

THE RECORDER



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April 20, 2023
Volume 54, No. 25
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PonteVedraRecorder.com



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Business Weekly
Featuring Real Estate Spotlight
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INSIDE: CHECK IT OUT!
The Recorder's Entertainment EXTRA featuring TV listings, streaming information, puzzles and more!



The Ponte Vedra High girls swim team received their state championship rings during halftime of the boys lacrosse game April 14. It was the second consecutive state title won by the swim squad. *Read more on page 12.*

Photo by Anthony Richards

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INSIDE

One of Us

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Business Weekly

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Send us your news

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



Visit our new website at www.pontevedrarecorder.com

Plus, find the Recorder on Facebook at www.facebook.com/ThePVRecorder

PUZZLE SOLUTIONS

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BRIEFS

Calendar, Poetry Contest deadline is April 30

Betty Griffin Center is accepting submissions from St. Johns County students for the 2024 "A Day Without Violence" Art and Poetry Contest through April 30. The project is open to all St. Johns County students in kindergarten through grade 12, whether they attend public school, private school or are home-schooled.

Prizes are awarded for the winners: first place, \$50; second place, \$25; 11 honorable mentions will be presented \$10 each. Winners will be recognized during a St. Johns County School Board Meeting and have their artwork displayed at a local art gallery in October during Domestic Violence Awareness Month.

All 13 winning artists and 12 poets will have their work reproduced in the "A Day Without Violence 2024 Calendar."

For more information on entry drop-off locations, and to download an entry form each piece of art, go to bettygriffincenter.org/2024-a-day-without-violence-calendar-poetry-contest-now-under-way.

Palm Valley Market every Tuesday

The Palm Valley Market is held from 10 a.m. to 2 p.m. every Tuesday inside the Palm Valley Community Center, 148 Canal Road. The market offers fresh produce, baked goods, local honey, tea, seasonal treats, soap, jewelry, plants and more.

GTM cleanup is Saturday

Join Guana Tolomato Matanzas National Estuarine Research Reserve (GTM) for a beach cleanup on Saturday, April 22. Enjoy coastal views while helping remove debris and microplastics from the beach. Meet at 9:30 a.m. at GTM Research Reserve Visitor Center, 505 Guana River Road, Ponte Vedra Beach. Gloves and trash bags will be provided. Hat, insect repellent, water and sunscreen are recommended.

For further information, email Candace Killian@FloridaDEP.gov.

Festival of arts is Saturday

The Christ Church academy will present its festival of the arts, 5-8 p.m. Saturday, April 22. This is an evening of art demonstrations, music, dance, entertainment, face painting, balloon twisting, shrimp and grits, popcorn, cotton candy, etc. Admission is \$35 per family

all inclusive (minus alcohol), \$12 for adults, \$5 for children younger than 10. For further information, email Barbiekroberts@gmail.com.

Christ Church is located at 400 San Juan Drive, Ponte Vedra Beach.

Musical review at Christ Church on April 26, 28 and 29

The Christ Church creative academy will present "Broadway Through The Ages: A Musical Review" at 5:15 p.m. Wednesday, April 26; 7 p.m. Friday, April 28; 3 p.m. and 7 p.m. Saturday, April 29. Opening night tickets are \$50 and include dinner, dessert and wine and the show. Tickets for the other shows are \$20-30. Tickets are available at the door and through ticket leap at CEC.ticketleap.com.

For further information, email Barbiekroberts@gmail.com.

Christ Church is located at 400 San Juan Drive, Ponte Vedra Beach.

Career search workshop set for April 28

The Savvy Job Hunters Ministry of Christ Church will host a free Zoom workshop, "Your Professional Package and Tools for a Successful Career Search," from 10 a.m. to noon April 28. The workshop will be presented by Dr. Priscilla Berry, owner and president of Berry and Associates. Sign in and networking begin at 9:45 a.m. Email pottesen66@gmail.com to register.

Foundation marks 1,000 adoptions from foster care

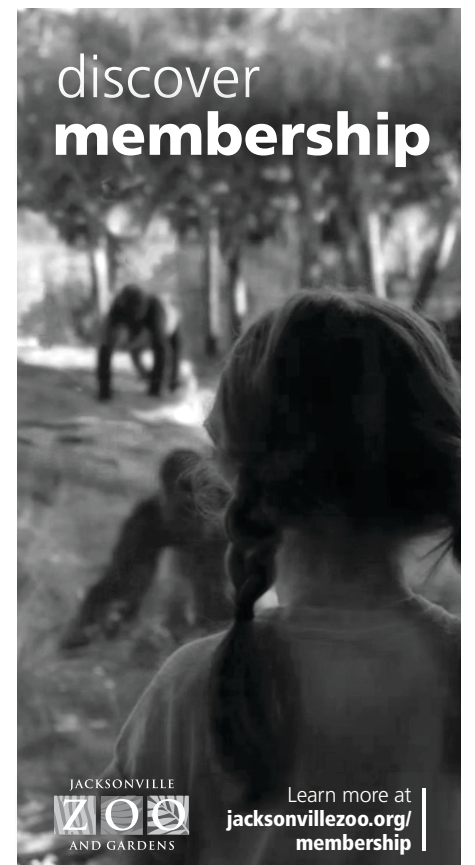
The Dave Thomas Foundation for Adoption, a national nonprofit public charity, has announced that more than 1,000 children have been adopted from foster care in Florida through its signature program, Wendy's Wonderful Kids.

Through this program, the foundation provides funding and establishes innovative co-investment partnerships with states to support the hiring of recruiters who implement an evidence-based, child-focused recruitment model.

Wendy's Wonderful Kids has been operating in Florida since 2004, and currently, 14 recruiters are employed by eight child welfare agencies throughout the state. These adoption professionals work with smaller caseloads of

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

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MOSH gets OK for Jacksonville Shipyards location

The Museum of Science & History (MOSH) has received approval from the Jacksonville City Council to locate the new museum at the Jacksonville Shipyards.

The ordinance, approved April 11, authorizes the disposition and development of 2.5 acres of city-owned land at the property commonly known as Lot X; a 40-year ground lease of the land for \$1 per year; design of the park and the Riverwalk; and other agreements related to the creation of a new museum and surrounding park spaces.

MOSH has operated in its current

77,000-square-foot location on the Southbank of Downtown Jacksonville since 1969. The new museum will be approximately 100,000 square feet across three floors, with the option to build a future expansion of an additional 30,000 square feet — significantly expanding the organization's capacity to serve more students and visitors.

“For more than 80 years, MOSH has welcomed curiosity and inspired the joy of lifelong learning. The new MOSH will continue that tradition on a larger scale, using modern design and technology to

deliver an exceptional visitor experience,” said Bruce Fafard, CEO of MOSH. “We are proud to continue our partnership with the City of Jacksonville as we prepare for the museum’s exciting next chapter.”

The project will cost approximately \$100 million, inclusive of design, site preparation, construction and exhibition fabrication. To date, more than \$36 million has been raised, including \$20 million from the City of Jacksonville’s Capital Improvement Plan and \$16 million in private donations secured through the MOSH Genesis capital campaign.

A preliminary project analysis by ConsultEcon estimates that the new museum will increase annual attendance from 175,000 (2017-19 average) to 469,000, a 168% increase; triple tourism attendance; increase the museum’s operating budget to \$8 million, nearly tripling its pre-pandemic budget; and create 78 new jobs, contributing \$2.3 million in new salaries and wages to the local economy.

For more information or to support the MOSH Genesis capital campaign through a contribution, go to MOSHGenesis.com or email MOSHGenesis@themosh.org.



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The Esplanade at Town Center

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5 Bedrooms, 5 Bathrooms, 4 Half Baths, \$6,950,000



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Ponte Vedra Oceanfront Estate

Oceanfront Estate in Ponte Vedra Beach. Coastal living on 1.67 acres of land on a 33ft natural bluff with 175ft of ocean frontage. 5 bedrooms, 5 full and 2 half baths, palatial owner's suite, two guest bedrooms, each with ensuite baths, a wine room, large office, and half bath on the 1st level. Upstairs has additional living space overlooking family room with ocean views and 2 additional guest bedrooms with ensuite baths. This expansive residence is perfect for entertaining guests with its grandiose outdoor living space, including a well-maintained pool and breathtaking ocean views.

5 Bedrooms, 5 Full Baths, 2 Half Baths \$10,250,000



Mandarin Riverfront Estate

Stunning 5.81 acre riverfront estate in Mandarin with 159ft of water frontage offering expansive views of the St Johns River. The neo-classical designed home, with identical front and rear elevations, offers elegant finishes throughout.

3 Bedrooms, 3 Bathrooms, 2 Half Bathrooms Sold for \$2,405,000



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GUEST COLUMN

Palm Valley and its Lore

By Scott A. Grant JD



When I first moved to Palm Valley almost 20 years ago it felt isolated. I remember driving down Palm Valley Road and seeing a car in front of me and thinking

“someone is lost” and, sure enough, they would slow down and then pull over to the side of the road and put on their hazards. That road often felt dark and foreboding. Nowadays, it is full of traffic at almost any hour of the day. That is what progress looks like.

I remember old-timers telling me that it used to be a dirt road in the middle of nowhere. They seemed to miss it. Now, stuck in traffic trying to get past the new circle, I understand why. Palm Valley has always existed, and European settlers have been living there since at least the 1700s. Over the years, it has changed drastically, either for the better or for the worse.

Historically, Palm Valley stretched from roughly what is now AIA out to Durbin Swamp on Route 1. Route 1 used to be called the King’s Road. That road was built on an old Native American trail by the British shortly before the Revolution. Initially, the area was known as Diego or Diego Plains after Diego de Espinosa, who built a small fort and cattle ranch there in 1735. The fort was short-lived. The name lasted longer.

They changed it to Palm Valley in 1906. Someone asked me the other day, “Where is the valley?” I am not sure. I guess that if there was one, it is now the Intracoastal Waterway. But there certainly

were and are plenty of palms. People who lived here made a living in a variety of ways. One was to harvest palm fronds for Palm Sunday. Every year, the families banded together to cut and ship 400,000 palm fronds to churches up north. The fronds were sewn into wet burlap by the women. It was a major source of income for the Groves, Miers, Oesterreichers and Micklers.

There was also plenty of hunting and fishing. And lots of fish camps. Papa George Oesterreicher ran a fish camp under the bridge for decades. You could buy beer or Coca-Cola or bait there. You could also get a good fish dinner. Up above, Merlin Mickler tended the old draw bridge. Other fish camps in the area included The Old Clam Shell and the Anchorage.

In the early half of the 20th century, the forest provided its own commerce. They harvested cypress at Cracker Landing on the west side of the canal. Others cut railroad ties for the Florida East Coast Railway. A man named William West operated a turpentine still on the east side of the canal. In the 1920s, the population of the area soared with the arrival of African-Americans to work on the turpentine farm. Most of them lived on Stantonia Road.

The forest also provided a place to make moonshine. “Palm Valley shine” was the best that this area had to offer. Some say it was the water. Some say it was the isolation of the swamp that gave shiners time to make their product special. Whatever the reason, it was prized up and down the coast. Some say they still make moonshine

LORE continues on Page 5

EVENT IS FREE TO THE PUBLIC!



PALM VALLEY HISTORY FESTIVAL

Celebrating the Community Association's 75th Anniversary.

SATURDAY, APRIL 22 • 1-7PM
THE PALM VALLEY COMMUNITY CENTER, 148 CANAL BLVD.

This special event will highlight the unique history, culture, and fortitude of the original pioneer families of Palm Valley and feature popular storytellers and local authors signing their books, plus a variety of arts, crafts, activities, and moonshine tasting. Noted local historian Scott Grant will share his newly created visual presentation about the rich history of the greater Palm Valley area and its founding families. Learn about Spanish settlers, a British indigo plantation, Moonshine making sheriffs and Nazi spies. Enjoy a delightful outdoor market, local business exhibits, and live folk music. For more sponsorship info call (904) 285-2130.

ARTISTS AND MUSICIANS TO EXPECT AT YOUR PALM VALLEY HISTORY FESTIVAL EXPERIENCE:

Gary Amonette and Family

Braxton Sykes
Underdog Trio
John Cartalano

Harmony: with Sarah and Jenni Larson

Linda Muldoon
Mississippi Blues Band
Petie Pickette
The House Cats

Historian Scott A. Grant Presentation “Palm Valley History” at 4 pm



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Marie K Loveland presenting beautifully painted oyster shell art and crafts



Eva Durand with Ocean Jewels and Tie Dye



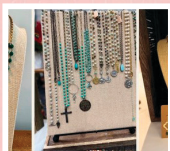
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PALM VALLEY HISTORY FESTIVAL

Saturday, April 22, 2023
1 pm - 7 pm
Palm Valley Community Association
148 Canal Blvd, Palm Valley, Fla.

This event is FREE and open to the public.

Contributed photos



Braxton Sykes



Gary Amonette and Family



Harmony, with Sarah and Jenni Larson



Underdog Music Trio

Palm Valley History Festival is Saturday

The Palm Valley History Festival, set for 1-7 p.m. Saturday, April 22, will highlight the unique history, culture and fortitude of the original pioneer families of Palm Valley. The event, to be held at the Palm Valley Community Center, 148 Canal Blvd., will feature popular storytellers and local authors signing their books, as well as a variety of arts, crafts, activities and “moonshine” tasting.

Noted local historian Scott Grant will share his newly created visual presenta-

tion about the rich history of the greater Palm Valley area and its founding families. Learn about Spanish settlers, a British indigo plantation, moonshine-making sheriffs and Nazi spies.

There will be an outdoor market, local business exhibits and live folk music. Authors confirmed for the event are: Eleanor Tremayne, Kaye D. Schmitz, Tracy Tripp and Grant.

The presenting sponsor is Standfast Asset Management.

Here’s a look at the schedule of events:

Inside

- 1 p.m. Dave Plummer Cypress Recording Studio
- 1:30 p.m. Gary Amonette and Family
- 2 p.m. Petie Pickette and Friends
- 3 p.m. Harmony, with Sarah and Jenni Larson
- 4 p.m. Scott A. Grant, storyteller on Palm Valley history

- 5 p.m. Linda Muldoon, pianist
- 6 p.m. House Cats

Outside, Music Garden

- 1 to 3:45 p.m. Mississippi Blues Band
- 4:45 to 5:30 p.m. Joseph Cartolano
- 5:50 p.m. Braxton Sykes

Front of Building

- 1-3 p.m. Underdog Music Trio



Julie Mickler Bhatia



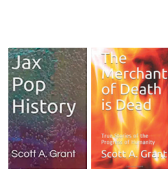
Kaye Schmitz



Eleanor Tremayne



Tracy Tripp



Scott A. Grant

Lore

Continued from 4

in Palm Valley today!

The people of the area were proud of their frontier heritage. In 1948, they banded together to move a building from Camp Blanding to Canal Boulevard to serve as a community center. In the 1980s, Ernest Mickler wrote a book about the area called “White Trash Cooking.” It was a huge success on both sides of the Mason-Dixon Line. In the book he talked a lot about their pride and their manners. Pride and

manners were what separated his people from the lesser white trash.

If you would like to learn more about this area and its proud heritage, consider attending the Palm Valley History Festival April 22 at the Palm Valley Community Center and learn more about the culture and cooking that made this place great.

Scott A. Grant is a local historian and author. He will be speaking on The History of Palm Valley, Ponte Vedra and Nocatee at 4 p.m. at the Palm Valley History Festival.

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Personal Injury and Medical Malpractice Specialists

Scott and Liz Owen are owners of TIKIBIKES, which is a company based in Ponte Vedra Beach that sells electric bikes. They founded the business in 2020 and continue to be deeply involved in the local community not only as small business owners but also as parents of children who play several local sports.

Scott and Liz Owen

As told to Anthony Richards

Can you tell us about your background and where you are from?

I grew up in Houston, Texas, and Liz grew up in Montgomery, Alabama. Liz and I met in college at Auburn University, and we got married right out of school.

We spent several years in Nashville and moved to Ponte Vedra Beach in 2011 when I was working for Dell Technologies.

All three of our children have lived in PVB for a majority of their lives.

Emma Grace (19) is a freshman at FAU in Boca Raton. Griffin (17) is a junior at Ponte Vedra High School and plays varsity football and lacrosse. Elouise is an 8th grader at Landrum and a lacrosse goalie.

What led to the creation of TIKIBIKES and how did the idea come about?

During the pandemic, Liz was interested in getting an electric bike to ride on the beach. Every store and online site were sold out with waitlists.

Before we moved to PVB, she was an engineer at Dell and has a great deal of knowledge around the manufacturing and fulfillment industry.

With this knowledge, she went to some factory contacts she had and started discussing how we could go about getting E-bikes made and what designs we liked.

From there TIKIBIKES was born. We had a Hawaiian artist design our logo and we were off and running. We wanted to combine an E-bike company with the brand of beach culture and coastal living.

What type of products do you sell? What are the more popular items?

We sell five different electric bike models that fit anyone from 10-100 years old! All of our bikes are, of course, electric but you can ride them like a regular bike if you want to.

All TIKIBIKES have four-inch all-terrain fat tires, so they are ideal for any surface like the beach, grass, trails, sidewalks and roads.

Our most popular styles are the OG and the PVB. The OG is a beach cruiser style and the PVB is a mountain bike. We also have a foldable bike, the Taco, that rides low and stores easily. They all go 20-plus miles per charge and have speeds north of 20 mph if you want to go that fast.

What are your goals and approach for the business?

We have built a growing small business in Ponte Vedra. Right now, we sell a majority of our bikes online (with free assembly and delivery) but we have also started selling them at a few different local bike shops like Bike Haven and at the Bardown Lacrosse shop.

We are in the process of deciding if we will open our own store or where we will go next with a dealer network or franchising.

It was very important to us starting this business in 2020 that we sell a quality product. We are very connected to so many different folks in this community in a number of ways, and selling a quality and useful product was very important from the very beginning.

We also pride ourselves on service. We have a busi-



Contributed photo

Members of the Owen family following a Ponte Vedra boys lacrosse game.

ness relationship with another local small business, The Bike Bus, and we also handle a lot of bike services ourselves. When you buy an E-bike from Amazon or online, it's very difficult to find a place to provide service and support for your bike, so that side is very important to us.

We also sell merchandise. It's been a ton of fun to see a lot of kids and high schoolers wearing TIKIBIKES gear around PVB and "repping the brand." We have several NIL sponsorship deals with college athletes that are from Ponte Vedra so it's nice to support them while they help promote our bikes on social media or at their school.

What are the most rewarding parts of owning a business?

Seeing people riding our bikes around town is a lot of fun. It's rewarding to see a brand we created from scratch bring people joy and happiness and serve a purpose as well.

Are there certain challenges you have faced as business owners?

In 2021 we faced quite a few logistical issues with shipping, but so did everyone else. Thankfully that has resolved now, and shipping rates are getting back to a more normal level.

What do you enjoy most about living in the Northeast Florida area?

There is so much to love about living here! The weather, the beach, great schools, an awesome community, and sports programs for the kids. All of it really creates a great culture to be a part of. We will never leave!

What do you like to do in your free time?

We stay really busy like most people with three kids and a small business, but we like it that way.

I am in my fifth season coaching football at PVHS, I've coached Landrum football for several years and have been president of our competitive youth football program previously.

I'm in my eighth and final year of coaching Riptide Youth Lacrosse and that has been a ton of fun watching both the boys and girls teams grow up and get to the high school level.

Liz and I were volunteer Young Life Leaders in PVB for several years as well, hosting events at our house and taking kids to winter and summer camps. Liz stays busy as the head fundraising volunteer for PVHS football, team mom for the PVHS boys lacrosse team, and coaches girls middle school volleyball.

When none of that's happening, we try to get on the golf course, tennis and pickleball courts, or the beach.

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

KATHY'S GARDENING GUIDE

Annuals vs Perennials

"A garden is a grand teacher. It teaches patience and careful watchfulness; it teaches industry and thrift; above all it teaches entire trust." — Gertrude Jekyll



By Kathy Esfahani

Homeowners often wonder whether it is better to plant annuals or perennials to develop color in their landscape. The answer is both! Planting a combination of annuals and perennials adds color and variety in your gardens that last season after season.

An annual is a plant that lives for only one season. Although replacing annuals at the end of each season adds maintenance to your yard, the reward is a rainbow of vibrant colors while these plants are blooming. Annuals typically last three to six months, requiring replacement two to three times per year.

When using annuals, plan your landscape to include several places where you want constant color and do not mind replanting each season. These locations can

be garden beds or planters. Popular spots for annuals include framing a front entry, highlighting a driveway or mailbox, or surrounding a relaxing outdoor living space. Prepare your gardens for annuals with 2-3 inches of compost, peat or topsoil. If you choose, you can add fertilizer; mix approximately the first 6 inches of soil before planting.

In our area, look for warm weather annuals such as begonias, coleus, gerber daisies, impatiens, malapodium, salvias, torenia, vincas, and zinnias.

Perennials are plants, shrubs and trees that last indefinitely; flowers can survive at least three growing seasons in Northeast Florida. Many perennials turn brown and seem to die in the winter, but they will grow back from the roots. Just prune off dead stems and wait for them to reappear. Although perennials require less maintenance since they do not need replacing, they do not produce the dramatic color of annuals.

Consider planning your landscape with at least 90% perennials to balance the showy color with less replacement cost and effort.

When selecting perennials to add to your landscape, look for African iris, agapanthus, blue daze, bush daisy, foxtail fern, gaillardia, gardenia, gazania, gold mound duranta, hydrangea, knockout/drift roses,

Photo provided by Kathy's Creative Gardens & Nursery



Flower of the Week

Pentas

lantana, loropetalum, mandevilla, muhly grass, pentas, portulaca, and potato vine.

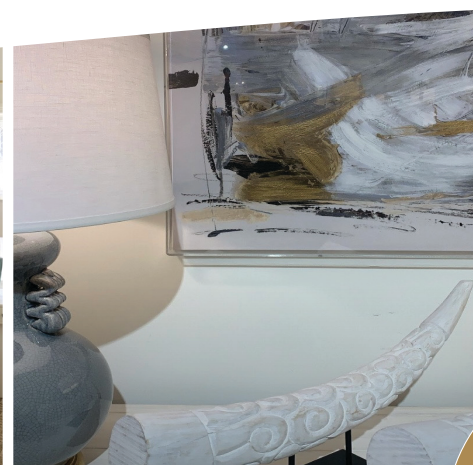
Happy planting!

Flower of the Week: Pentas

Please email Kathy at 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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Smith named PLAYERS executive director

Rice moves to new role with TOUR

By Shaun Ryan

The PGA TOUR has named Lee Smith the new executive director of THE PLAYERS Championship.

Smith replaces Jared Rice, who has served as executive director of THE PLAYERS and Senior Vice President, Tournament Revenue For Championship Management since November 2016. Rice has taken on a new role, leading business development for the TOUR's Championship Management portfolio of events.

"I look forward to joining a team that has put together a great event under Jared's leadership and taking a great product and maybe just making it a little bit better," Smith said Tuesday.

Smith has been with the Liberty National Golf Club in Jersey City, New Jersey, for the past five years. There, he was instrumental in the club's hosting the 2019 and 2021 Northern Trust FedEx Cup playoff events.

"I think that certainly provided a nice foundation for this opportunity at THE PLAYERS Championship," he said.

In fact, being named executive director of the tournament may be seen as the culmination of his extensive career to date.

At Liberty National, he has been overseeing an onsite staff of nearly 150 people and has secured the LPGA Tour's inaugural Mizuho Americas Open, which kicks off May 29. In fact, he will stay on to see that event through to its conclusion in June before making the permanent transition to Northeast Florida and THE PLAYERS.

In addition to his experience with Liberty National, Smith has been a key member of the TPC Network since 2008, serving as head golf professional at TPC Sugarloaf near Atlanta, general manager of TPC Summerlin in Las Vegas and working also at TPC Scottsdale. He has also been a Class A member of the PGA of America for more than two decades.

"My time with the TPC Network and Liberty National Golf Club has been a wonderful chapter of my career, and I



Photo courtesy of The PGA TOUR

The PGA TOUR named Lee Smith the new executive director of THE PLAYERS Championship on Tuesday.

cannot thank those teams enough for their unwavering support of this opportunity," said Smith. "I'm excited to transition to Ponte Vedra Beach to help build on the tremendous momentum THE PLAYERS Championship has established in recent years."

Throughout his career, Smith said he's always had his eye on THE PLAYERS — "the big one," as he called it. He said THE PLAYERS is special because it's the strongest field in golf, because of its iconic venue — including "the most famous hole in golf" — and because of the experience it provides the players, the partners and the fans.

"We don't just want to be the best in golf," he said. "We want to be the best in sports and entertainment."

"We are delighted for Lee to transition into his new role as executive director of THE PLAYERS Championship, where he will be a tremendous leader for our

tournament team as well as the Northeast Florida community," said Matt Rapp, senior vice president of championship management. "His vast years of experience leading TPC properties through championship events, while initiating future growth opportunities, made him a perfect selection for this vital role at the PGA TOUR."

Rapp praised Rice for his leadership over the years.

"Jared's tenure leading THE PLAYERS has allowed the PGA TOUR's premier championship to grow into one of the elite global events in sports," Rapp said. "Under his leadership, THE PLAYERS produced a first-class experience for our players and fans, and we're looking forward to his next chapter in growing the Championship Management part of our business."

Rice orchestrated the tournament's transition from May to March in 2019,

guided THE PLAYERS through the 2020 cancellation in the wake of the pandemic, doubled the number of national partners and furthered the event's long-standing charitable impact, including a \$2 million gift last fall to fund the complete redesign and expansion of the Nemours Children's Center for Cancer and Blood Disorders in Jacksonville.

THE PLAYERS Championship is set to return to TPC Sawgrass on March 12-17, 2024, which will mark a significant milestone for the tournament: its 50th anniversary. It's an event for which Smith is already planning.

"We're certainly prepared to pull out all the stops and make it as special as a 50th anniversary deserves," he said.

For further information on THE PLAYERS Championship, go to THEPLAYERS.com. Fans are also encouraged to follow THE PLAYERS on Facebook, Twitter and Instagram for tournament updates.

Briefs

Continued from 2

children, nearly 86% of whom are over the age of 9, and nearly 30% have had 10 or more placements in the foster care system prior to being referred to the program.

To learn more, go to davethomasfoundation.org.

Transportation Services expanded to Trout Creek Senior Center

St. Johns County Council on Aging

(COA) has announced that transportation services to and from COA's Trout Creek Senior Center will now be available for registered participants of the Trout Creek Senior Center each day the center is open — Mondays, Wednesdays and Fridays. COA's Trout Creek Senior Center is located at 6795 Collier Road, Orangedale. The center offers lunch, activities, exercise, special events and socialization for adults age 60 and older.

For more information and to register to attend, contact COA's Myra Fisher at 904-209-3658.

To view a complete calendar of upcoming events at the center, go to coasjc.org/trout-creek-center.

60-day detour for Alta Drive

Drivers using Alta Drive in Jacksonville will see a 60-day detour between Faye Road and Port of Jacksonville Parkway as construction on the JTAMobilityWorks roadway project continues. The detour will last until June 14 as contractors raise the elevation of the roadway in two locations.

The first location is north of Faye Road

just north of the Selina Plaza. All traffic traveling north on Alta Drive will be detoured via Faye Road to New Berlin Road.

The second location is between Misty Marsh Drive and Marshwinds Way. All traffic traveling south on Alta Drive will be detoured via Port of Jacksonville Parkway to New Berlin Road.

You can monitor the progress of the project at mobilityworks.jtafla.com.

— Compiled by Shaun Ryan

Bingo fundraiser to benefit Mission House

A bingo fundraiser at Culhane's Irish Pub in Atlantic Beach will be held from 6 to 8 p.m. Monday, April 24, to benefit Mission House on Jacksonville Beach and their care of our area's homeless and lower-income individuals and families. The public is invited to attend this event coordinated by The Rotary Satellite Club of Oceanside Atlantic Beach.

Tickets to the event are \$20 and include two bingo cards and two drink

tickets compliments of Culhane's Irish Pub. Attendees may "pay to play" bingo by cash or check at the door or prepay by credit card via a live link at: <https://www.needsconnector.com/bingonight>. Prizes will be awarded to bingo game winners and those who purchase raffle tickets.

Mission House is a day shelter that provides a place for area homeless to shower, gain clothing, medical attention,

meals and counseling to assist in their finding employment and a place to call home again. Mission House also has a medical clinic open two days a week to provide medical care with the help of area medical professional volunteers. For more information on Mission House, go to www.missionhousejax.org.

The Rotary Satellite Club of Oceanside is a group of community and business leaders who work together to

address the challenges affecting this community and communities not only in the beaches area but around the world. For more information regarding Jacksonville Oceanside Rotary and The Rotary Satellite Club of Oceanside, go to <http://oceansidejaxrotary.org>. For more information on the bingo fundraising event, contact Rotary Satellite President Joanne Campbell at jocampbell1956@hotmail.com.

Flagler Health+ opens new primary care practice

Flagler Health+ has expanded its reach within St. Johns County with the opening of Flagler Health+ Primary Care at Treaty Oaks, a new facility in St. Augustine located off State Road 207.

"The opening of Flagler Health+ Primary Care at Treaty Oaks will help us serve our neighbors in a part of the county that is growing rapidly," said Carlton DeVooght, CEO and president of Flagler Health+. "This expansion will help ensure that residents' physical, social and economic needs are met as we strive to provide lifelong care to our community."

Flagler Health+ Primary Care at Treaty Oaks is located at 270 Plaza Blvd., Suite B5-B6, in the Treaty Oaks Marketplace near Publix. The phone number is 904-819-5150.

Dr. Christine Krajewski, who has been practicing at the Flagler Health+ Primary Care at Whetstone Place location, has transferred her practice to Treaty Oaks.

Providing versatile care for newborns through geriatrics, Krajewski is a board-certified family medicine physician who joined Flagler Health+ after completing her residency at the Grand Strand Medical Center in Myrtle Beach, South Carolina. While there, she was named the most outstanding resident.

After having earned her Bachelor of Science degree from Hofstra University in Hempstead, New York, she received her Doctorate Degree in medicine from the Ross University School of Medicine in Dominica.

Flagler Health+'s board-certified physicians provide complete care that treats the whole family from birth through geriatrics and is continuing their dedication to convenient, quality health care with the addition of this new practice.

To learn more or schedule an appointment, go to flaglerhealth.org/treatyoaks or call 386-445-1100.

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OBITUARIES



Sheila Elaine Freeman

Born on December 31, 1954, in Chambersburg, PA, she was the daughter of the late Richard and Gladys Haines Cramer. She was

mother to Brandon (Sara) Franco, Joseph Anthony (Ana) Franco III, Benjamin Franco, and Lindsey Franco (Chris) Lockwood. Grandmother to Cody Lockwood, Sebastian Lockwood, Liev Franco, Emma Franco, Julian Franco, Joseph Anthony Franco IV, Will Morgan, Jacob Harmon, and Reese Harmon.

Sheila is also survived by five sisters, Gwenda Rotz, Bonita (John Glass) Nalewak, Beverly Conner, all of Chambersburg; Denise (Robert) Brennan of Saxton, PA, Valerie Singley of N. Charleston, SC, two

brothers, Stephen (Mary) Cramer of Chambersburg and Richard Cramer of Anchorage, AK, and several nieces and nephews.

She served in the U.S. Air Force, National Guard, and Reserves for 26 years before going back to earn her bachelor's from UNF and her Master's in Social Work from FSU. She went on to work at the Jacksonville Woman's Center, the VA Center of Jacksonville, and helped countless members of the Northeast Florida community.

She passed away peacefully on December 26, 2022. There will be a Celebration of Life service on Friday, May 19, 2023, at 10 a.m., in the Ponte Vedra Presbyterian Church.

Please visit her online Tribute at www.quinn-shalz.com.

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Papa Johns raising money for shelter pets

The Jacksonville Humane Society (JHS) is partnering with Papa Johns Pizza to raise money for shelter pets with 20% of every purchase during the month of April to be donated to JHS when the code DUVALPETS is used at checkout.

Papa Johns Pizza franchises in Clay, Duval, Nassau and St. Johns

counties are participating.

JHS provides compassionate care to thousands of pets in need in the Jacksonville community every year. Papa Johns supports animal shelters like JHS through the Papa's Pets charitable program.

For more information, go to papa-johns.com.

Van Gogh experience concludes April 30

"Beyond Van Gogh: The Immersive Experience," produced by Paquin Entertainment Group, will conclude its run in Jacksonville on April 30. The traveling phenomenon has sold more than 5 million tickets globally and more than 100,000 in the Jacksonville market.

Since September, local guests have been completely immersed in more than 300 of the greatest works

of post-Impressionist artist Vincent Van Gogh. The three-dimensional experience brings to life one of the most influential artists the world has known.

There's still time to see this one-of-a-kind experience this month at the NoCo Center, located at 712 N. Hogan St. Tickets for the final days are available now at vangoghjacksonville.com.

DEATH NOTICES

Andrey Kipor

Andrey Kipor, 49, of Ponte Vedra, Florida, died April 12, 2023. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www.pontevedravalle.com

David C. Mills

David C. Mills, 53, of Jacksonville, Florida, died April 13, 2023. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100 www.quinn-shalz.com

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Baptist MD Anderson Cancer Center now open

Baptist MD Anderson Cancer Center is bringing world-renowned cancer care to Fleming Island with the opening of a new satellite location on the Baptist Medical Center Clay campus.

The Baptist MD Anderson satellite will offer patients access to medical oncology, radiation oncology and infusion services. Breast surgery services are slated to be available in late 2023.

Kerwin Cumberbatch MD, a medical oncologist, and Neenad Shah MD, a radiation oncologist, will join the Baptist MD Anderson multidisciplinary team dedicated to serving patients at the new facility. The pair are both fellowship-trained and have more than 20 years of combined experience in treating cancer.

Mona Janfaza MD, a fellowship-trained breast surgical oncologist, is set to join the team at Baptist Clay in 2023.

“Having the caliber of Baptist MD Anderson, an affiliation between Baptist Health and

MD Anderson Cancer Center, right here in Clay County, is a tremendous advantage to our residents, who often have to travel for this level of expertise,” said Darin Roark, hospital president of Baptist Clay. “Now, patients can access leading-edge technology, therapies and a multidisciplinary team in their neighborhood.”

Cancer care close to home

Baptist MD Anderson is a partnership between Baptist Health and MD Anderson, one of the world’s largest and most respected cancer centers in Houston, Texas. The addition of Baptist MD Anderson at Baptist Clay will be Baptist MD Anderson’s third site in the Jacksonville area, with locations on the Baptist Jacksonville and Baptist South campuses.

“We will mirror the highly coordinated, multidisciplinary approach to care pioneered by MD Anderson. Baptist MD Anderson at Baptist Clay will provide adult patients access to the same advanced technologies, treatment protocols and care options as they would receive in Texas,” said Joe B. Putnam Jr. MD, medical director of Baptist MD Anderson. “Every patient will benefit from a group of cancer care experts with experience in the patient’s specific type of cancer.”

Additionally, a new state-of-the-art linear accelerator will soon be added to the Baptist Clay campus. This advanced technology uses radiation therapy to shrink

cancer tumors without destroying the surrounding tissue.

Cancer rates on the rise

In 2023, there are estimated to be 162,000 new cases of cancer diagnosed in Florida, with Florida second only to California, with the highest rate of new cases per year in the United States.

According to the National Cancer Institute, the cancer incidence rate in Clay County is 36.1% higher than the statewide rate as well as 47.2% higher than the national average.

Baptist MD Anderson at Baptist Clay will be located in Baptist HealthPlace at Fleming Island, the new health and wellness center, which features a variety of other specialties, including primary care, cardiology,

urology, neurology, a walk-in lab and a women’s imaging center.

“It is gratifying to see how our presence has gone from a single site on our Baptist Jacksonville campus to Baptist South and now Baptist Clay,” said Lee-Ann Mengel, vice president of Baptist



Kerwin Cumberbatch MD



Neenad Shah MD



Contributed photo

The lobby of the Baptist MD Anderson Cancer Center is shown.

MD Anderson. “Part of our growth involves enhancing our ability to treat more patients, and we plan to continue expanding our access points to better serve the

entire region.”

For more information about Baptist MD Anderson, go to BaptistMDAnderson.com.

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Sharks enjoy a double dose of rings

By Anthony Richards

The Ponte Vedra High girls swimming team received a shiny gift during halftime of the boys lacrosse district title game April 14. It was their state title rings.

They were each given the rings by athletic director Michael Harrison on the field as the home crowd cheered their accomplishment.

It was the second straight state championship for the Sharks in class 3A, who also had a couple of individuals who brought home titles in their specialized disciplines.

Senior Annie Wohlgemuth was the state champion in the 100-yard backstroke, while sophomore Penny Zarczynski earned tops in the state in the 100 freestyle.

According to Wohlgemuth, who has signed to swim next

year at the University of Georgia, the presentation on the field was something different from last year and the fact that they got to share it with the fans made the moment even more special.

“Last year we got at the pool, and it was a little lower key,” Wohlgemuth said. “It’s really nice to be recognized by the whole school community. “I remember last year being surprised that we won regionals, and Junior just sat us down and told us that we really had a shot, and ever since then we’ve just been trying to keep adding to the legacy and the culture here,” Wohlgemuth said.

Winning last year was something that Zarczynski believes spurred the team on this year, after having tasted what it was like



The Ponte Vedra girls swim team received their 2022 state champion rings.

Photo by Anthony Richards

RINGS continues on Page 30

Teacher gets National Geographic Society funding for ‘citizen science’

Local teacher and National Geographic Explorer Alicia “Ali” Pressel has received funding from the National Geographic Society for her project, “Connecting Classrooms to Conservation through Citizen Science.” In partnership with the Jacksonville Zoo and Gardens, Pressel’s project will engage local youth in learning about environmental science, geography and conservation biology as “citizen scientists.” Pressel will work with Emily Blum, Jacksonville Zoo and Gardens’ educator, who is overseeing the zoo’s participation as the primary, local stakeholder in the project.

“Northeast Florida has an extraordinary amount of biodiversity,” said Pressel. “Through this project, youth in our community will work alongside scientists and researchers from the Jacksonville Zoo and

Gardens as aquatic ambassadors,” she said. “Students will experience field learning skills and applications as they study water quality along the St. Johns River. They will also study how aquatic health in our community impacts native Florida species, including Florida manatees.”

Pressel is an environmental sciences educator in the Academy of Engineering and Environmental Sciences at Creekside High School and the St. Johns County 2020-21 District Teacher of the Year. Pressel is also a 2022 NEA Global Learning Fellow, 2021 Grosvenor Teaching Fellow and a LEED Green Associate with the U.S. Green Building Council.

As an educator, Pressel sponsors an Environmental Club, geospatial mapping and other science, technology, engineering and math (STEM) initiatives, including

project-based learning and outdoor field studies. As lead teacher in environmental sciences, Pressel designs and curates project-based learning initiatives from grades 9 to 12.

On April 29, the Jacksonville Zoo and Gardens is hosting the City Nature Challenge, and youth in Northeast Florida will have the opportunity to become citizen scientists in their community during the event. Participants will collaborate with scientists and community researchers during the City Nature Challenge, a friendly competition among cities around the world.

For four days, partakers are encouraged to use the iNaturalist app to take pictures of wildlife viewed at the events for conservation scientists and researchers to study different species, update distribution

ranges and determine population health. The family-friendly activities include tours, searching for plants and wildlife, and nature trail exploration, to name a few. All activities are free, and RSVPs are required.

For more information, and to register for the events, go to the zoo’s website and RSVP for the City Nature Challenge at <https://www.jacksonvillezoo.org/outdoor-explore>.

Investing in Kids (INK!) is serving as the fiscal manager for Pressel’s funding, to benefit students and communities in Northeast Florida.

“We look forward to overseeing the National Geographic Society funding with Ali on innovative projects that positively impact key learning objectives for students,” said Donna Lueders, INK!’s executive director.

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Third annual BRAVE Summit hosts nearly 1,000 teens

Contributed photos

The third annual BRAVE Summit, a free event for teens that aimed to break the stigma surrounding mental health, was held March 29 at the St. Augustine Amphitheatre. The event, hosted by Flagler Health+, was open to all high school students throughout Florida.

Nearly 1,000 students attended from throughout the state, coming from as far as Miami.

The summit was part rock concert, part peer-to-peer support system, part education focused on encouraging youth to take charge of their mental health.

“Seeing this many young people participate in this year’s BRAVE Summit is very rewarding,” said Paige Stanton, event organizer from Flagler Health+. “It is our hope that they leave here knowing that there are people who care about their mental health and that there are resources available to help them should they ever need it.”

There was also a separate summit for parents, caregivers and guardians to provide them with the resources needed for successful, productive conversations about mental health with their teens. There were 50 adults who attended in person, with another 20 participating in the summit via Zoom.

The BRAVE Summit is a centerpiece event of the BRAVE program. BRAVE, which stands for Be Resilient and Voice Emotions, was founded in 2019 and has made significant progress connecting high school teens to mental health resources.



Before BRAVE’s implementation in St. Johns County Schools, only 35% of students who were referred to mental health providers were seen by a medical professional. With the BRAVE program, that rate has increased to 90%.

Since its founding, and despite the pandemic, BRAVE has expanded into more school districts, including Clay, Nassau, Putnam, and Volusia counties, with the ability to assist more than 170,000 students.

The Florida House of Representatives approved \$3 million in appropriations in the 2022-23 budget to help BRAVE grow and expand into school districts throughout the state.



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GUEST COLUMN

What does atrial fibrillation feel like?



By Amr F. Barakat, M.D.,
Ascension St. Vincent's
Riverside and
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Atrial fibrillation, also known as AFib, is a

common heart condition that impacts millions of people worldwide. Almost 10% of Americans above the age of 65 have atrial fibrillation. Despite the serious risks associated with AFib, including stroke and heart failure, nearly half of patients don't know they have it. Symptoms range from mild to severe, and it is important to know the signs so you can receive medical treatment as soon as possible.

What Is Atrial Fibrillation?

AFib is the most common heart arrhythmia. It causes a rapid and irregular heartbeat that may occur in brief and intermittent episodes, or it can happen all the time (persistent AFib). AFib is a fast irregular rhythm that comes from the top chamber of the heart. When your top

chambers beat too fast, they don't empty blood properly and blood can pool in one area — a cavity known as the left atrial appendage. This can cause a blood clot to form, which can travel to your brain and cause a stroke. When your top chambers go too fast, your bottom chambers can also start to beat fast and irregularly, which is what usually causes the symptoms.

What Does AFib Feel Like?

AFib affects millions of Americans, but because many don't experience any symptoms, the condition often goes undiagnosed. These patients are only diagnosed through regular exams and screenings. For those who do experience AFib symptoms, these can include irregular heartbeat or palpitations, lightheadedness or dizziness, shortness of breath, faintness or confusion, extreme fatigue, chest discomfort and even reduced cardiac function (i.e., congestive heart failure).

Many patients may dismiss these warning signs, especially if they seem to come and go or only last a short time. It's important to never take any risks with your heart. If you notice any of these symptoms, contact your doctor immediately —



and if you are in any sort of distress, such as severe respiratory difficulty or severe lightheadedness, call 911.

Advances in AFib Treatment Options

Fortunately, advances in medical research and technology have led to new AFib treatments that offer many benefits for patients. One of the most significant technological advancements in AFib treatment that our team at Ascension St. Vincent's has implemented is the use of catheter ablation. This involves a minimally-invasive procedure that blocks abnormal impulses that cause irregular heartbeats. Catheter ablation typically is the most effective therapy in restoring normal heart rhythm and has a very low rate of complications (less than 1% risk of serious complications). The procedure takes 1-2 hours on average, and most patients are able to go home the same day after their ablation. Several technologies are currently available for ablation at Ascension St. Vincent's, including radiofrequency (heating) and cryoablation (freezing). We are also investigating newer technological advancements such as the use of alternative non-thermal sources of energy (pulsed-field ablation) and the use of AI algorithms to develop a personalized ablation plan for each patient. These newer technologies offer the potential for even safer and more effective ablation.

Ascension St. Vincent's was also the

first site in Florida to enroll patients in a clinical trial designed to examine the effectiveness of the WATCHMAN device. The device serves as an alternative to blood thinners and reduces stroke risk in patients with AFib who cannot tolerate blood thinners long-term. It may potentially be a first-line therapy for all patients in the future.

Know the Signs and Take Control of Your AFib

If left untreated, atrial fibrillation can have serious consequences including stroke, heart failure or other heart complications. That's why it is important to know the symptoms and monitor your heart health regularly so you can seek treatment as soon as possible. Early treatment also carries a much higher success rate at controlling atrial fibrillation. If you are experiencing symptoms of AFib, visit your primary care doctor or cardiologist as soon as possible.

Dr. Amr Barakat is a cardiac electrophysiologist at Ascension St. Vincent's Riverside in Jacksonville and Ascension St. Vincent's St. Johns County. For more information on Dr. Barakat and his specialty in treating atrial fibrillation, go to ascension.org/jaxheart or call 904-388-1820 for the Riverside clinic or 904-691-9100 for the St. Johns clinic.

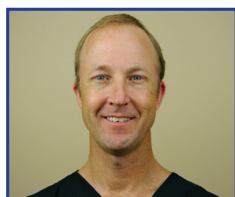


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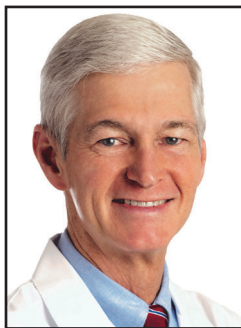
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Free event: OTC vs. prescriptive hearing aids

Over-the-counter hearing aids, commonly referred to as OTC hearing aids, were recently made available to purchase without a hearing evaluation. While OTC hearing aids are more readily available than prescription devices, they're not the best choice for everyone.



Dr. J. Douglas Green

Dr. J. Douglas Green, founder and president of Jacksonville Hearing and Balance Institute and board-certified doctors of audiology will hold a free informative discussion “Demystifying Over-The-Counter (OTC) vs. Prescription Hearing Aids, Learn the Signs and Causes of Hearing Loss Lunch and Learn” at 11:30 a.m. Wednesday, April 26, at the WJCT Studios, 100

Festival Park Ave.

“A patient receives much better results when hearing aids are fitted properly by a professional audiologist and adjusted to the appropriate tuned pitch based on the patient’s hearing test results,” said Green. “OTC hearing aids don’t provide that opportunity and patients don’t get the most out of their hearing aids when trying to adjust them themselves.”

Studies published in the National Library of Medicine found that 67% of patients reported better hearing when

their hearing aid settings were fine-tuned by an audiologist than when done by the patient without the assistance of a professional.

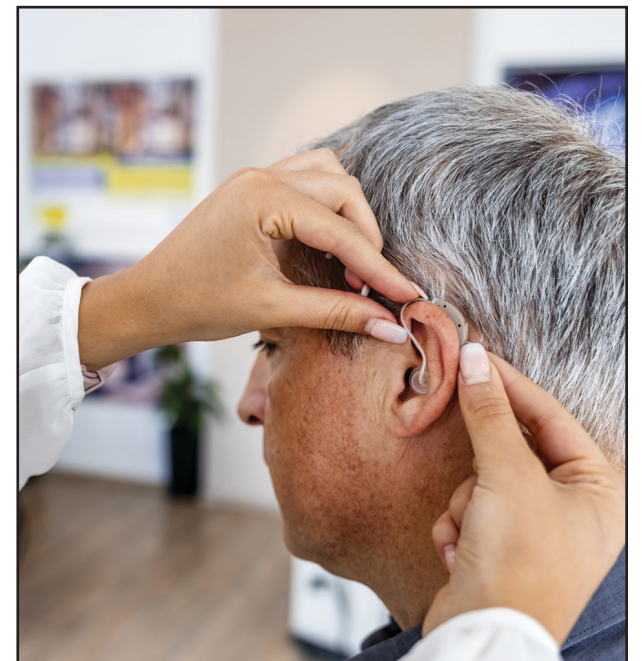
Audiologists are doctorate-level professionals trained to evaluate, diagnose and treat hearing loss. They also counsel individuals about the appropriate care and use of hearing aids, realistic expectations and benefits and risks associated with hearing aids.

With OTC hearing aids, people are responsible for learning how to use and maintain the device on their own. If there are any troubleshooting needs, users must call a toll-free number provided on the device package. Some audiology practices can help with the orientation of the OTC devices, but those will have office visit fees for professional services. While a current hearing test is not required to purchase OTC devices, individuals should still have one done by an audiologist before purchasing OTC hearing aids to determine the cause of any hearing loss and if OTC hearing aids are an appropriate choice.

“It’s important that an individual deciding which hearing aid is best for them to consider all options to make an informed decision,” adds Green.

The event is free, but registration for “Demystifying Over-The-Counter (OTC) vs. Prescription Hearing Aids, Learn the Signs and Causes of Hearing Loss Lunch and Learn” is required by April 21 by calling 904-399-0350.

Jacksonville Hearing and Balance Institute (JHBI) is a medical practice that specializes in improving hearing and balance health through proper diagnosis and advanced treatment options. Established in 1997 by Green, Jacksonville Hearing and Balance Institute provides comprehensive, top-quality care of the auditory system



in adults and children from the ear canal to the brain’s cortex.

According to a media release, Jacksonville Hearing and Balance Institute exists to further the healing ministry of Christ through advanced diagnostic and therapeutic techniques to help patients with hearing, balance and related ear problems in a caring and compassionate environment that is financially sound, efficient and proactive.

Jacksonville Hearing and Balance Institute has more than 25 staff members, including one physician, two physician assistants and five audiologists.

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- Bad bites and poor oral-facial development increases risk for sleep apnea.
- Gum disease increases risk for head, neck, pancreatic, and kidney cancer.
- If you have diabetes and bleeding gums, your risk of premature death increases by 400 to 700 percent.
- Gum disease is linked with blood vessel disease, heart attacks, and strokes.
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GUEST COLUMN

Can stress cause a stroke?



**By Anthony
Magnano MD**

Ascension St. Vincent's
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According to an international study published in the European Heart Journal, one in 11 stroke survivors experience anger or emotional stress before their symptoms appear. April is Stress Awareness Month, so it is a fitting time to review the surprising link between stress and deadly heart conditions like stroke, heart failure, arrhythmia, hypertension and more. Take action now and learn ways to protect your heart and live a longer, healthier life.

How Can Stress Cause a Stroke?

Strokes occur when blood flow to the brain is abruptly stopped due to a blood clot creating a blockage (ischemic) or a blood vessel leaking (hemorrhagic). Both bleeding and clotting can cause brain damage, and depending on severity and duration blood flow was interrupted, a stroke can cause temporary or permanent disability.

How does stress impact the risk of stroke? Stressful situations release adrenaline in the body, causing heart rate to speed up and blood pressure to rise. When stress is constant or chronic, your body remains in this “fight or flight” mode, which can tighten blood vessels, damage arteries and raise blood pressure. That all increases risk for conditions like stroke, myocardial infarction, atrial fibrillation and heart failure.

Furthermore, if you feel stressed, it can be difficult to make heart-healthy decisions. Stress-coping behaviors like eating unhealthy junk foods, drink-

ing too much alcohol or smoking can increase your risk of developing heart disease and stroke.

Stress Management Tools for Your Heart Health

Stress is part of life, and how we choose to manage it can greatly impact our well-being. Luckily, there are effective ways to reduce stress and improve your mental and physical health. For one, regular exercise is a proven heart-healthy habit, and research shows that those who exercise report better mental health. Even everyday activities like taking a walk, gardening or yoga can have a positive impact on your heart and stress levels.

It is also very important to pay attention to your diet. Foods high in refined carbohydrates and sugar, such as packaged snacks and sodas, can cause metabolic fluctuations that negatively impact your mood. To optimally nourish your body and mind, limit alcohol, avoid smoking and eat a balanced diet rich in fruits, vegetables, whole grains and lean proteins.

Professional help may be necessary if you have experienced a traumatic event, suffer from a stress-related disorder like PTSD, or struggle with anxiety. Consult with a doctor about counseling services or medical treatment. It may seem intimidating, but talking to a professional can be the best option to help manage stress and improve your overall quality of life.

Know the Signs of Stroke and Don't Delay Treatment

Ideally, you can reduce your risk of stroke by managing your stress and heart health. But recognizing the warning signs of stroke can still protect both yourself and your loved ones. The important acronym to remember for identifying a stroke is B.E. F.A.S.T. That stands for balance, eyes/vision loss, face drooping, arm weakness, speech difficulty, and time to call 911. It's common to mistake or minimize the signs of stroke, but don't delay treatment. Call 911.

Dr. Anthony Magnano is a Ponte Vedra resident and chief of cardiology at Ascension St. Vincent's Riverside in Jacksonville. For more information on Dr. Magnano and his specialty in treating atrial fibrillation, go to ascension.org/JaxHeart or call 904-388-1820.



GUEST COLUMN

You can be a health care hero!

By Dr. Chris Kopp

As we celebrate Health Care Hero Week, I wanted to remind everyone how they can be a health care hero even if they are not directly involved in medicine.

A lot of us may have learned CPR at one point in our lives. I first learned CPR as a Boy Scout, then as a lifeguard in high school, then again as a physical therapist. I have had to perform CPR on a patient while doing home health, though unfortunately the patient did not survive. My wife performed CPR on someone at an Ultimate Frisbee Tournament after a lightning strike; that person quickly responded and was fine. In fact, on April 10, 1994, a lightning strike hit an Ultimate Frisbee Tournament in Tennessee where a lot of my friends were playing. I'm sorry to write, one player passed away at the field that was struck directly. Another, who was also struck, received CPR at the field. Her name was Carmen, and she did survive but ended up with significant brain damage and never was the same. But she did live, thanks to CPR. CPR is one of those things that we never think we must use but when it is needed, it saves lives.

Something else that can be lifesaving is cardiac screening for athletes and access to an AED at sports or fitness facilities. I just attended a sports medicine symposium here in town that was held at the Jaguars' stadium where the emphasis was on sudden cardiac arrest (SCA) in athletes. Some of you, I am certain, will recall the event that happened in the game between the Buffalo Bills and the Cincinnati Bengals on "Monday Night Football" this past season. Buffalo Bills player Damar Hamlin collapsed on the field, basically died, and was brought back to life. Thanks to the quick actions and preparedness of all the health care "heroes" and the rapid use of an automated external defibrillator (AED), Damar Hamlin appears to have made a very healthy recovery. Damar has been a huge advocate and supporter for the Access to AED Act recently introduced into Congress.

Unfortunately, a lot of athletes, particularly, young athletes participating in sporting events don't have the luxury of highly trained, well-prepared and -equipped emergency personnel at their immediate disposal when they have an unexpected life-threatening event such as SCA. One

of the speakers of the symposium, was the executive director of an organization called Who We Play For. Who We Play For was created by teammates of a 15-year-old high school soccer player named Rafe Maccarone who suffered a sudden cardiac arrest event during a break in soccer practice and passed away the next day back in 2007. I highly encourage you to read the entire story of that event on their website, www.whoweplayfor.org. Who We Play For has been instrumental in getting electrocardiogram (ECG) testing as part of annual sports pre-participation physicals. Rafe had been cleared for participation for sports with his typical sports physical. Had Rafe received an ECG as part of his pre-participation physical, he and his family would have found out he had an undiagnosed condition called hypertrophic cardiomyopathy. The organization also raises funds to supply AEDs and assist schools and sporting events in the development of emergency action plans in an attempt to prevent as many athletes as possible suffering Rafe's unfortunate outcome.

If you have a young athlete who participates in sports or events that require

intense physical activity, I highly encourage you to request an ECG screening for your child as part of their annual pre-participation physical. If you are a coach of a team, please get your CPR certification and stay current. Also, learn where the AED is for the facility or field your team may be playing. If you are an event organizer, have an emergency action plan in place and provide it to all the coaches for your events. Please make sure your event has an easily accessible AED that is fully charged and that all coaches know where it is. Hopefully, none of you will have to be an unexpected health care hero, but knowing CPR, having access and known location of an AED and including how to use it, you could ultimately be one someday.

Dr. Chris Kopp PT, DPT, is a licensed physical therapist and is a board-certified orthopedic clinical specialist and Titleist Performance Institute certified. He is the owner of Premier Physical Therapy and can be reached at info@premierptjax.com or online at www.premierptjax.com.



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 Presented by J. Douglas Green, MD, FACS, Elizabeth Selle, Au.D., CCC-A and Rebecca Burden, Au.D

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Levy one of 149 Black health care leaders to know



Marlow H. Levy

Contributed photo

Becker's Hospital Review honored Marlow H. Levy, vice president of operations at Baptist Medical Center Jacksonville, as one of "149 Black Healthcare Leaders to Know" for 2023.

According to Becker's, the list is comprised of individuals who are fostering positive patient experiences, promoting health equity and paving the way for the next generation of leaders.

Levy has more than 30 years of leadership experience in a variety of health care systems with a particular focus on delivering health care strategy, growth and process improvement to improve hospital safety, care delivery, surgical

throughput, operational efficiency and better patient experience. He joined Baptist Health in 2022.

"We are so pleased that Marlow is sharing his heart for people and service at Baptist Jacksonville," said Nicole B. Thomas, hospital president of Baptist Jacksonville. "His commitment to living out the values of equity and inclusion in the workplace is driving results for our patient, our patients and this community."

Prior to joining Baptist Health, Levy served as the vice president of operations at UMPC Hamot Medical Center in Erie, Pennsylvania. He has also served

in high-level leadership positions at Advocate Aurora Healthcare, Mayo Clinic, Kaiser Permanente, Sentara Healthcare and facilities within the U.S. Navy Bureau of Medicine and Surgery.

Levy holds a bachelor's degree in nursing from Hampton University in Virginia, a master's degree in management from the Naval Postgraduate School in Monterey, California, and a master's degree in business administration from The George Washington University, in Washington, D.C. He is a board-certified health care executive and Fellow of the American College of Healthcare Executives.

Baptist Health building emergency center, imaging center

Baptist Health has begun construction on a new freestanding Baptist and Wolfson St. Augustine Emergency Room and Imaging Center to provide additional health care services to the fast-growing area of St. Johns County.

The 8.5-acre property, which Baptist Health originally purchased in May 2021, is located on I-95 and State Road 16 at 461 Outlet Mall Blvd., St. Augustine.

"There's been a lot of excitement about

this new facility from St. Augustine residents following the original purchase in 2021," said Matthew Zuino, executive vice president and chief operating officer of Baptist Health. "Baptist Health has always been committed to meeting the health care needs of residents in St. Johns County, and this is one important part of that strategy."

The 23,879-square-foot emergency center features two emergency centers

under one roof — Baptist Emergency Center for adults and Wolfson Children's Emergency Center, designed specifically for patients ages 0 to 17.

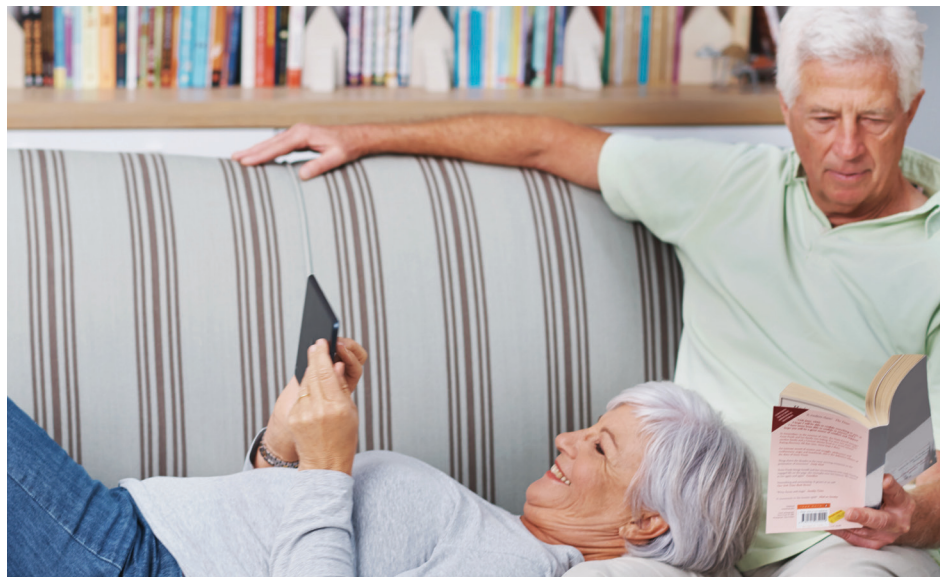
In addition, with the opening of this campus, families in St. Johns County will have easier access to the specialized pediatric care of Wolfson Children's, the only full-service children's hospital in the region and the only state-designated Pediatric Trauma Center in Northeast Florida.

The emergency facility will have an adjoining imaging center for outpatient imaging, equipped with the latest technol-

ogy to provide X-rays, ultrasounds, CT scans, mammography and bone density screenings.

The Baptist and Wolfson St. Augustine Emergency Room and Imaging Center is expected to open in spring 2024.

The building is designed with opportunities for expansion as the community's health needs grow. Potential expansion areas include 5,000 square feet on the south end of the emergency department and up to 70,000 square feet of physician office or outpatient procedural space to the north.




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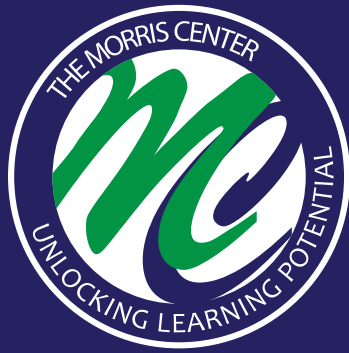
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Outpatient surgery nurse honored with DAISY Award

Sam Johnson RN, a nurse in the outpatient surgery (OPS) unit at Flagler Hospital, has been honored as the DAISY Award recipient for the first quarter of 2023. Johnson was honored for his compassionate care toward patients and for making them feel comfortable and at ease under stressful situations.

The DAISY Award is an international program that rewards and celebrates the extraordinary compassion and skill nurses give daily. Johnson, a nurse in Flagler Health+'s OPS unit, was nominated by two patients, each of whom were experiencing anxiety about having blood drawn. Johnson's comforting nature made the experience easier for both patients.

"I have great problems giving blood as no one can find a good vein, but Sam Johnson came to my rescue with his ultrasound machine," wrote Christine Pursley in her nomination letter. "Sam appreciated my anxiety and assured me that he would find a vein and that I would not even feel the prick. He did it all with a big smile and easy, humorous talk. We laughed so much that I didn't feel anything. He is a most sensitive and personable young man with a manner that can put anyone at ease. He deserves this special recognition."

"On one of my visits to Flagler Hospital, Sam came to me with his ultrasound

machine. I have small veins and am always happy to see him coming," wrote Lillian Lorraine Marshall Law in her nomination letter. "One of the times, I told Sam my maiden name was Marshall, and my married name was Law. He found that interesting. I didn't give it another thought. The last time I came to Flagler, I heard someone from across the room say, 'Marshall Law.' I couldn't believe he would remember that. Believe it or not, I have another procedure coming up, and I look forward to seeing Sam and all the wonderful people I encounter on the times I've been there."

"Blood test results are a key piece of information for our caregivers, but obtaining that critical information can understandably be frightening for patients. Our staff works incredibly hard to provide quality care in a way that meets patients where they are," said Carlton DeVoght, President and CEO of Flagler Health+. "Sam made these patients comfortable and helped to alleviate their anxiety. He is a well-deserved recipient of the DAISY Award and is the epitome of what Flagler Health+ represents to our patients and community."

In recognition of this honor, Johnson received a stone-carved "Healers Touch" trophy, a DAISY winner's pin, a gift basket and a \$250 bonus.



Contributed photo

Sam Johnson recently received the DAISY Award.

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Business Weekly

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THURSDAY, APRIL 20, 2023

FEATURING
Real Estate Spotlight



www.PonteVedraRecorder.com

PulteGroup purchases 51 new homesites in Cordova Palms

The Northeast Florida Division of PulteGroup has purchased 51 homesites in Cordova Palms, a large single-family home community in St. Johns County.

Located off U.S. 1 approximately two miles south of International Golf Parkway, Cordova Palms is minutes from shopping, dining, historic Downtown St. Augustine, the beach and Interstate 95.

Pulte Homes will build single-family detached homes on 43-foot and 53-foot homesites and offer five floor-plans ranging in size from 2,093 to 3,266 square feet. Construction on a new model home featuring the Whitestone plan will begin soon. Cordova Palms will open for sales this year.

The amenities will include a zero-entry pool, a covered pavilion with a party room, fitness center, playground, play lawn and a dog park. Cordova Palms is zoned for excellent schools in the St. Johns County Public School District.

“We are very excited to expand our brand to Cordova Palms and look forward to breaking ground on new homes soon,” said Justin Dudley, vice president of land acquisition, PulteGroup Northeast Florida Division. “With its outstanding location, excellent local schools and recreation offerings combined with the value Pulte offers, we expect our homes at Cordova Palms will be very successful.”

Those interested in Cordova Palms are encouraged to join the VIP List for updates. For more information, call 904-530-3114 or go to pulte.com/jacksonville.

Pulte HOMES Cordova Palms
Conceptual Master Plan



Cordova Palms site map

GATE opens new location in Ponte Vedra Beach

The following are photos from the grand opening of the new GATE gas station and car wash located along State Road A1A. It replaces the previous building which was located right down the street and has since been demolished.

Photos by Anthony Richards



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As spring begins, listings and inventory trend upward

As the spring selling season begins to rev up, both active listings and active inventory across Northeast Florida trended upwards in March.

“Real estate is ‘marching’ on and up with a spring in its step,” said 2023 Northeast Florida Association of Realtors President Diana Galavis, referring to the traditional start of the housing market’s busiest time of the year. “Active listings and active inventory both trended up as expected for the spring selling season. We see sellers putting homes on the market as the opportunity for a higher sales price is in reach.”

In March, the median sales price for single-family homes in the six-county region inched up 0.7% from February to \$363,990. During that same time frame, new listings jumped up 32.5% to 3,202, and active inventory in the region rose 6.2% to 4,725 homes, a 2.2-months’ supply. And the median days on the market for March dropped 20.8% since February to 40 days.

“Median sales price and price per square foot is up after dropping slightly



in previous months. This is due to the overall lower months’ supply of inventory,” Galavis explained.

Many year-over-year statistics indicated that, perhaps, the crazy market increases that occurred during the COVID-19 pandemic and its aftermath are continuing to correct themselves.

The March 2023 median sales price fell 2.2% from March 2022. Closed sales dropped 18.0% from a year earlier and the closed-over-list price, which was

29.4% higher in March 2023 than the month before, plummeted 70.3% from where it was in March 2022. Meanwhile, at 40 days, the median days on the market skyrocketed 185.7%, from a year ago, while new listings rose 22.4% and active inventory increased 166%.

And in March 2023, the Home Affordability Index remained stable at 75, showing no change since February and a 15% drop from March 2022 when it registered 89.

The Housing Affordability Index measures housing affordability for the region. In other words, it measures whether a typical family earns enough to qualify for a mortgage on a typical home, based on current interest rates, median income and median home prices. A higher number means greater affordability. An index value of 100 means that the average family has exactly enough income to qualify for a mortgage.

In St. Johns County, March 2023 median prices rose 8.8% to a median price of \$555,000 for single-family homes. The median days on the market were 36, a 25% drop from the month before. Month-to-month, closed sales rose 33.3% to 452, pending sales climbed 26.6% to 533, and new listings increased nearly by half, 49% to 815. Active inventory rose to 1,285 homes, an increase of 11.3% from February 2023, and 2.8-month supply. The affordability index fell 7.5% to 49, demonstrating that St. Johns County became less affordable and remains the most expensive area to live in the region.



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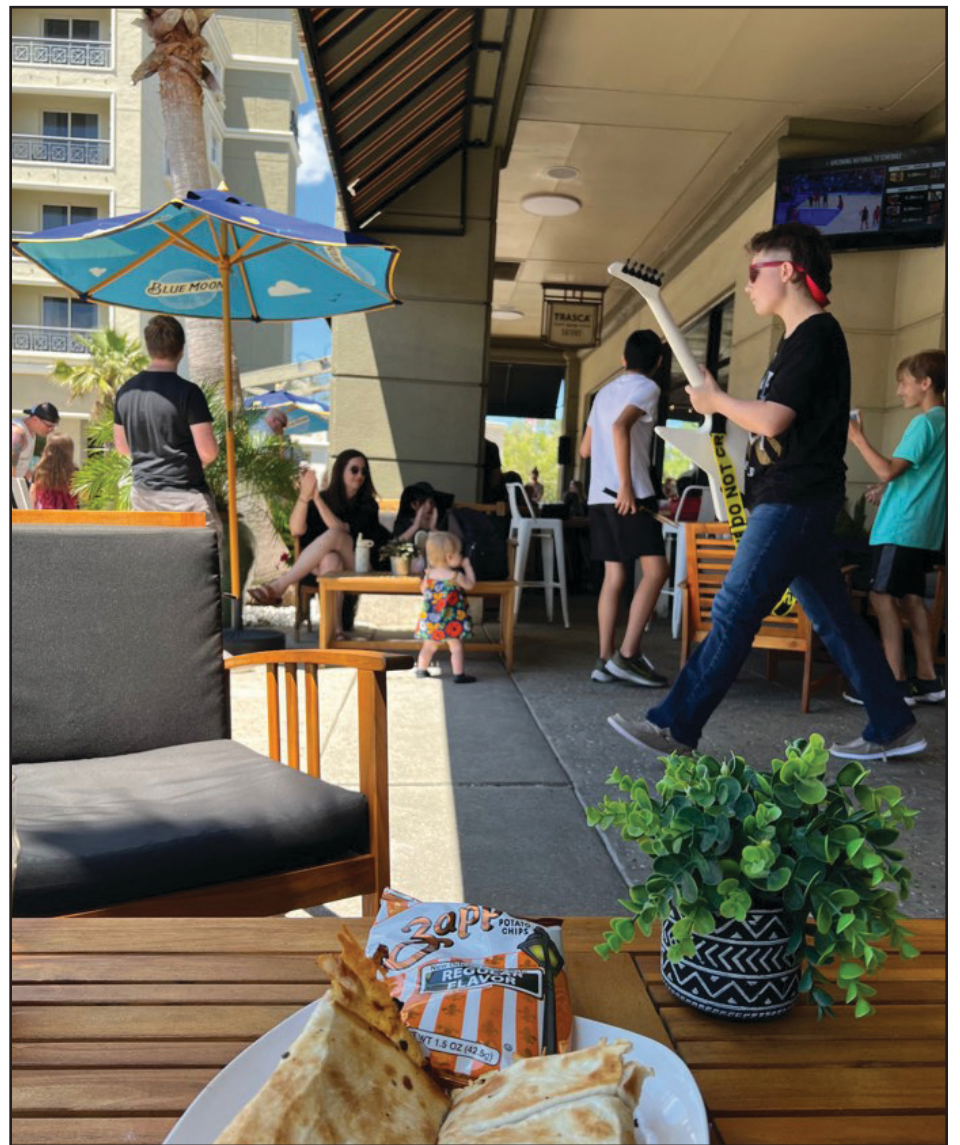
Trasca celebrates eighth anniversary

Trasca Eatery & Co. held an eighth anniversary special celebration April 15 that included live entertainment and party games for all those in attendance.

Photos courtesy by Trasca Eatery & Co.



Trasca Eatery & Co. in Ponte Vedra Beach celebrated their eighth anniversary.



Live entertainment was provided by Bach to Rock, a student band from Jacksonville Beach.

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Tecarfarin fast-tracked by FDA, Cadrenal goes public

By Anthony Richards

Ponte Vedra Beach-based Cadrenal Therapeutics is in the process of developing a drug called Tecarfarin, which has been designed as an anti-blood clot medicine to help patients with end-stage renal disease and atrial fibrillation.

According to Quang Pham, CEO of Cadrenal Therapeutics, there is a need for the drug because kidney failure patients who also have atrial fibrillation have an increased risk of suffering a stroke.

The goal of Tecarfarin is to limit that risk for patients with those combined factors, and the drug has been through various trials already and has received “fast track” designation from the U.S. Food and Drug Administration for review.

“We’ve been through 11 trials at this point, so we think we’re getting close and down to our last trial,” Pham said. “We have a team of deeply experienced and world-class experts working on it. We’re very proud of how far we’ve come.”

His hope is to advance the drug into the next human trial by the first part of next year.

Part of the process of getting the drug to the marketplace has included Cadrenal going public with the company’s common stock beginning trading on the Nasdaq Capital Market on Jan. 20.

“Going public is a means to help pay for the trial, it’s not the end,” Pham said. “The end is to get Tecarfarin through trials to the FDA so that it can start helping people who need it.”

As the country is in the middle of a



Contributed photo

Cadrenal Therapeutics went public with the company’s common stock beginning trading on the Nasdaq Capital Market on Jan. 20.

period of inflation, several aspects of the economy continue to be affected, but Pham states that this cannot be allowed to affect needed growth.

“When things are slow in an economy like this, it is important that research keeps going, because patients don’t stop getting sick,” Pham said. “We don’t

distract from the mission of developing a drug that could help millions of people around the world.”

Having public investors has been a transition of sorts, but one that Pham believes will play an important role in the future of the company and its plans moving forward.

“You have to be very transparent to the public investors, but there is far more upside that comes with it,” Pham said. “We were the first biotech company to go public in this area.”

Although the Northeast Florida area is not known as a traditional biotech hub,

such as San Francisco or Boston, there are still plenty of reasons why Pham believes it works for a company in that industry.

“We believe the advantage of this area is that it is truly a health care hub,” Pham said. “You’ve got all these health care options with Baptist, Flagler, the Mayo Clinic and even a satellite UF campus all nearby.”

Pham is also involved in helping inspire the next generation of scientists and pharmacists as the chair of Ponte Vedra High School’s biotech academy for the next two years.

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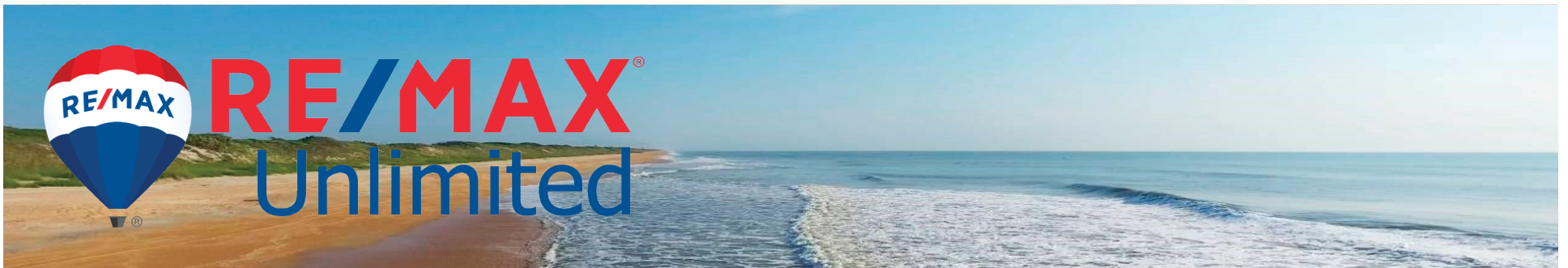
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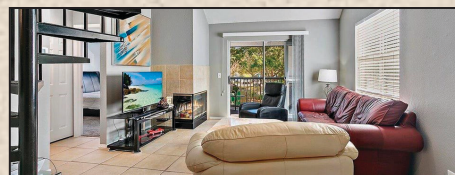
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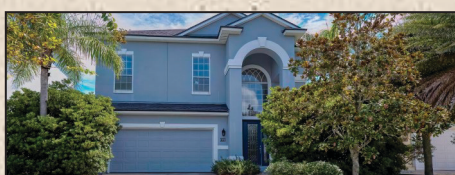
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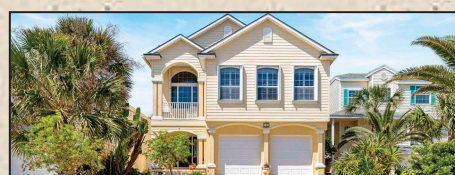
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In the Arts



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www.PonteVedraRecorder.com



Julianna O'Hara showed her brilliant still lifes.



Glasswork by Suzanne Comella drew universal praise from visitors.

Sawgrass members, staff exhibit art in annual show

By Shaun Ryan

Last weekend, a large room in the Sawgrass Country Club's newly renovated

clubhouse was transformed into an art gallery featuring an array of works by 17 members and three employees. Most of

the works were paintings in acrylic, watercolor or oil, but the show also featured photography, ceramics, intricate glasswork, and carefully executed woodwork.

Technically, most of the artists would be classified as amateurs. But there was nothing amateur about the talent on display. Many of the entries could only be called exquisite, a testament to the passion these artists have for their art.

"It's something they do on the side because they love it," said Sue Foley, who with Bob Nickerson co-chaired the event. "People who come in, their neighbors, are always so surprised because they didn't know that their neighbor did this kind of art."

In fact, said Nickerson, that's the point of the exhibition: to showcase the skills of the members and employees.

Both Nickerson and Foley have been involved with the annual art show for many years.

"It's always been a favorite of the members," Nickerson said.

The show opened on Friday, April 14, and organizers expected that between 200 and 250 people would attend. Then, on Saturday and Sunday, about 150 to 200 more would visit.

Putting the show together is a large task, though Foley and Nickerson are aided by a committee and enjoy great support from the country club.

"We've been preparing for about two to three months now," said Catering Director Jessica Gustine. She and her team ensure that there are plenty of cheeses, fruits and wine for the opening reception.

"We're just so excited to be able to put this on for the membership every year," she added.

This year, proceeds from a silent auction will go to support the Sawgrass Foundation.

"The purpose of that is to help needy families, mostly of the employees," said Nickerson.

And there was an extra layer of fun this year in the "Find The Hidden Object Challenge."

"It's kind of like Where's Waldo?" Foley said. "In all these paintings and pieces of art, there are eight different hidden objects."

Attendees carried around worksheets bearing clues in the hopes of locating all eight objects.

The focus of this show was fine art. Later in the year, there will be another show, this one focused on crafts.



Photos by Shaun Ryan

Paul Rushton exhibited his intricate, masterfully executed works in wood.



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Students in a recent theater camp learned a song to perform in "Descendants the Musical!"

Disney's 'Descendants' on stage this month

The Ponte Vedra High School theater department will present Disney's "Descendants the Musical" at 7 p.m. Thursday, April 20; Friday, April 21; Saturday, April 22; and Monday, April 24. A 2 p.m. show will be presented on Sunday, April 23.

Tickets are \$10 and can be purchased online at PVHSDAB.com or cash at door.

Director Jason Nettle invited kids to participate in a four-day musical theatre camp and work with him, dance professionals and PVHS students to learn a "Descendants" piece to perform at the Sunday matinee.



Eighty local elementary aged kids representing seven schools in the district signed up to be a part of this camp. Nettle hopes this sparks an interest in the creative arts and gets elementary kids excited about participating in theater in middle and high school.

Nettle also announced he will be offering summer camps at PVHS with his wife, Katie Nettle, through their new venture, "Music Theatre Ponte Vedra."

For more information about the camp, go to PVHSDAB.com.

Schubert concert set for Sunday, April 23

Florida Chamber Music Project will perform an all-Franz Schubert program at its 3 p.m. April 23 concert at the Beaches Museum Chapel, which is part of the Beaches Museum at 505 Beach Blvd., Jacksonville Beach. The concert is sponsored by Dr. John Pittari and family.

Schubert's Quartettsatz, D. 703 and String Quartet No. 14 in D minor, D. 810 "Death and the Maiden" are considered to be pillars of the string quartet repertoire.

"These pieces are so much fun to play," said Susan Pardue, artistic director. "For our 10th anniversary I wanted to program a concert that would be lots of fun for everyone and 'Death and the Maiden' is one of the most fun pieces to play that I know."

Concert attendees are invited to meet the musicians and enjoy light refreshments after the performance.

Beaches Museum Chapel is wheelchair-accessible and has free parking along Pablo Avenue near 4th Street North of Beach Boulevard. Tickets are \$27 online and at the door. Student tickets are \$10.

The Florida Chamber Music Project was founded 10 years ago by violist Susan Pardue. Joining her are violinists Patrice Evans, Siyu Zhang and Ann Hertler and cellist Laurie Casseday. All are members of the Jacksonville Symphony.

For advance tickets online go to fchambermusic.org.

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Lisa Lockhart



Za Za Flamenco



Raquel Rubi

Romanza Festivale of Music and the Arts kicks off April 28

Romanza Festivale of Music and the Arts, the renowned professional performance series with art, music, dance and culture in historic St. Augustine, is celebrating its 12th year and includes

events and exhibits by dozens of independent nonprofit organizations and talent.

To be held from Friday, April 28, until Sunday, May 14, Romanza Festivale

is the only regional event that showcases all the arts, culture and heritage. It is an annual collaboration by dozens of organizations and businesses in St. Augustine.

Entertainment genres include a diverse selection of music, heritage and culture, culinary and wine, dance, spoken word, theatre, visual arts and many additional productions at local venues.

For event details, go to romanzafestivale.com/events.

Headliners performing at various times and locations include Lisa Lockhart and Friends presenting “I, Too, Sing America” on April 28; Za Za Flamenco, Florida’s World Music Band, on April 29; Akia Uwanda in Concert

on May 7; Romanza Cubana with Raquel Rubi on May 10; Mama Blue on the Markland Porch on May 11; and the Festivale Finale with St. Paul’s A.M.E. Church 150th Anniversary Celebration on May 14. Well-known performance artists featured in and around the Festivale will include live plein air art, chamber music, Broadway songs, poetry, student musicals, storytellers, guitarists, dance, student productions, authors, theater, chorus, opera, orchestra and more.

“Cultural organizations and businesses in St. Johns County look forward to Romanza as a showcase of their work,” said Kathleen Vande Berg, chair of Romanza Festivale. “We are proud to bring the Romanza Festivale of Music and The Arts once again to our beautiful city. Romanza in Spanish is a love song, Romanza in Italian is a love affair and Romanza in St. Augustine means celebrating our heritage in arts and culture.”

Romanza Festivale and the Celtic Festival, along with the St. Augustine St. Patrick Parade, among other events are produced by Romanza-St. Augustine, Inc. a 501(c)(3) nonprofit. Visitors from the U.S. and around the world, local and regional residents and guests spend multiple days enjoying the family entertainment offerings, most of which are free. Leading regional and local talent showcase their talents in historic St. Augustine, the Nation’s Oldest City.

Romanza Festivale is funded in part by the St. Johns County Tourist Development Council, and by the State of Florida, Department of State, Division of Cultural, and Florida Council on Arts and Culture.



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Sports



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RESILIENCY OF A CHAMPION

*Sharks defeat rival
Panthers for back-to-
back district titles*

By Anthony Richards

The Ponte Vedra Sharks are district champions once again after defeating the rival Nease Panthers 9-6 in a hard-fought victory.

“It means a lot to keep it going and get the back-to-back district championships,” senior Luke Lowery said.

The Sharks grabbed the lead early and never trailed in the game, including leading 6-2 at the halftime break, which showed a lot of resilience, especially since they were down a couple of players due to flu-related symptoms.

It resulted in increased minutes for certain players and the depth of the Sharks’ roster really showcased itself en route to the win.

“We knew our end goal since the beginning of the season, and it’s all about taking that one step at a time,” senior Brett Reed said.

However, the Panthers also displayed resilience of their own and went on a three-goal run to cut the deficit to one goal during the third quarter before the Sharks found their groove yet again and opened their lead back up.



The Sharks celebrate a goal.

Head coach Chris Polanski, relayed to his team after the game that it was perhaps the best game they had played all season, especially when it came to the consistent chances on the offensive end.

While the offense did its part to put points on the scoreboard, junior Jack Pelot did his part to stop his share of shots on the night and was rewarded with the game ball by his teammates for his stellar play.

“I’ve got to give credit to the defense for sure, because they were giving me shots I wanted to see and really helped make my job easier,” Pelot said. “There was just something in the air tonight, and as soon I walked out on the field tonight I wanted to take home a championship.”

He has been playing in goal since he was 6 years old, and he has been around



Photos by Anthony Richards

It was the second consecutive boys lacrosse district title for the Sharks.

the program for a long time and has dreamt of playing on the big stage like the district championship.

“I remember a couple of years ago we were water boys out here, and I always remember coming out and watching practice of the high schoolers and thinking, ‘Man, I want to be like that one day,’” Pelot said. “Before you know it, now it’s here and it’s pretty awesome.”

The Sharks and the Panthers know each other well and it always has a different feeling whenever the two teams take the field against each other.

“Every time we play them we know they’re going to give us a fight,” Lowery said.

There were even a pair of brothers who played against each other on the night in Nease senior Jaxon Vu and freshman Baylor Vu.

Both teams already secured a spot in the postseason with the appearance in the district championship game, as the Panthers earned a runner-up finish with the loss.

“We’ve got two more trophies to win,” Lowery said.



Ponte Vedra boys lacrosse players lift the district championship trophy high into the air.



Ponte Vedra and Nease faced off in the district championship.

CROSSWORD

1	2	3	4		5	6	7	8	9		10	11	12	13	
14					15						16				
17					18						19				
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39					40					41					
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52	53	54				55					56		57	58	59
60					61					62		63			
64					65							66			
67					68							69			

ACROSS

- Dylan and Marley are two
- Makes healthy
- The Who's "O'Riley"
- Side sheltered from wind
- Flat-bottomed sailboats
- Egyptian supreme god
- Advice
- Mass of small, loose stones
- Online learning services provider
- "Lords" in Northwest Semitic languages
- Of she
- A place to relax
- Critical and mocking
- Consumed
- You get one in summer
- Bath
- Luxury automaker
- Spiders spin one
- Guy (slang)
- Greek personification of Earth
- Large instruments
- Domestic cattle genus
- Appetizer
- Oil group
- Where to put groceries
- Speak incessantly
- Popular color
- A place to sleep
- Make fun of
- Former CIA
- Salts
- Bleated
- Never sleeps
- Sword
- Water (Spanish)
- Cyprinids
- "Dark Knight" actor Christian
- Fictional demon
- Old World lizard
- The content of cognition
- Makes a mistake
- A way to make wet
- Tide

- College in Rome
- Prevents from seeing
- Cycles/second
- Mischievous child
- Less common
- Honorably retired
- Midway between south and southeast
- A confusion of voices and other sounds
- Bony fish genus
- Type of pear
- Egyptian cross
- Satisfies
- Founder of Babism
- Bar bill
- Chicago ballplayer
- Performer
- Hairpiece
- Partner to flowed
- Aircraft formation
- You have 3 per day
- Goes into

- College athletic organization
- Wet, muddy ground
- Talk
- Witty conversation
- Gurus
- "French Price of ___ Air"
- Sports equipment
- Try to get
- Flower cluster
- Sea dwellers
- Palmlike subtropical plant
- Polio vaccine developer
- Baseball's Ruth
- Gelatinous substance
- Hungarian violinist Leopold
- Offered
- Ancient Greek City
- A way to derive
- Touch lightly
- Witnessed

SUDOKU

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

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!

DOWN

- One-liner
- Evergreen genus

Net Success

The PVHS varsity girls tennis team dominated and won the recent district contests, held April 11 and 12 at Oakleaf Plantation, Orange Park. Ponte Vedra scored 20 points to St. Augustine's 10 and Oakleaf's 9. The team went on to regionals Tuesday, April 18, though results were not available at deadline. The state competition is set for Monday, April 24, in Orlando. The coach is Kathryn Kehoe. Pictured are: senior Isabella Toby, sophomore Amy Cox, freshman Ashley Larger, freshman Cait Sheehan, freshman Rachel Marino and junior Madison Schramm-Santos.

Contributed photo



Rings

Continued from 12

to be a state champion one year ago.

"It has helped create a culture of not settling even after you win a state championship," Wohlgemuth said.

The experience of winning the year before also paid dividends this time around because so many of the girls had been there before and had an idea of what to expect from states and the highest level of competition any of them take part in all year.

"It's insane and there is nothing like when you step up on the blocks at finals during states," Zarczynski said. "You know you've got to give it your all."

And that is just what the sophomore did en route to a career performance that could not have come at a better time and even surprised her.

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"All season I had been placing second, third, fourth, so I was up there but not first," Zarczynski said. "In prelims I was top five, but it was super close, so I knew I had a chance going into finals, and that was when the energy just flipped. I flipped for that last 25 (yards) and losing wasn't an option at that point."

Other state champions included Anabelle MacAdams, Mary Agnes Smith, and Sophie Fox joining Wohlgemuth to win the 200 medley relay, while Liv Copeland and Kate Pelot joined Wohlgemuth and Zarczynski as winners of the 200 free relay.

A lot of jaws dropped as they opened the boxes and saw the rings on the field for the very first time.

"It was just a surreal moment to finally see the ring," freshman Kate Pelot said. "Looking back, it was just such an awesome experience and it was great to have the seniors there to help lead the way through it all."

It was the first time for her competing at states and the one thing she will take away from this year's run is the family atmosphere that has been created within the Ponte Vedra swim program.

"These are definitely some of my best friends and I wouldn't trade that for anything in the world," Pelot said. "That connection really comes through when you get at a place like states."

Pelot is an example of the great mix the Sharks had of both talented veterans and young swimmers and will be one of many to watch in future years.

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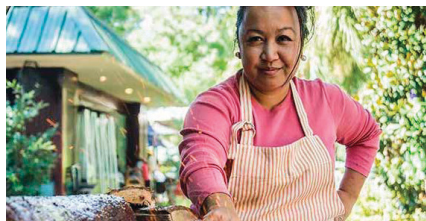
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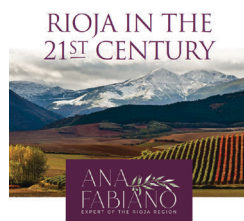
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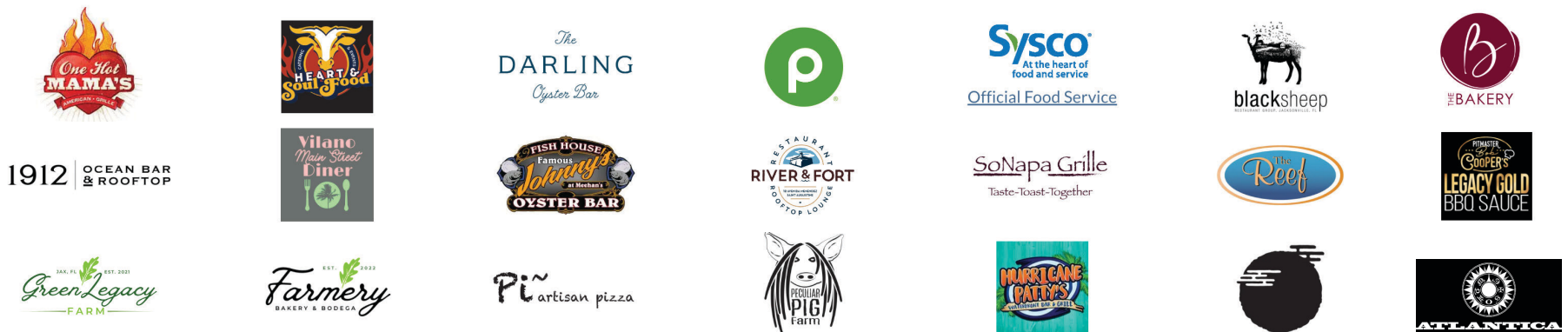


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