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Health Care Profiles
Page 13

Thursday, June 20, 2024

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Candidates receive big name support

By Shaun Ryan

As the primary election approaches, candidates are striving to capture the voters' attention, and a big part of that is promoting endorsements they've won. Here's a look at some of this election season's endorsements so far. This list is not comprehensive but is based rather on the name recognition of some of those who have publicly lent their support to various candidates.

State Representative — District 18

On her website, Kim Kendall lists 115 endorsements from a broad range of backgrounds. Arguably, the top name here is longtime St. Johns County Tax Collector Dennis Hollingsworth.

CANDIDATES continues on Page 3

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Paid for by Roy Alaimo, Republican, for St. Johns County Commission.

Cheers to a memorable race

By Anthony Richards

The 2024 Chemo Noir 1 Mile Run & Tasting had one of its best years since the event started eight years ago.

The event was held at Casa Marina at Jacksonville Beach on June 15, and the run took place on the shores of the beach starting and ending at the Jacksonville Beach Pier.

According to Chemo Noir founder and chairman Katrin Casey, this year's event was sold out with a maximum of 800 runners and walkers registered and taking part in the race.

"Best one yet," Casey said.

The large number of participants is a sign that the event



Photo by Susan Griffin

RACE continues on Page 12 Runners begin the 2024 Chemo Noir 1 Mile Run & Tasting on the shores of Jacksonville Beach on June 15.

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INSIDE

One of Us

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BRIEFS

Temporary closures on C.R. 214, Allen Nease Road

St. Johns County will temporarily close County Road 214 and Allen Nease Road from 7:30 p.m. Wednesday, June 26, to 6 a.m. Thursday, June 27, to install a new reclaimed water main across both roads. The county will utilize two separate construction crews to minimize the impact on the traveling public. Construction will require a complete closure of C.R. 214 between the water plant near Ryan Road and Allen Nease Road, about three-quarters of a mile south of C.R. 214. Detours will be established with necessary signage to provide advanced warnings and directions for roadway users.

These pipeline crossings are part of the State Road 207 Water Reclamation Facility and Pipeline Project, which will provide reclaimed water to all service areas, including the State Road 16 and Northwest regions.

J. B. Coxwell is the contractor, and the full improvement project is anticipated to be completed in the fall of 2025.

Candidate forum set for June 25

The Palm Valley Community Association, in collaboration with the Ponte Vedra Community Association, will host a candidate forum for St. Johns County District 7 state senator and District 18 state representative candidates on Tuesday, June 25, in the Ponte Vedra Beach Branch Library Community Room. The doors will open at 5:30 p.m., and the event will begin at 6 p.m.

All qualified candidates for these offices who have been certified by the Florida Division of Elections to appear on the August 2024 Primary Election ballot are expected to participate.

For further information, contact: Greg Leonard (yrdbd@aol.com) or Dick Williams (dickwms@comcast.net)

Adventures in the Estuary Summer Camp starts Monday

During Adventures in the Estuary summer camp session IV at Guana Tolomato Matanzas (GTM) National Estuarine Research Reserve, 6- to 8-year-olds discover the wonders of the natural world. This immersive camp offers a unique opportunity to delve into the diverse ecosystems of GTM's coastal reserve.

The camp will be held 8 a.m. to 4 p.m. June 24-28 at the GTM Research Reserve Visitor

Center, 505 Guana River Road, Ponte Vedra Beach. Camp will end early on Fridays; campers should be picked up at 3 p.m. For information, or to register, go to gtmnerr.org/visit/ events.

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.

BRIEFS continues on Page 3



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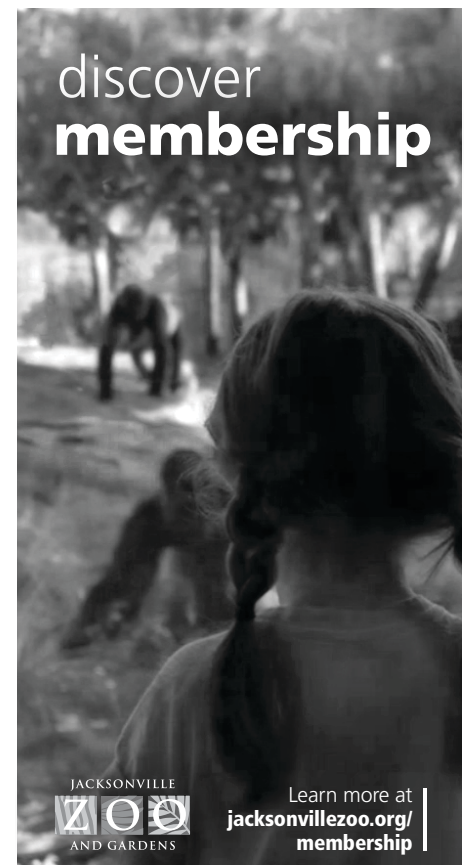


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Candidates

Continued from 1

Kendall has also won endorsements from Bill Dudley, former chair of the Veterans Council of St. Johns County; former Florida House Speaker John Thrasher; Flagler College Professor Emeritus Bill Abare; Dennis Baxley, president pro tem of the Florida Senate; and two members of the St. Johns County Airport Authority, Dennis Clarke and Reba Ludlow.

Her opponent, Nick Primrose, has won the endorsements of incumbent Rep. Cyndi Stevenson, Congressman Michael Waltz, U.S. Sen. Rick Scott, Florida CFO Jimmy Petronis, U.S. Rep. Kat Cammack, the Florida Police Benevolent Association and JAXBIZ.

State Senator — District 7

Tom Leek has garnered endorsements

from a veritable Who's Who of elected officials recognizable to District 7 voters. These include: Gov. Ron DeSantis, state Rep. Cyndi Stevenson, state Sen. Travis Hutson, Florida House Speaker Paul Renner, U.S. Rep. Michael Waltz, Florida CFO Jimmy Petronis, St. Johns County Sheriff Robert Hardwick, Flagler County Sheriff Rick Staly, Volusia County Sheriff Mike Chitwood, Putnam County Sheriff H.D. "Gator" DeLoach, State Attorney of the Seventh Judicial Circuit R.J. Larizza, Public Defender of the Seventh Judicial Circuit Matthew Metz and Attorney General Ashley Moody.

Opponent Gerry James has won several endorsements, perhaps the highest profile supporters include former vice presidential candidate Sarah Palin and Mike Lindell, CEO of My Pillow.

St. Johns County Sheriff

Incumbent Rob Hardwick has been

endorsed by the Northeast Florida Builders Association.

St. Johns County Tax Collector

Jennifer Pomar Ravan has received the endorsement of current St. Johns County Tax Collector Dennis Hollingsworth, who has decided not to run for re-election, having served the county since 1978.

U.S. Senator

Rick Scott has been endorsed by former U.S. President Donald Trump and former U.S. Secretary of State Mike Pompeo.

Briefs

Continued from 2

Beach cleanup is Saturday

The Guana Tolomato Matanzas National Estuarine Research Reserve (GTM) will conduct a beach cleanup from 9 to 11 a.m. Saturday, June 22. Meet at the GTM Research Reserve Visitor Center, 505 Guana River Road, Ponte Vedra Beach, where gloves and trash bags will be provided. Participants will be directed to a specific beach for cleanup. Hat, insect repellent, water and sunscreen are recommended.

Email Candace.Killian@FloridaDEP.gov to participate.

— Compiled by Shaun Ryan

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Lou and Ardis Lomheim were named king and queen at the event. They will celebrate their 74th wedding anniversary on June 21.



Live music was played for the residents to enjoy.

Photos by Anthony Richards

Senior prom needs no age limit

By Anthony Richards

The Ponte Vedra Gardens Memory Care Community proved that proms are not just for seniors in high school can be just as fun for senior citizens.

Ponte Vedra Gardens held a prom for its residents on June 13 with the theme of “under the sea,” so it featured several ocean-themed elements and decorations, including activities director Dee

Stanziano wearing an octopus dress that made her look like Ursula from “The Little Mermaid.”

The residents helped the staff at Ponte Vedra Gardens transform into an

under-water spectacle by helping make many of the artwork and decorations on display.

The decorations included a giant

PROM continues on Page 5



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Ponte Vedra Gardens activities director Dee Stanziano dressed for the occasion and the “under the sea” theme.



Photos by Anthony Richards

The residents helped create the decorations used at the event, including the giant octopus that hung from the ceiling.

Prom

Continued from 4

octopus that hung from the chandelier in the center of the room and had legs that stretched across the room.

“It has been a labor of love for us all over the past month of preparation,” Stanziano said.

According to Stanziano, not only was the prom event a great way for the residents to socialize and have fun, but by helping with the decorations used it also helps bring back some memories.

“It leads them to look back to when they went to prom years ago and it can trigger some memories they have,” Stanziano said. “It hits levels of creativeness, cognitive and social benefits.”

Clay mermaid necklaces were made by the residents and handed out to those in attendance and there was also some artwork made from shells found on the shores of a local beach.

The event also had food and drink options, with shrimp being a main delight to fit the sea theme, while songs were played, and karaoke and dancing even took center stage at points throughout.

The highlight of the event was the crowning of the prom king and queen, which went to Lou and Ardis Lomheim, who will celebrate their 74th wedding anniversary on June 21.

“It’s just incredible to see all the smiles on the faces and how much this event has meant to everyone,” Stanziano said.

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Peter and Heather Sutton are a husband-and-wife duo that have given the local community a new boat rental option by opening St. Johns Premier Boat Rental roughly three months ago. They have called St. Johns home for the past decade and the water was such a major aspect of why they moved and enjoy living here that they wanted to make sure to offer that same opportunity to anyone. Their business is in the Fruit Cove area of St. Johns and seeks to offer options for boating along the St. Johns River.

Peter and Heather Sutton

As told to Anthony Richards

Tell us a little about yourself and your background.

We are the Suttons! We created a rambunctious bunch of adventure-seeking kids and St. Johns has been our home for almost a decade now.

Before building our family, we both worked in the cruise industry, where we fell in love with each other, as well as life on the water.

Like many others, we were drawn to the amazing schools, incredible weather, quality of life, and the family-orientated community in St. Johns.

A city surrounded by water that was not dominated by tourism was something we felt was very special.

Where did the idea for St. Johns Premier Boat Rentals come from?

In our own desire to have more options to experience on the water for ourselves, our friends and our neighbors, St. Johns Premier Boat Rentals was born.

We started the business roughly three months ago now and we have been amazed at how many comments and appreciation we've received from so many people that have come use our boats.

We wanted to cruise the waters in our own backyard, and we felt others were looking for the same thing. It's really taken off so far and it shows the interest in boating that's out there.

It is such a special place for our whole family, and we are so excited to help as many families as we can to make their own memories on the St. Johns River.

We knew we wanted to find an option outside of St. Augustine or Orange Park, because even with all this water that we have around us, it can be difficult at times to find the options you're looking for.

What are some of the features that you offer for boaters?

It's all about an additional lifestyle offering, and that's what we make sure our boats are equipped with.

Some of the features we offer on our boats are things like TVs, tubes, paddle boards, and we make sure there is fuel on board so that they don't have to ever buy gas, and instead they can just focus on having a great time on the water with their family.

We hope to even add things in the future, such as jet skis.



Contributed photo

Peter and Heather Sutton are a husband-and-wife duo that opened St. Johns Premier Boat Rental roughly three months ago.

The approach we take is because we think of what we would appreciate as a family out on the water.

If it's not something we would use ourselves we don't consider it. Our boaters get excited knowing that we share the same sentiment they do.

What are some of your objectives for the business?

We are proud of our prices and we really do offer a price point that hits

home for so many families out there.

This was a gap we really wanted to address when it came to boat rentals.

Our boats are a little larger than a lot of others out there, but the price is per boat and not per person," Heather Sutton said. "We feel you can never have too much space when on a boat.

We are so lucky to have the St. Johns River here for us to enjoy and no one should be left out.

What do your children think of you owning the business?

It is a pretty unique and cool business to own and I think they understand that.

There are also times when I get the feeling that they think we started it and got the boats just for them since we happen to have four kids and four boats.

At the end of the day, it's just awesome to have a business and family life that centers so much around the water. It is a dream come true for us.



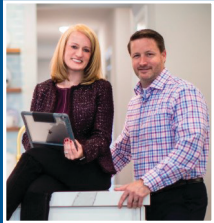
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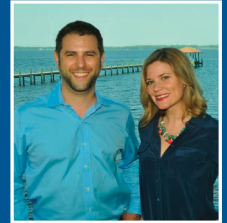
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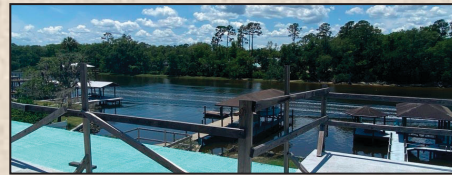
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Kathy Slusser (904) 760-9763



SILVER LANDING
5 BR + Den + Loft, 3.5 BA, 3,624 SF - \$999,000
Kathy Slusser (904) 760-9763



TAMAYA
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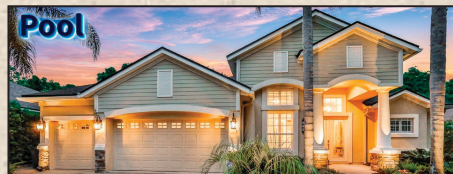
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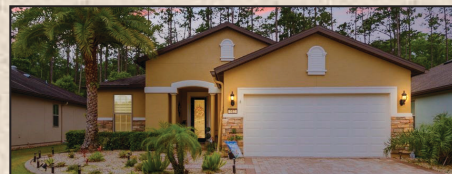
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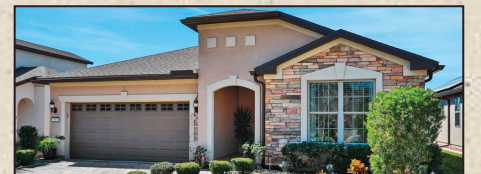
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OBITUARIES



Wayne Charles Gerry

Wayne Charles Gerry passed away with family by his side on June 2, 2024, in Jacksonville, Florida. He was born in Lewiston, Maine, on August 30, 1939, to the late Oliver and Arria Gerry. He grew up in Poland Spring, Maine, and spent most of his years in Portland, Maine.

Wayne had a successful business career and crafted his skills early while working in the family business at Dunkin' Donuts. He then pursued a

career in the electrical field and held leadership roles at Holmes Electric Supply Co. of Maine and North Coast Sales of Massachusetts. He later moved to Atlanta, Georgia, for a role at Asea Brown Boveri (ABB) before retiring to Florida.

He was a man of deep faith and married the love of his life, Elizabeth (Betty) Gerry, and they were married for 62 years. He devoted his life to her and helped to support her care over the past several years in Ponte Vedra Beach, Florida.

Wayne loved his family and was the proud father of Deborah Clapsadl and husband, Will, of Ouray, Colorado, Stephen Gerry and wife, Pauline, of Ponte Vedra Beach, Florida, and Andrew Gerry and wife, Jacquelyn, of South Portland, Maine. He was proud of all his grandchildren: Derek and Deana Levesque, Hunter Clapsadl, Alexandra and Zachary Gerry and Andrew, Jacob, Samuel and Jack Gerry. He adored his great grandchildren, Brayden and Bentley Thompson.

Wayne also leaves behind his wife, Betty, and brother, Jack Gerry, and was preceded in death by brother, Robert.

He was an avid golfer and member of Gorham Country Club, winning many tournaments and had three holes-in-one

over the years! He shared his love of sports including golf, skiing (was a ski jumper), basketball, and field hockey with his entire family. He attended every sporting event for all his children and was their biggest fan!

In lieu of flowers, memorial donations can be made to Champions for Hope, Funk-Zitiello Foundation to fund important pancreatic cancer research which he unknowingly suffered from. Events to support this cause are held at his favorite course, TPC Sawgrass home of the PLAYERS. Visit ChampionsForHopeGolf.com for more information.

Bible Verse: John 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

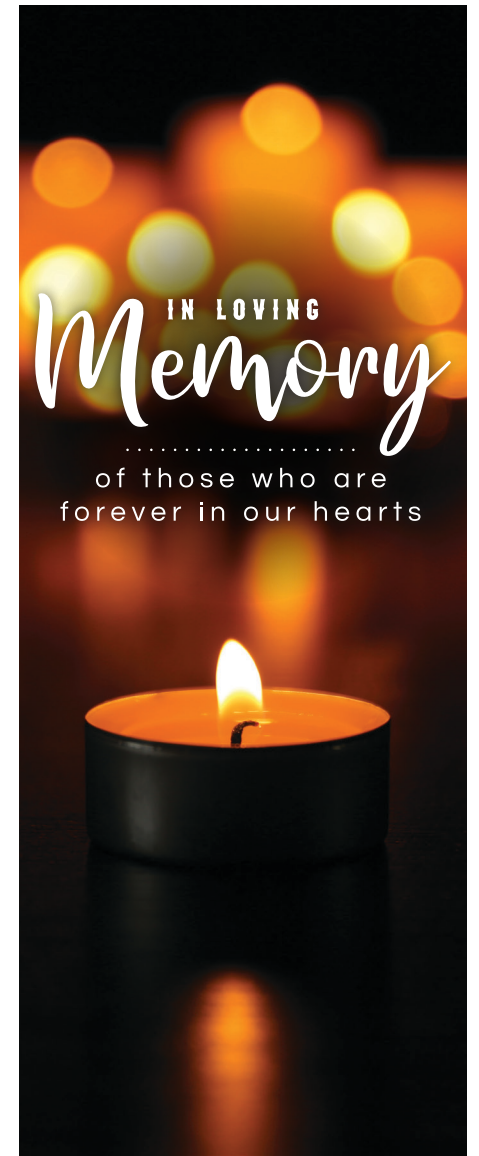
Special Song Before he Passed: "I Can Only Imagine" by MercyMe

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OBITUARIES



Sandra Gail Hansford

Sandra Gail Hansford, 84, passed away unexpectedly on June 7, 2024, in Jacksonville, FL.

Sandy, the daughter of David R. Hansford and Gladys Buchanan, was raised in Jacksonville alongside her siblings Jack, Aletha, and Diane. She graduated from Landon High School and obtained her bachelor's and master's degrees from Florida State University before earning her doctorate in education from the University of Florida. Sandy spent twelve years as a teacher and guidance counselor in the Duval County Public Schools before beginning a lengthy and celebrated career at the University of North Florida in 1973. She served as the Vice President for Student Affairs for several years before shifting her focus back to full time teaching and research. Ad-

ditionally, Sandy was a mental health counselor and was especially proud of her work with children in Jacksonville's foster care system.

Sandy was a lifelong champion of women and the arts. She was a founding member of the Women's Center of Jacksonville and gave generously of herself and her resources to support their cause. A longtime resident of Ponte Vedra, Sandy was actively involved in the community and belonged to organizations such as the Ponte Vedra Inn and Club, the First Coast Cultural Center, and the Ponte Vedra Croquet Club. In recent years, her love of art extended beyond collecting as she discovered her passion and talent for creating her own paintings.

Sandy was the proud matriarch of her family and is survived by numerous nieces and nephews extending three

generations, as well as her sister, Diane Pearce. In addition, she leaves behind countless close friends whom she loved dearly. She touched many lives, all of whom are better for having known her.

A celebration of Sandy's life will be held on Saturday, June 22, 2024, from 1 to 3 p.m. at the First Coast Cultural Center, which is located at 6000B Sawgrass Village Circle in Ponte Vedra Beach. In lieu of flowers, the family requests that donations be made to the Women's Center of Jacksonville. Please visit her online Tribute at www.quinn-shalz.com.

Arrangements by



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DEATH NOTICES

Barbara Jean Achatz

Barbara Jean Achatz, 98, of Ponte Vedra, Florida, died June 14, 2024. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre, www.quinn-shalz.com, 904-249-1100.

Edwin Earl Borders, Jr.

Edwin Earl Borders, Jr., 88, of Atlantic Beach, Florida, died June 9, 2024. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre, www.quinn-shalz.com, 904-249-1100.

Dr. Philip Ross Martin, Jr.

Dr. Philip Ross Martin, Jr., 93, of Atlantic Beach, Florida, died June 15, 2024. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com. 904-249-1100

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Hardwick begins re-election campaign

St. Johns County Sheriff Robert Hardwick officially kicked off his re-election campaign during an event on June 11 at the Putzke family barn. Kay Gianna offered live music on the night as hundreds came out to support Hardwick.

Photos by Susan Griffin



Sheriff Robert Hardwick and his wife, Kendell.



Roy Alaimo, Cyndi Stevenson and Nick Primrose.



Cyndi and Henry Stevenson.



Kay Gianna performs live at the event.

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Issue arises with MSD feasibility extension request to county

By Anthony Richards

The Ponte Vedra Municipal Service District has talked about an interest in piggybacking on the feasibility study being performed by the engineering firm Eisman & Russo on behalf of St. Johns County in conjunction with the sidewalk feasibility project on San Juan Drive.

The project currently plans to go along San Juan Drive from Solana Road to Ponte Vedra Boulevard, and the MSD has discussed its intentions to possibly build off what is in place and extend the project.

According to trustee Mickey White, the board was thinking it would be a perfect time to plan an extension of the feasibility using Eisman & Russo since they would already be in the process of the study.

However, White informed the board that there has been an issue that has popped up that may not make that as easy as it sounded due to the procurement process in place.

“My understanding with public



procurement is that we would say, ‘If you add this \$70,000 worth of scope to Eisman & Russo’s study, we would fund that and they would just increase the scope of that consultant,’” White said. “However, when I brought it back to them and was all happy because we are going to figure out drainage before we build a sidewalk, there was a lot of red tape discussion.”

White has followed up with the county in an attempt to get the procurement department to understand the situation at hand and how the MSD believes this is the best course of action for everyone involved to allow the board’s request for an extension of the study’s scope.

MSD attorney Wayne Flowers suggested allowing him to contact the county’s attorney’s office and see if

something could be worked out that way.

According to Flowers, piggybacking on the county contract is something that the MSD is permitted to do, but the county’s position could be that it is something that has to be done through a separate solicitation.

“The question becomes are they willing to do that, and will they do that,” Flowers said.

Since the MSD approved the sidewalk project for San Juan Drive, there has been at least a couple of people who routinely come to the meetings to see how the progress is coming along.

“I was really excited to get an action item going moving forward as it relates to drainage feasibility and sidewalks, but I hit a little bit of a bureaucratic

roadblock here,” White said. “Wayne and I will keep following up on this and try to get back on an efficient path.”

According to White, if the MSD is unable to extend the scope of the current study, it will only lead to a delay the process and could slow down the plans that the board had in mind for the community.

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Race

Continued from 1

continues to grow, and people are continuing to want to get involved with helping the nonprofit's cause, which is to raise money to help with the financial burdens that can come about for those battling cancer.

The event's goal to raise this year was \$50k, and although there are still a few reports they are waiting on to come in, everything is pointing toward meeting and likely exceeding the goal in mind.

"Every year this event gets more special and emotional for me," Casey said. "It's a truly amazing day to see so many people, with so much positive energy and generosity, get together for all of the right reasons."

The course consisted of a stretch of beach a half mile long before a turn that was dedicated to one of the very first Chemo Noir supporters and friends, Tara Newton Richardson.

At "Tara's Turn," as it has become known over the years, a cheering section and water station was there to offer relief and support for participants who had reached the halfway point of the race.

An awards ceremony was held in the courtyard at Casa Marina following the race where the top three male and female finishers were all awarded trophies.

However, another award given out was a lifetime achievement award to Deborah J. Collins, which made for a heartwarming moment because she is Casey's mother.

"Our Chemo Noir tribe of survivors, partners, volunteers, donors, vendors and community just keeps getting better," Casey said. "Kind of like a fine wine."



Photos by Susan Griffin

This year's event had a sold-out field of 800 participants.



A lifetime achievement award to Deborah J. Collins, which made for a heartwarming moment because she is also Casey's mother.



Casa Marina in Jacksonville Beach hosted the event.



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HEALTH CARE PROFILES

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shape the future of health care — 18**

Gala raises money for Nemours program — 19



THE RECORDER
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Contributed photos

Baptist Health opens new emergency center in St. Augustine

In response to the growing need for high-quality emergency care in rapidly expanding St. Johns and Flagler counties, Baptist Health recently announced the opening of Baptist/Wolfson Children's ER and Imaging Center in St. Augustine.

The new 23,879-square-foot emergency care facility is at the junction of Interstate 95 and State Road 16 at 461 Outlet Mall

Blvd. The center will serve the thriving communities in Flagler County as well as in St. Johns County, which is the fourth fastest-growing county in Florida, according to U.S. Census statistics.

"With the rapid growth in our region, it's critical that we're meeting the rising demand for convenient access to the right care in the right setting," said Michael

A. Mayo, president and chief executive officer of Baptist Health. "The opening of our new St. Augustine ER and imaging center for adults and children underscores our commitment to providing convenient access to high-quality emergency care for the whole family."

"In an emergency, we are all-too aware that every minute matters, and we want to reassure the local community that compassionate, lifesaving care for adults and children is just moments away," said Tammy Daniel, senior vice president and chief nursing officer of Baptist Health. "Our highly skilled emergency medicine teams provide swift, high-quality care, 24/7."

Two emergency centers are housed within the facility: a Baptist Emergency Center for adults and a Wolfson Children's Emergency Center for kids ages 0 to 17.

With the opening of the campus, families in St. Johns and Flagler counties have easier access to the specialized pediatric care of Wolfson Children's Hospital, the region's only full-service children's hospital and the only state-designated, American College of Surgeons (ACS)-

verified Level I Pediatric Trauma Center in Northeast Florida.

The new children's emergency center is fully equipped to care for the specific medical needs of children, with special pediatric protocols and emergency teams skilled in handling serious pediatric health conditions that may arise from seemingly minor symptoms.

"Children and adolescents have their own unique health needs, and every square inch of our children's emergency centers throughout the community are designed with that in mind," said Allegra C. Jaros, president of Wolfson Children's Hospital. "Our pediatric emergency teams are ready to provide specialized lifesaving care when your children need it most."

The center also features an imaging center for adults and children, outfitted with the latest technology to provide the community with X-rays, ultrasounds, CT scans, mammography and bone density screenings closer to home.

Baptist/Wolfson Children's Emergency and Imaging Center in St. Augustine is part of a comprehensive network of emergency care offered by Baptist Health.

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GUEST COLUMN

New pulsed field ablation technology available to treat AFib



By Saumil Oza MD,
Ascension St. Vincent's
Riverside

Atrial fibrillation, also known as AFib, is an irregular heartbeat that puts patients at risk for serious health issues like

heart failure and stroke. It is the most common form of cardiac arrhythmia and will affect an estimated 12.1 million Americans by 2030, according to the Centers for Disease Control and Prevention (CDC). The CDC also states the death rate from AFib as a primary or contributing cause of death has been rising for more than two decades.

Given how common AFib is, researchers are continuously evaluating the latest approaches for safe and effective patient care. Pulsed field ablation is the latest emerging technology used to treat AFib. My team of cardiologists at Ascension St. Vincent's is proud to be the first in North Florida to offer this now FDA-approved technology commercially to all patients. We believe this innovation has the potential to transform how we treat AFib.

Traditional AFib Treatments

Today, the standard approaches to AFib treatment have been medication, cardioversion and catheter ablation. During a traditional ablation treatment, a specialized cardiologist known as an electrophysiologist inserts catheters through the blood vessels into the heart to burn (radiofrequency ablation) or freeze (cryoablation) the tissue causing abnormal electrical signals in the upper chamber, or atrium. The procedure has been used for decades to create scarring that can help restore a normal heartbeat.

About Pulsed Field Ablation

Instead of burning or freezing tissue, pulsed field ablation shocks targeted cardiology tissues with a controlled electric field for a more precise and faster procedure. Since it is non-thermal, pulsed field ablation is less likely to damage structures around the heart such as the esophagus. Because of this, patients often report minimal to no chest discomfort following the procedure.

Benefits of Pulsed Field Ablation

Pulsed field ablation has the potential to help millions of patients with AFib as it will be much more accessible for both healthy and sick patients. It's safe, quick and minimally invasive, making it a good option for many patients with symptomatic AFib.

Compared to traditional forms of ablation, pulsed field ablation has the potential to reduce procedure times by as much as 50% with less anesthesia and discomfort to the patient. The procedure can also be completed with a milder form of anesthesia (the same kind used during a colonoscopy), making it easier and more comfortable for

patients.

According to Boston Scientific, more than 40,000 patients have been treated with this specific system to date, both commercially and through clinical trials. Multiple long-term studies have found this new approach to be safe and effective, with faster procedure times and less risk to adjacent structures.

Take Control of Your AFib Care

St. Vincent's has a legacy of innovation

in heart care, beginning in 1959 with the first open-heart surgery in Jacksonville. For nearly 60 years now, cardiovascular offerings at St. Vincent's have grown significantly, and we've worked hard to bring in some of the most innovative, caring and talented doctors within our fields to ensure our care teams deliver compassionate, personalized care to everyone we are privileged to serve. Today, we carry on this legacy of innovation with cutting-edge treatments like pulsed field ablation.

If you or a loved one have struggled with symptoms of AFib, such as heart palpitations/fluttery heartbeat, dizziness and fatigue, don't wait. Schedule an appointment with one of our cardiologists to discuss your treatment options today.

Dr. Saumil Oza is a cardiologist at St. Vincent's Riverside. For more information on Dr. Oza and his specialty in treating AFib, go to [Healthcare.ascension.org](https://www.healthcare.ascension.org) or call 904-388-1820.



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Baptist Beaches unveils expanded state-of-the-art Rehabilitation Center

For The Recorder

Baptist Beaches/Wolfson Children’s Rehabilitation Center has announced the opening of its new, larger facility on the Baptist Beaches campus, an expansion to meet the community’s growing need for convenient access to rehabilitation services.

Located at 1375 Roberts Drive, Suite 202, the new 6,000-square-foot facility represents a leap forward in rehabilitative care. Equipped with the latest technology, including a ZeroG Gait & Balance Sys-

tem and an adult pelvic health program, the center is designed to transform the approach to physical, occupational, speech and massage therapies.

The ZeroG system protects pediatric patients from falls by using a harness that connects to an overhead track. The system supports the patient’s body weight and allows for easy interaction between the child and the therapist. In addition to walking and balance, the system can also help children with sit-to-stand activities and stairs.

The adult pelvic health program will

provide therapy for men and women experiencing urinary incontinence, pelvic pain, pelvic floor muscles weakness, tightness or pain, and dysfunction related to cancer.

“By expanding our services and enhancing the facility, we are responding directly to the community’s increasing need for specialized rehabilitative care,” said Hospital President Jarret Dreicer. “The modernized center is not just a building, it’s a place of hope and healing for families seeking comprehensive, advanced therapies.”

The need for rehab services is growing rapidly worldwide, fueled by increases in the aging population and sedentary lifestyles that result in chronic conditions requiring rehabilitation services, according to the World Health Organization.

“Locally, this trend is mirrored in the beaches area, making this a perfect time to enhance capacity and technology to cater to the community’s health needs.”

For more information about the new Baptist Beaches/Wolfson Children’s Rehabilitation Center, call 904-627-2980.



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Mayo Clinic, Nemours Children’s Health extend collaboration

For The Recorder

Mayo Clinic in Florida and Nemours Children’s Health, Jacksonville, have today a 10-year extension of their three-decade collaboration to improve health care in the region and train future generations of physicians and health care workers. The collaboration will continue to focus on medical training, research and clinical care, specifically in pediatrics, where there are significant shortages of pediatricians in Florida and the United States. “We are committed to creating the healthiest generations of children and our partnership with Mayo helps to achieve that goal,” said Michael Erhard, M.D., North Florida region president, Nemours Children’s Health, Jacksonville. “Mayo Clinic has been a fantastic partner to Nemours and we look forward to continuing to work together.”

Mayo Clinic and Nemours have agreed to expand educational programs for staff, residents, fellows, students and other health care professionals; explore opportunities to advance cooperative programs of clinical and basic science research at both institutions; and explore future opportunities to collaborate. The two Jacksonville health care institutions first began their collaboration in 1993.

“We are thrilled to continue our partnership with Nemours,” said Kent Thielen, M.D., CEO of Mayo Clinic in Florida. “Our unwavering commitment to improving patient care, conducting groundbreaking research and fostering education will undoubtedly have a positive impact on the future of health care.”

Mayo Clinic residents, fellows and staff obtain much-needed specialty training at Nemours, including medical rotations to obtain valuable hands-on experience in vari-



Contributed photos

Mayo Clinic

ous subspecialties of pediatrics. This training is crucial in the wake of a significant shortage of pediatricians in Florida and the U.S. Florida is below the national average, with just 83 pediatricians for every 100,000 children, according to the American Board of Pediatrics.

Across the U.S., physicians in many pediatric subspecialties are in short supply, according to the American Academy of Pediatrics. This means children and families face challenges in accessing timely health care, including traveling long distances to get care, waiting weeks or months to get an appointment, going without care, or getting care from health care professionals who have less specialty training.

“This relationship has been critical for the development and expansion of the education programs at Mayo Clinic,” said Gerardo Colon-Otero, M.D., vice dean, Mayo Clinic Alix School of Medicine. “Our medical school and



Nemours Children’s Health, Jacksonville

many of our residency and fellowship programs would not have been possible without the training and mentorship efforts of our Nemours colleagues. In addition, the stem cell transplant and CAR-T cell therapy programs have been strengthened as a single Mayo Clinic-Nemours clinical and research program. We look forward to future collaborations for the benefit of the Jacksonville community.”

Another benefit of the collaboration is that Nemours clinical and research staff may be considered for appointment to the faculty of Mayo Clinic College of Medicine and Science.

“This announcement underscores the value and importance of partnerships between two academic institutions, aligned by a common mission to further the health of future generations of children through medical education partnership,” says Raj Sheth, M.D., designated institutional official, Nemours Children’s Health, Jacksonville.



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Baptist Health CEO recognized for helping to shape the future of health care

For The Recorder

In recognition of his impact on the delivery of health care, Michael A. Mayo, president and CEO of Baptist Health, was named to Becker's Hospital Review's list of "great leaders in health care" for 2024.

The executives featured on the list were commended for their readiness to embrace change in the rapidly evolving health care sector and for leading organizations that are on the forefront of transforming care delivery. They were also recognized for "using innovative digital technology, novel care delivery approaches and creative care solutions to shape the future of health care."

Mayo has been the president and CEO of Baptist Health since June 2021 and has more than 30 years of leadership experience in health care. As CEO, he leads more than 14,000 team members and more than 2,000 medical staff in advancing the mission of the not-for-profit, locally owned, locally governed health system serving Northeast Florida and Southern Georgia.

"We are incredibly proud, but not surprised, to see Dr. Mayo included on this prestigious list of leaders shaping the future of health care," said Mary C. Mayhew, president and CEO of the Florida Hospital Association. "As head of the largest nonprofit health care system in North Florida that serves one of the fastest growing populations in the state, he understands the region's current health

needs and is anticipating the future needs of these burgeoning communities. Baptist Health invests in these communities by expanding convenient access to first-rate health care and improving health outcomes."

"It's an honor to be recognized by Becker's Hospital Review for doing what I love," said Mayo. "It's a privilege to lead an organization dedicated to enhancing the health and well-being of our community and enriching the lives of those we serve."

Mayo serves on the American Hospital Association's (AHA) Board of Trustees, the association's highest policymaking body, which has ultimate authority for the governance and management of its direction and finances. He also serves as a state delegate of Regional Policy Board 4 (Southeastern U.S.) with the AHA and on the Florida Hospital Association Board of Trustees, representing Region 2.

Committed to educating and training future health care leaders, Mayo also serves on the Dean's Council of the University of North Florida (UNF) and has been an adjunct professor in the Master of Health Administration program at the university's Brooks College of Health since 2017. He also holds several community leadership positions, including serving as a member of the board for the Jacksonville Chamber of Commerce and for Community Hospice & Palliative

FUTURE continues on Page 19

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2023 Best of the Beaches Recorder

Future

Continued from 18

Care, a local nonprofit hospice.

In 2022, he was selected by Florida Trend in the Florida 500 edition as one of the 500 most influential executives in the state. In 2023, he was awarded an honorary doctorate in health care education and leadership by Jacksonville University for his contributions to the health care industry and academics.

Mayo earned his Doctor of Health Administration from the Medical University of South Carolina, his Master of Science in health care administration from Texas Woman's University, and his Bachelor of Science in human resource management from the University of Alabama. He is board-certified in Health Care Management and a fellow with the American College of Healthcare Executives (FACHE). He was elected to the board of governors of the ACHE Class of 2022. Mayo has served as the ACHE Regent for Florida — Northern and Western, on the Healthcare Executive Editorial Board, and on the Regents Advisory Council.



Nemours Children's Health North Florida Region President Dr. Michael Erhard speaks at the gala.



Nemours Children's Health, Jacksonville hematologist/oncologist Dr. Cynthia Gauger is shown with other gala guests.

Gala raises money for Nemours program

The "Night with Nemours Taste of France" gala shined at the Ponte Vedra Inn & Club on May 10. This was the first Nemours Children's Health, Jacksonville, gala since 2019 and the sold-out crowd of more than 400 people were ready for an amazing night.

The gala featured French-inspired food, wine and décor. Proceeds from the gala support the Nemours Children's Compassionate Care Fund, which helps provide world-class care wherever the need is greatest.

Nemours Children's hematologist/oncologist Dr. Michael Joyce and retired Nemours hematologist/oncologist Dr. Cynthia Gauger were honored for their decades of dedicated service and care for



Nemours Children's Health, Jacksonville hematologist/oncologist Dr. Michael Joyce, left, is shown with a former patient.



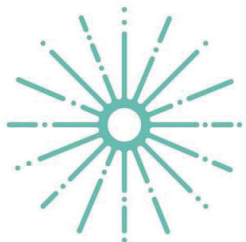
Hannah Phillips, and her mother, Sherry Phillips

Contributed photos

Nemours patients and families.

Aubrey Edge, president and CEO of First Coast Energy and president of the Daily's Foundation, was honored for his contributions to Nemours and the Jacksonville community.

During dinner, guests enjoyed music from the Jacksonville-based Bold City Classics, and a mind-bending performance from mentalist and magician Oz Pearlman. The French-inspired dinner was followed up with a dessert reception.



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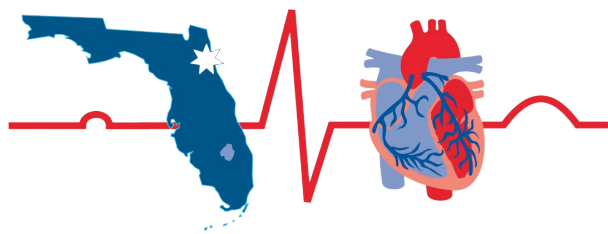


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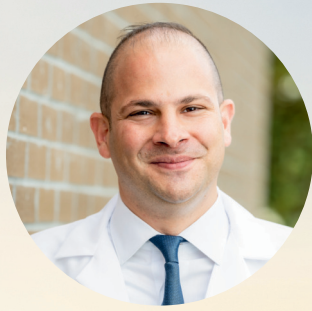
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Shoar enters race for Senate District 7 seat

For The Recorder

A new contender has emerged in the upcoming legislative primary elections as former St. Johns County Sheriff David Shoar recently threw his hat into the ring for the Senate District 7 seat. The departure of term-limited Sen. Travis Hutson, R-St. Augustine, has created an opening eagerly sought after by candidates from various backgrounds and affiliations.

Shoar is a Republican. His decision adds a layer of complexity to the race, which already features notable figures like House Appropriations Chairman Tom Leek, R-Ormond Beach, contending for the same position.

Serving as the St. Johns County sheriff from 2004 to 2020, Shoar brings a wealth of experience and a proven track record of service to the table. His recent role as director of investigations at Woolsey Morcom underscores his ongoing dedication to public service and community welfare, according to his campaign.

The Senate District 7 race has captured widespread attention, drawing candidates across party lines. Alongside Shoar and Leek, the field includes Republican Gerry James, Democrat George Anthony Hill II and unaffiliated candidate Michael Le-



Contributed photo

David Shoar

vone Gist, reflecting the diverse interests and aspirations of the district spanning St. Johns, Putnam, Flagler and part of Volusia counties.

As candidates gear up for formal qualification in the coming week, anticipation mounts for the primary elections scheduled for Aug. 20.

Aligning himself with former President Donald Trump, Shoar pledges to tackle pressing issues such as illegal immigration, inflation and insurance costs.

“I am stepping up to the plate for the Florida Senate because our state needs unwavering conservative leadership,” Shoar said. “This is a time that demands decisive action, not half-hearted measures.”

Events raise \$928K for Wolfson Children’s Hospital

For The Recorder

The Women’s Board of Wolfson Children’s Hospital recently announced that the volunteer organization raised \$927,922 from its signature fundraising events, the 2023 First Coast Design Show and the 2023-24 Florida Forum, to benefit Wolfson Children’s Hospital.

“I am grateful for the leadership of the 2023 Design Show co-chairs, Emily Magnevney and Gracie Register, and 2023-24 Florida Forum co-chairs, Meg Folds, Drew Haramis, Robin Love and the contributions from all of the members, volunteers and donors who made this past year a tremendous success,” said Kendra McCrary, president of The Women’s Board. “Proceeds from the Design Show and the Florida Forum support our mission to raise awareness and funding for Wolfson Children’s Hospital and ensure the advancement of life-saving medical care for all children.”

The Women’s Board of Wolfson

Children’s Hospital is committed to raising \$1.5 million for two new Kids Kare Mobile Intensive Care Units (ICUs) and other Wolfson Children’s Hospital programs this year.

The Kids Kare Mobile ICUs are part of Wolfson Children’s Hospital’s Neonatal and Pediatric Critical Care Transport fleet and include necessary life-support equipment for the transportation of critically ill and injured infants and children. Kids Kare vehicles and helicopters safely transport nearly 3,000 infants and children a year to Wolfson Children’s Hospital for emergency critical care, trauma and specialty care.

The Women’s Board is the largest volunteer-driven, community-supported source of philanthropy for Wolfson Children’s Hospital, supporting its mission to ensure the best available pediatric health care for all children.

For more information, go to womensboardwch.com.

Voting is now open!



The Ponte Vedra Recorder, celebrating 55 years of community news excellence, has launched our sixth annual **BEST OF THE BEST of Ponte Vedra, 32081 & 32082.**

YOU, our valued readers, now have the chance to vote for your favorite businesses in various categories online. Online voting begins June 15th after nominations are complete.

VOTE DAILY - the last day to vote is July 26th at midnight!



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www.pontevedrarecorder.com/bestof2024/#!/

Business Weekly

For MORE business news, go to facebook.com/ThePVRecorder

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www.PonteVedraRecorder.com

Time, technology management is crucial to business owners

By Anthony Richards

The world can be an extremely busy place at times, especially for someone who owns and operates their own business.

However, there are ways to help monitor and manage one's time to get the best out of their business while not getting stressed out or overwhelmed by it all.

That balance and the many ways that can be attempted to achieve it was the main topic that Dr. Kaveri Subrahmanyam, dean of College of Arts and Sciences at the University of North Florida, talked about during the latest Circle of Creation event at the link on June 12.

"Managing work and life is always a challenge," Subrahmanyam said. "Whenever you do, it's about identifying your

priorities."

According to Subrahmanyam, part of the continued struggle to find balance is the increasing reliance people have had on technology over the decades, to the point where it is now such a part of our lives that it can easily be the downfall for many.

She has been involved in several studies over the years that have investigated these factors and a real correlation between time spent on technology and a lack of balance in one's life.

However, she also realizes that because technology has reached such point in our lives where it is not so much the amount of time spent on the products,



Photo by Anthony Richards

Dr. Kaveri Subrahmanyam, dean of College of Arts and Sciences at the University of North Florida was a guest speaker during the latest Circle of Creation event at the link on June 12.

BUSINESS continues on Page 23

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Gurpreet Misra, co-founder of the link, and Dr. Kaveri Subrahmanyam.



Photos by Anthony Richards

Vendors were on hand for the event at the link.

Business

Continued from 22

but how one is choosing to use that time spent.

“Everything has a positive and a negative about it,” Subrahmanyam said. “It all depends on when you are using or watching that media. Social media for example, has helped us keep in touch with our friends, but the question becomes how deep are these relationships?”

As a result, in some instances online and offline lives are not always corre-

lated and that can create an issue when deciphering what is real and tangible and what is not.

“I’ve really changed my perception of technology,” Subrahmanyam said. “Early on, I thought it was mostly good but overtime I have seen where it has become more and more intrusive. It can give you the perception that you have this deep network, but when you step back you realize how many of these we can really rely on.”

However, there are methods that have been proven to work to help combat the growing stranglehold that technology can

sometimes seem to have on a person’s life.

And simply enough it starts with setting boundaries for oneself.

If these boundaries work, it can then be passed along and applied to both personal and work life.

One of the ways she has found that works effectively through research is choosing not to bring your cellphone in the bedroom and looking at it before one goes to bed, but instead leaving it in a separate room on charge during the night.

“It’s very easy to just go ahead and

take your phone to bed and use it as an alarm clock, but it just feeds to the intrusiveness,” Subrahmanyam said.

At the end of the day, she knows technology is here to stay, which makes it even more important to understand that it is a tool that needs to be used but not lived by.

“Research in my lab has shown that the effect of a high-quality face-to-face interaction has a longer-lasting effect than a virtual message or conversation,” Subrahmanyam said. “It is important we don’t forget the human element.”

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Benchmarks of Success

A look at major career developments in the area

UF Health St. Johns appoints new executives

UF Health recently appointed two key executives at UF Health St. Johns: Kerry Watson as interim chief executive officer and Huson Gilberstadt, M.D., as chief medical officer.

As CEO, Watson will lead the ongoing process of integrating UF Health St. Johns into the UF Health system, provide strategic direction and leadership to drive organizational performance and growth, and offer guidance to the organization during the transition period and beyond to ensure continuity and sustainability.

“As One UF Health, we are committed to the long-term success of UF Health St. Johns,” said Steve Motew, M.D., president and system CEO of UF Health. “Kerry’s extensive background will be a stabilizing force in this period of integration.”

Most recently, Watson completed an assignment as interim CEO for Maui Health System in Hawaii. Prior to that, he successfully completed a number of interim executive leadership assignments with major health care organizations, including Wellstar Atlanta Medical Center. He has also held permanent roles at prominent organizations, including more than 15 years of executive positions with Duke University Health System.

As CMO, Gilberstadt will serve as UF Health St. Johns’ physician leader, overseeing patient care and clinical effectiveness while promoting a culture of safety and patient satisfaction.

Gilberstadt brings a wealth of leadership experience and demonstrated results. Most recently, he worked as a medical consultant for information services companies GLG and AlphaSights. He also helped lead the Extension for Community Healthcare Outcomes, or ECHO, program — Project Save Lives — at the national level. Gilberstadt served as an addiction physician for Gateway Community Services and Florida Springs Wellness and Recovery Center.

Prior to those duties, Gilberstadt held key leadership roles at Ascension, the nation’s largest nonprofit health system, including as chief medical officer and president of Ascension St. Vincent’s Riverside Hospital in Jacksonville.

Atter named managing broker of real estate company’s Beaches office

Berkshire Hathaway HomeServices Florida Network Realty has named Realtor Lenorae “Lenora” Atter



Lenorae Atter

and Chair Linda Sherrer. “For more than 20 years, Don has shared his expertise in managerial roles at our offices in Atlantic Beach, Ponte Vedra and Fleming Island, coaching the finest real estate professionals and establishing exceptionally strong relationships throughout the community.”

“Lenorae is a talented real estate professional with diverse career experiences, a natural leader and mentor, and is well positioned to manage our outstanding Beaches office,” added company President Ann King.

Atter’s career began in politics and law, where she specialized in family law, personal injury, property title insurance and tax law. She became the director of legal operations for a national tax firm and her strategic leadership helped to propel the practice to earn fastest-growing company honors in Northeast Florida.

After transitioning into a real estate career, Atter quickly achieved success as a top producer and listing agent in residential and commercial transactions.

The Beaches office is located at 375 Atlantic Blvd., Suite 1, in Atlantic Beach. The telephone number is 904-241-2417.



Forbes Ouzts

wealth management goals, assisting clients in managing and protecting their assets.

Ouzts is an associate in the firm’s Jacksonville office.

managing broker of the company’s Beaches office located in Atlantic Beach. Atter replaces Don Cline, who will return to sales as a broker associate in the Beaches office.

“I am grateful for Don’s leadership and thrilled that he will continue his expansive real estate career with our company,” said company Founder

His practice concentrates on estate planning, trust and estate administration, gift and estate taxation, probate and representation of tax-exempt organizations.

Ouzts obtained his LL.M. in taxation from the University of Florida Levin College of Law. He earned his Juris Doctor degree at Mercer University’s Walter F. George School of Law, graduating cum laude. During law school, Forbes was an active member of the Phi Delta Phi Honor Society, the Business, Bankruptcy & Tax Law Society and the Mercer Low Income Tax Clinic.

Coleman Talley’s wealth planning practice has seen consistent growth across all its markets, including Valdosta, Atlanta and Jacksonville.



Donna Rueppell

Rueppell joins real estate company

Donna Rueppell has joined Berkshire Hathaway HomeServices Florida Network Realty.

An alumna of the University of Colorado, Rueppell holds a Bachelor of Science degree in business marketing. Her academic journey continued at Pepperdine University School of Law,

where she earned her Juris Doctorate.

With more than 12 years of service as an active-duty Air Force judge advocate general, she honed her skills in military criminal justice, demonstrating her unwavering commitment to upholding the law and serving her country with distinction.

Now, Rueppell embarks on a new chapter in her career. She can be contacted at Donna.Rueppell@FloridaNetworkRealty.com, 443-694-6924 and DRueppell.FloridaNetworkRealty.com.

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

Erin Spaulding can be reached at 904-285-1800, Erin.Spaulding@FloridaNetworkRealty.com and floridanetworkrealtycareers.com.

— Compiled by Shaun Ryan

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www.PonteVedraRecorder.com

Young troupe to present 'Mean Girls The Musical'

By Shaun Ryan

Musical Theatre Ponte Vedra, launched last year by theatre veterans Jason and Katie Nettle with a production of "Something Rotten," has returned for its second year with "Mean Girls The Musical."

The show, based on the 2004 movie starring Lindsay Lohan and written by comedian Tina Fey, will feature 41 performers from Landrum Middle School and Ponte Vedra, Douglas Anderson and Beachside high schools.

It will be presented at 7 p.m. June 25, 26 and 27 at Ponte Vedra High School. Tickets are \$10 and can be purchased at the door.

The show tells the story of Cady Herron, who as a new student at her high school tries to find her place. Meeting a trio of girls who comprise a kind of social royalty, Cady finds herself in a very complicated milieu. Friendships are formed and broken. Social statuses shift. Intrigue ensues. And in the end, there is redemption.

"Means girls' is a blast," said Lauryn Monnier, who plays Regina George, one of the pivotal characters. "The show itself is so much fun, and the comedic timing of the lines are hilarious. Playing such a polar opposite character of me has been so much fun and has given me an excuse to watch the Rachel McAdams 'Mean Girls' seven times in the past week."

Lauryn said the Musical Theatre Ponte Vedra (MTPV) summer camp has helped her get better acquainted with others and make new friends.

"Thank you, Mr. and Mrs. Nettle and MTPV for giving me this wonderful opportunity," she said.

"MTPV has been one of the most amazing processes I've ever been a part of," said Abby Harrell, who plays Cady. "Everybody is so welcoming and supportive. They



Contributed photo

"Mean Girls The Musical" will be staged June 25, 26 and 27 at Ponte Vedra High School.

know how to get a show together!"

In fact, the team — both performers and those behind the scenes — put the show together in a very short time. The performers had just nine rehearsals to learn and perfect their acting, singing and dancing. This emulates the professional theatre, where no time is lost, and gives participants a real-world experience — something the Nettles know a lot about. The husband and wife team has performed in dozens of shows at Alhambra Theatre and Dining in Jacksonville, and Jason Nettle had a career that lasted more than a decade in New York City.

The MTPV performances will include full sets, costumes, lights and orchestration. The show is choreographed by Ponte Vedra

High School alum Mel Ryzeko.

Abby said playing the part of Cady "has been such a joy" and that she was glad the Nettles trusted her with the role.

Meredith Hill, who plays Gretchen, another key role, reflected on her experience with MTPV.

"It's a fun challenge to put up a show in two weeks, but seeing the progress the cast makes in just one day of rehearsals is so rewarding," she said. "I've also loved befriending kids from different schools around the area and seeing the talent and energy they bring to the stage."

It should be noted that "Mean Girls The Musical" is not intended for younger audiences. It contains strong language, sexual content and portrayals of substance abuse.

Still, the show is both popular and fun for those of appropriate age and enjoys the endorsement of its performers.

"You do not want to miss this outstanding production being brought together by some of the most dedicated kids in town!" said Abby.

After the curtain falls on "Mean Girls The Musical," MTPV will hold its elementary school camp where younger students will learn songs and dances from Broadway shows. That will be held July 8-11. A final showcase will be presented for friends and family on July 11.

For further information about MTPV, "Mean Girls The Musical" or the kids' camp, go to mtpv.org or, on Instagram, @musicaltheatrepontevedra.

St. Augustine Songwriters Festival returning with lineup of chart-topping hitmakers

In partnership with Sing Out Loud Festival and Bozard Ford Lincoln, the St. Augustine Songwriters Festival will return to historic downtown St. Augustine on Sept. 27-29. The festival offers music lovers a look into the creative processes and inspiring stories behind the hits penned by some of the leading

songwriters.

This year's festival will feature more than 30 artists whose works have reached the pinnacle of the charts and numerous accolades. Artists include Brett James, who has had more than 800 songs recorded by some of the biggest artists in the world; Rivers Rutherford whose name

is on songs by Tim McGraw, Brad Paisley, Dolly Parton and others; Liz Rose, a frequent collaborator of Taylor Swift; and Gretchen Peters who has written songs for Etta James, Bonnie Raitt, The Neville Brothers, George Strait, Faith Hill and more.

More than 70 performances will take

place at multiple venues including the Colonial Oak Music Park, Prohibition Kitchen, Tradewinds Lounge and The St. Augustine Distillery. All events are free and open to the public.

Learn more about the participating songwriters and the festival at staugustinesongwritersfestival.com.

Braject to support free mammograms

By Shaun Ryan

The First Coast Cultural Center is planning to host an unusual exhibit that will support free mammograms for uninsured and underinsured individuals in Jacksonville.

Artists will create an ARTrageous Bra to exhibit at the center in a special “Braject.” These “bras for a cause” will be auctioned off with the proceeds going to Pink Ribbon Jax, an all-volunteer, nonprofit group that raises funds for free mammograms and

patient services.

The artistic bras will be exhibited along with local artist Hollie Heller’s “Paper and Fabric Exhibition” from Oct. 8 through Nov. 21. The creations will be auctioned at the opening night reception, to be held 5:30 to 7 p.m. Oct. 8 at the First Coast Cultural Center, 6000B Sawgrass Village Circle, Ponte Vedra Beach. The exhibit will be open to the public thereafter, 10 a.m. to 4 p.m. weekdays.

The exhibit will be presented by the Linda Berry Stein College of Fine Arts &

Humanities, Jacksonville University.

Artists who would like to exhibit their creations must submit entries by Sept. 4.

To enter, artists must create an original work of art built upon an ordinary bra. The art must completely cover the front, back, both straps and sides of the bra. Decorations must be nonperishable.

Attach a tag to the work with the artist’s name, bra title and contact name and email address. It should be accompanied by a brief paragraph about what inspired the creation. Email your story and all the

preceding information to mpendjer@mac.com.

Submit the completed bra in a sturdy box with a copy of the inspiration story. Contact name, address and name of bra should be shown prominently on the box. Mail this to: First Coast Cultural Center, 6000B Sawgrass Village Circle, Ponte Vedra Beach, FL 32082.

For further information, contact Marlene Scheer at scheerdelight@aol.com or call 516-603-6818.

Go to pinkribbonjax.org/events for more.

Artist, vendor applications accepted for Sing Out Loud Festival

Sing Out Loud Festival, the annual celebration of music and community, has officially opened applications for its Local Artist Showcases and for local vendors that would like to sell food or goods during the Live Wildly Showcase at Francis Field on Sept. 21 and 22. Applications will be accepted through Friday, July 12 online at singoutloudfestival.com/apply.

The Local Artist Showcases are a fixture of Sing Out Loud Festival and provide music enthusiasts the opportunity to explore the area’s vibrant music scene. The

free showcases feature more than 100 local and regional artists ranging in genres from indie rock to bluegrass, hip hop to country, comedy to spoken word at multiple venues throughout the festival.

This year’s Local Artist Showcases will take place over the first, second and third weekends in September at numerous venues throughout St. Augustine. Local and regional singers, songwriters, musicians and entertainers are encouraged to apply.

Sing Out Loud has also hosted dozens of local food trucks, highlighting the diverse

cuisine of North Florida. New this year will be the opportunity for local makers to join food trucks at the festival grounds on Francis Field during the Live Wildly Showcase. Food vendors and makers that are locally sourced and crafted are preferred to provide an array of authentic food and goods to festival attendees.

In its eighth year, Sing Out Loud has grown into an expansive and truly epic festival spanning four weekends in September. In addition to free Local Artist Showcases, the festival is packed with national headlin-

ing acts, including Eric Church, Noah Kahan, Norah Jones, Ryan Bingham with the Texas Gentlemen, and eight more acts during the Live Wildly Showcase.

Additional headlining shows, free community events and surprises will be announced in the next several weeks.

Sing Out Loud Festival is curated and produced by SJC Cultural Events Inc. which manages and operates the award-winning St. Augustine Amphitheatre, Ponte Vedra Concert Hall and the nationally recognized Fort Mose Jazz & Blues Series.

Lumen Repertory Theatre to stage two one-acts

Lumen Repertory Theatre has announced the third production of its 2024 season themed “BOLD” — Slow Burn: Edward Albee’s one-acts, “The American Dream” and “The Zoo Story.” This double bill showcases the searing and thought-provoking works of one of America’s most influential playwrights.

“The American Dream” is directed by

LUMEN Rep Theatre

David Alford with Josh Andrews as assistant director and Kate McManus as stage manager. The cast includes Valerie Anthony, Sam Cobean, Jackson Gloumeau, Katie Johnston and Jen Mercer.

This dark comedy satirizes the Ameri-

can Dream and explores the disillusionment lurking beneath the surface of a seemingly perfect life.

“The Zoo Story” is co-directed by Alford and Brian Niece, with Josh Andrews as stage manager. Featuring performances by Alford and Niece, this intense play examines human connection and isolation through a chance encounter in Central

Park, delving into themes of loneliness, social alienation and the struggle for dominance.

Both plays promise to deliver an unforgettable theatrical experience, challenging societal norms, evoking laughter and provoking deep reflection on the human condition.

All performances will be held at the historic San Marco Church, 1620 Naldo Ave, Jacksonville. Showtimes are all 8 p.m. Dates are July 12, 13, 18, 19, 20, 25, 26 and 27.

Tickets are \$45, or \$20 for students with valid student ID, and can be purchased at lumenrep.org/shows/slowburn.

Guest artist Alford is known for his role as Bucky Dawes on the ABC/CMT/Lionsgate series “Nashville.” His extensive career includes notable screen credits such as “The Blacklist” (NBC), “The Good Fight” (CBS/Paramount), “The Last Castle” (Dreamworks) and a standout performance in Manhattan Theatre Club’s Tony Award-winning revival of “The Little Foxes.”

The production team for these plays includes technical director Mike Livingston, scenic and props designer Claire Cimino, lighting designer Daniel Dungan, costume designer Camala Pitts, sound designer Brian Niece, fight choreographer Fulton Burns, production manager Katie Swider and assistant stage manager Hayley Smith.

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Contributed photos
Grade-level art was on display recently at Ocean Palms Elementary School's STEM and Art Show Night, where students contributed to a piece of art. Students also enjoyed taking part in interactive art installations.

Ocean Palms embraces color, creativity and collaboration



Paint, Shrinky Dinks and chicken wire? These were among the makings of priceless works of art at Ocean Palms Elementary School, where a new grade-level art auction was unveiled, featuring artists from none other than the halls and classrooms of OPE.

As part of the school's Children's Access to Art Program (CAAP), art lessons are taught monthly in classrooms of all grades, often centered around well-known artists.

Using this concept, CAAP volunteers had students create a collaborative piece of art as a grade level that mirrored a famous work of art or used concepts from that piece.

More than 950 tiny pieces of art soon came together to form seven art installations, spanning from pre-K to fifth grade. Each piece of art was showcased at the school's STEM and Art Show Night, and later auctioned off.

Families saw works inspired by Frida Kahlo's "Self Portrait," Paul Klee's "Untitled," Jackson Pollock's "Blue Poles" and more. Additionally, families perused other CAAP projects, pictures of students engaged in these artistic lessons, and enjoyed interactive art installations — say cheese with Mona Lisa!

It was a night that embraced color, creativity and the artist in all of us.



Sports



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Lawrence, Jaguars agree to contract extension

By Anthony Richards

The Jacksonville Jaguars agreed to terms on a contract extension with starting quarterback Trevor Lawrence, as they locked him up for the near future.

“With this five-year extension, the vision we had when we selected Trevor first overall in 2021 has become a reality,” Jaguars general manager Trent Baalke said. “Our objectives have always been aligned. As an organization, we have consistently messaged the importance of extending our core players and Trevor is a foundational talent that we will continue to build around in our quest for a championship.”

The move helps solidify the Jaguars’ direction moving forward and allows them to continue building in the direction they have been working towards since they signed Lawrence and brought in head coach Doug Pederson one year later.

“With his talent, work ethic, leadership, and competitive drive we are confident the best is yet to come and are thrilled that he and Marissa will continue to make Jacksonville their home,” Baalke said.

However, the decision is not only a huge deal for the Jaguars as an organization but also shows the relationships and love for the city that Lawrence and his wife have developed since getting drafted in 2021.

“I am beyond grateful to be able to continue my career in Jacksonville,” Lawrence said. “My family and I love this city; it has become home to us, and this solidifies that even more. We can’t thank Mr. Khan, and everyone involved enough for their belief in me.”

Lawrence has been voted as a team captain by his teammates each year of his NFL career and was selected to the Pro Bowl in 2022 after recording 387 completions for 4,113 passing yards and 25 touchdowns with a passer rating of 95.2.

During the 2023 season, he completed 370 passes becoming the only quarterback in franchise history to start his career with three seasons of at least 300 completions and the second quarterback in team history to record at least 300 completions in three consecutive seasons.

The Cartersville, Georgia native has started in 50 of the Jaguars’ 51 regular-season games since his rookie season, and he looks to continue his growth as a player in the years to come, and as a result, hopes to bring a championship to the fanbase.

“I know that the best is yet to come, and this is only the beginning,” Lawrence said. “The drive to bring a championship to Duval is bigger than ever. Let’s get it done.”

Stanton resigns as Sharks baseball coach

Ponte Vedra High announced June 17 that Tom Stanton resigned as head baseball coach. He had been the only head coach the varsity baseball program has known, having been in the role since the school opened. During his tenure, the Sharks won a FHSAA state title in 2013 and many players went on to play both in college and professionally.



Tom Stanton

Photo courtesy of Ponte Vedra High

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47	48					49				50	51	52	53	54
55						56					57			58
59						60					61			
62						63						64		

ACROSS

- Breezed through
- Supervises interstate commerce
- Unruly group
- Backs away from
- Expression of understanding
- Have concern for
- Monetary units
- Congressman (abbr.)
- Iranian city
- Eating houses
- 2,000 lbs.
- Grandmother
- They include North, South and Central
- In an early way
- Foes
- Shuttered British entertainment magazine
- One who unloads cages
- Another term for sesame
- Formally forbid
- Make clear
- Inaccessible
- Get through
- Ancient kingdom near Dead Sea
- Decameter
- Type of sword
- Actor Idris
- Affirmative (slang)
- Afflicted
- One point north of northeast
- Born of
- Arabic name
- Traditional Hong Kong street food: __ pai dong
- Termination point
- Email function

- More rapid
- An idea accepted as a demonstrable truth
- In a cagey way
- Kate and Rooney are two
- Algerian port
- Community in Ladakh
- Midway between south and southeast
- Town in Galilee
- Satisfy
- Italian impressionist painter
- Brass instrument
- Chest muscle (slang)
- Transmits genetic information from DNA to the cytoplasm
- Records electric currents generated by the brain
- Woman (French)

- Aircraft designed to carry lots of passengers
- Baseball stat
- Pointed end of a pen
- Popular sports league
- Body part
- Unlikely to provoke dissent
- Yellowish cotton cloth
- Domesticated house pet
- Untruths
- Set out to attract
- Spiritual leader
- Abba __, Israeli politician
- Repair
- Genus of flowering plants
- Swiss river
- Prejudice
- River in central Europe
- Harness
- Father

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

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

- Sign language
- In style
- Helsinki neighborhood
- Unable to hear



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<p>2023 CADILLAC ESCALADE</p> <p>SALE PRICE \$87,960 22,828 MILES STOCK# PR212591</p>	<p>2022 LAND ROVER DEFENDER 110</p> <p>SALE PRICE \$63,210 13,817 MILES STOCK# N2090710</p>	<p>2023 GMC SIERRA 2500HD</p> <p>SALE PRICE \$70,230 18,192 MILES STOCK# PF130079</p>	<p>2018 CADILLAC CTS</p> <p>SALE PRICE \$24,488 38,895 MILES STOCK# J0184117</p>	<p>2020 CADILLAC CT6</p> <p>SALE PRICE \$37,520 38,841 MILES STOCK# LU102273</p>



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