As soon as kids try it, they love it,” Gurowski said. “It’s all about making sure they have that opportunity.”

It is hard for him to choose one thing that makes lacrosse such an amazing sport to play, but he believes the fact that it is so difficult to narrow it down to just one thing is also what makes it so unique.

“It’s similar to basketball of offensive and defensive strategy and tactics with the physicality of football, the endurance of soccer, and the hand-eye coordination of baseball,” Gurowski said.

Being around so many children with boundless energy for the game has made Gurowski stop and reminisce about what it was like when he was their age and first introduced to the sport.

“It’s hard to explain,” Gurowski said. “It truly is a medicine game brought to us by Native Americans who played it as a spiritual game. Some of my best memories growing up are of simply playing catch in the front yard.”



# Deerwood set to host JAGA Men's Amateur

The 61st edition of the Jacksonville Amateur Championship, conducted by the Jacksonville Area Golf Association (JAGA), gets underway July 21 at Deerwood Country Club.

Mike Smith of Ponte Vedra Beach heads into the tournament as defending champion of the 54-hole stroke play championship that is scheduled to crown its latest champion July 23.

The event was first played in 1962, as JAGA's showcase tournament for top-tier amateur golfers. Deerwood is hosting the championship for the first time since 2013.

The championship will feature 81 players, with 15 residing outside JAGA's Northeast Florida footprint.

All but three of the competitors will hail from the state of Florida, with Georgia and North Carolina are states also represented, as well as the country of Uruguay.

The field was increased from 78 to its current total last week due to a response to competitor interest. The event's waiting list also grew to 20 players.

The championship features a handful of players as young as 18 years old and the



**Deerwood Country Club in Jacksonville is host of the 2022 JAGA Men's Amateur Championship.**

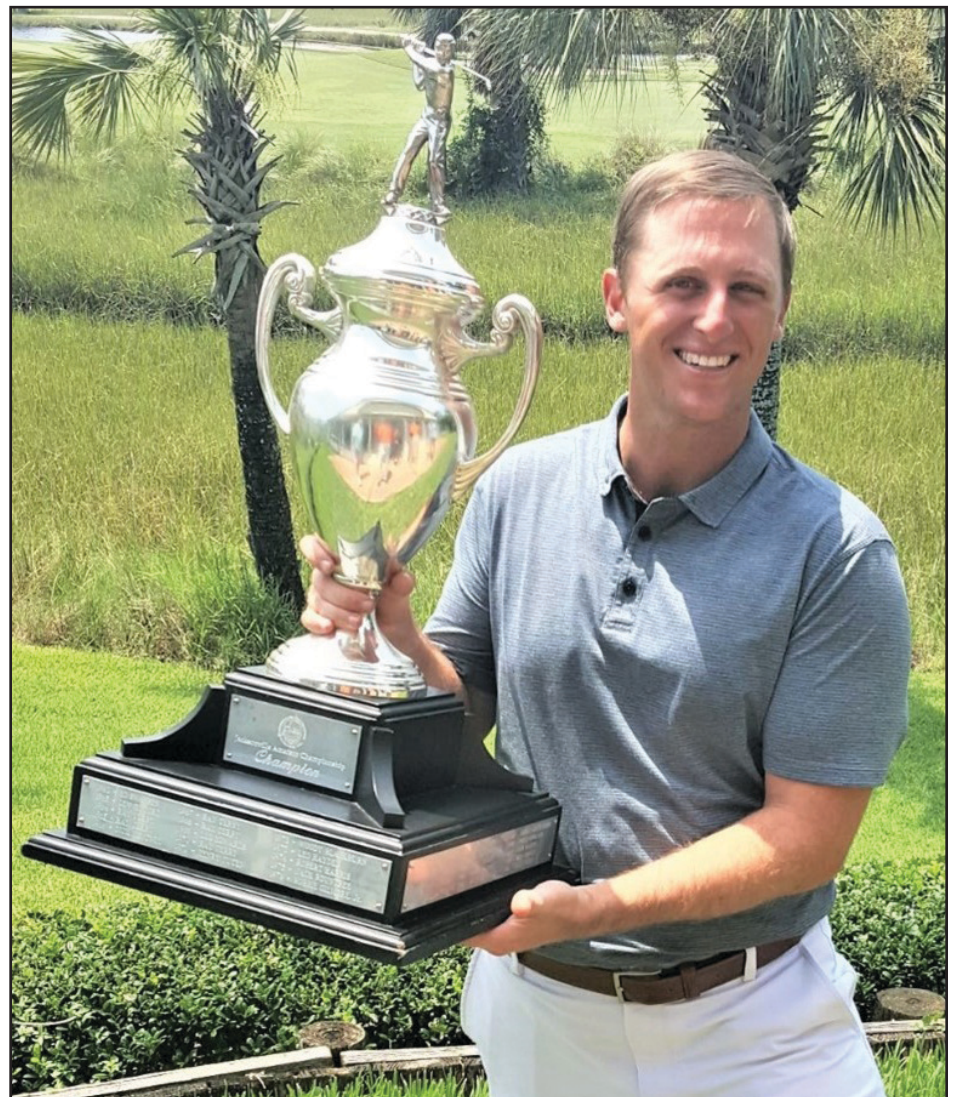
oldest players will be in their 60s.

The handicap index maximum to be eligible for entry was 6.0. Fifty-four contestants registered with handicap indexes of scratch (0) or plus-figures.

Other past champions joining Smith in the field include Duke Butler IV (2009) and Davis Roche (2018).

Smith is hoping to defend his title, and his wife, Karen, is expected to give birth

JAGA continues on Page 30



Photos courtesy of Jacksonville Area Golf Association

**Mike Smith of Ponte Vedra Beach enters the 2022 JAGA Men's Amateur as the reigning champion.**

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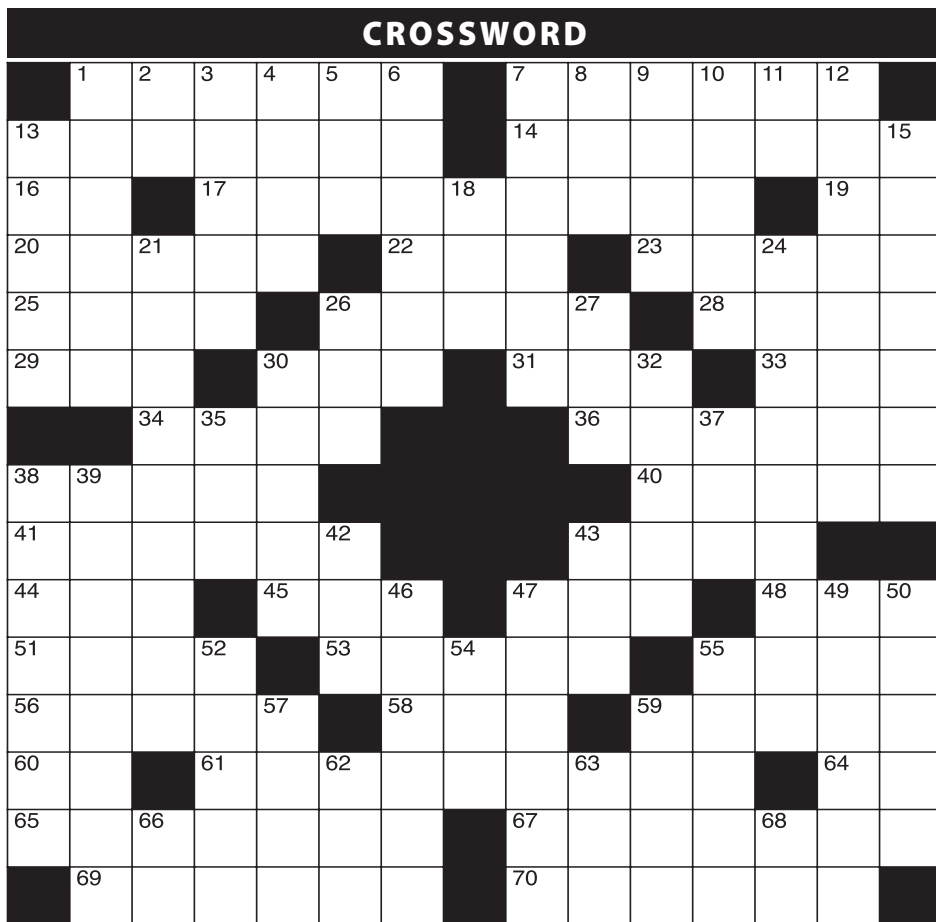

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**ACROSS**

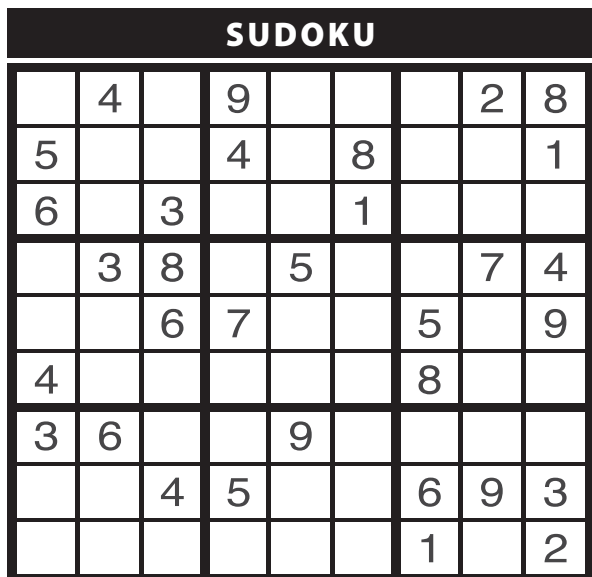
- 1. Eurasian shrubs
- 7. Strikes and rebounds
- 13. Group of advisers
- 14. Modern necessity
- 16. Top lawyer in the land
- 17. Philadelphia university
- 19. Of I
- 20. Functions as a laser
- 22. Basketball phenomenon Jeremy
- 23. Famed island
- 25. Parent-teacher groups
- 26. Distributes
- 28. Self-immolation by fire ritual
- 29. Ad \_\_\_
- 30. Circulation problem (abbr.)
- 31. Brother or sister
- 33. A famous "Squad"
- 34. Stage actor Anthony
- 36. Violent seizure of property
- 38. Saclike cavities
- 40. Sound units
- 41. Counts on
- 43. Dad
- 44. Woman (French)
- 45. A digital tape recording of sound
- 47. Polish Baltic peninsula
- 48. Recipe measurement
- 51. Requests out of dire need
- 53. Precious stone weight unit
- 55. The immaterial part of a person
- 56. Anoint
- 58. Golf score
- 59. Supernatural
- 60. Northwest Territories
- 61. Can be made suitable
- 64. A professor's helper
- 65. Having a toothlike edge
- 67. Got atop a horse
- 69. Judged
- 70. Static balance between opposing forces

**DOWN**

- 1. Flowing

- 2. Computer department
- 3. Lasts
- 4. DiFranco and Samsonyan are two
- 5. \_\_\_ de sac
- 6. Merchant
- 7. Hosts film festival
- 8. State of agitation of fuss
- 9. A way to praise
- 10. Opaque gems
- 11. McKinley is one
- 12. Smallest interval in classical Western music
- 13. Famed designer Lauren
- 15. Occupies
- 18. Small island (British)
- 21. Misuse of the sacred
- 24. Covers with a thin sheet
- 26. Most valuable player
- 27. Title of respect
- 30. Investigated discreetly
- 32. Belonging to the bottom layer

- 35. Black tropical American cuckoo
- 37. Music genre
- 38. Indicates one is in mourning
- 39. Secured forever
- 42. Bodily cavity
- 43. A dog is one
- 46. Chose to do something
- 47. Annoy persistently
- 49. Large hotel rooms
- 50. Beg
- 52. Docket
- 54. Subway dwelling rodent
- 55. Sources
- 57. Mild Dutch cheese
- 59. Spanish city
- 62. Consumed
- 63. Ballplayer's tool
- 66. Midway between north and east
- 68. Atomic #3



**SUDOKU**

Level: Beginner

**Here's How It Works:**

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

**JAGA**

Continued from 29

to their first child any day now.

Mark Spencer and John Lobb are both seeking to become the first golfer to win all three of JAGA's premier titles, the Amateur, the Senior Amateur and the Match Play.

Other notables in the field include reigning JAGA Match Play champion Jeff Golden, University of North Florida men's assistant golf coach Jeff Dennis and Agustin Tarigo of Montevideo, Uruguay, who is ranked 110th in the World Amateur Golf Ranking.

The 2022 Underwood Cup winning amateur team will also be well represented by Butler, Smith, Spencer, Chris Henderson, Kevin McDonald and Nate Mosby.

The Amateur is one of three JAGA-conducted events in which the top finishers are awarded World Amateur Golf Ranking points, along with the JAGA First Coast Amateur and the JAGA Match Play Championship.

The contestants will face a par-72 Deerwood layout that will play approximately 7,093 yards, depending on the placement of tee markers on certain holes.

The first tee time all three days will be



**The Jacksonville Amateur is JAGA's second-oldest championship, behind the JAGA Senior Amateur.**

7:45 a.m. A cut will be made on Friday after 36 holes, with the top half of the field and ties vying for the title on Saturday.

The Jacksonville Amateur is JAGA's second-oldest championship, behind the JAGA Senior Amateur.

Co-chairing the championship again this year are JAGA director John Milton of Jax Beach Golf Club and JAGA president Jeff Adams of TPC Sawgrass.

Milton, who turns 68 on the final day of the tournament, is wearing two hats once again as he will also be competing.

Veteran rules experts Skip Small and Duke Butler III have collaborated to take the lead on course set-up and rules.

**MOCA**

Continued from 27

original and thoughtful relationships between her sculptures, the spaces they occupy and the viewer.

In her new commissioned work of art for MOCA's Project Atrium Series, "what was never ours to keep," Cotter has responded to the space with an installation that continues her probe into our relationship with matter and the forces that govern this relationship.

Cotter lives and works in Cork, Ireland, and was a co-founder of the Irish National Sculpture Factory in 1989 and has been a member of the venerated Irish Association of Artists Aosdána since

2000. She lectures extensively in Architectural and Art Colleges throughout Europe and America.

Recent solo exhibitions of her work include "a consequence of – a dappled world," curated by Miranda Driscoll for the Irish Arts Center's inaugural season in New York, 2022; previously exhibited in 2021 at the Dublin City Gallery The Hugh Lane, Ireland; and "a consequence of – without stilling" at Limerick City Gallery of Art, Ireland, in 2018. In 2016, she presented "2116: Forecast of the next century" at the Lewis Glucksman Gallery, Cork, which toured to the Eli and Edythe Broad Art Museum at Michigan State University, East Lansing, Michigan.

"Maud Cotter: what was never ours to keep" was co-curated by MOCA Jacksonville's Executive Director Caitlín Doherty and Senior Curator Ylva Rouse with support from the Irish Art Center, New York.

This exhibition was sponsored through a grant from Culture Ireland. Additional support was provided by the Irish Arts Center.

The Project Atrium series is sponsored by Joan and Preston Haskell, with additional support by Driver, McAfee, Hawthorne & Diebenow, PLLC. Annual support is also provided by the city of Jacksonville, the Cultural Council of Greater Jacksonville, the Florida Division of Cultural Affairs, the National Endowment for the Arts and the University of North Florida.

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