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Fall Home Improvement
Page 20

Thursday, September 12, 2024

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VOLUME 55, NO. 46 \$1.00

Ribbons cut on new Habitat homes

By Shaun Ryan

Saturday, Sept. 7, was a day of new beginnings — for two local women who are realizing their dream of homeownership and for the organization that has helped to make that dream come true, Habitat for Humanity of St. Augustine/St. Johns County.

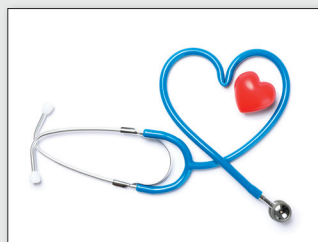
Well-wishers gathered outside two newly completed houses in Habitat St. Johns' latest neighborhood, Volusia Woods, as the women cut the ribbons on their respective homes.

The home dedication followed a dual open house at the site the previous day, Friday, Sept. 6.

"It's such an exciting time," said Halsey Jones, program assistant for Habitat St. Johns.

Jones explained that one of the homes was a two-bedroom model, while the other had three bedrooms. They are the first of nine that will soon be occupied on Helen Street, with nine more being planned on the

HABITAT continues on Page 8



Top Health:
Health Care Heroes

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Advancing health care with every bite

By Anthony Richards

For 22 years, Ascension St. Vincent's has been bringing together some of the best chefs in the local area with its Delicious Destinations event, which is a combination celebration and fundraiser.

Every year, the Ascension Foundation strives to do something a little different and the 22nd annual Delicious Destinations, which benefits its community outreach programs, will surely go down as a memorable one as this year's luncheon was capped off by a surgical robot helping prepare the featured dessert.

The luncheon on Sept. 6 featured Chef Colin McClimans, who owns a pair of restaurants in Washington, D.C., Nina May's and Opal, the latter of which received a Michelin Guide mention.

McClimans operated the robot with guidance from Dr. Martin Martino, who is a gynecologic oncologist at Ascension St. Vincent's in Jacksonville and specializes in minimally invasive and robotic-assisted surgery.

Together, they prepared a vanilla and Chablis poached pear on top of almond cake with Sabayon sauce and rosemary.

It was a sight to see for many in attendance and it provided much of the crowd



Photo by Anthony Richards

Featured Chef Colin McClimans and Dr. Martin Martino of Ascension St. Vincent's teamed up with a surgical robot to make complete the dessert dish at the 22nd Annual Delicious Destinations.

an up-close glimpse of a surgical robot at work.

"We have an obligation to care for our community and we have a lot of work still to do," Martino said. "We have to do this together, and it really starts with

teamwork, and I'm so thankful to have a successful team on this journey together."

Not only does the team include Martino and his fellow doctors and nurses

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BRIEFS

Luau Party planned for Sept. 22

The Ponte Vedra Woman's Club is planning a Luau Party from 4 to 9 p.m. Sunday, Sept. 22, at The Local, 301 Atlantic Blvd., Neptune Beach. Admission is \$45 per person or \$80 for two people. Tickets include one signature mai tai cocktail, a buffet dinner and live entertainment by Nine Oh Flow-Fire performers at 7 p.m. Net proceeds go to local charities. For further information, or to get tickets, go to pontevedrawomansclub.com.

Family seining event set for Sept. 14

GTM Research Reserve will offer a program on family seining from 9 to 11 a.m. Sept. 14 at GTM Research Reserve Guana Dam, 505 Guana River Road, Ponte Vedra Beach. Learn about the animals and their roles in Guana Lake by pulling a seine net and collecting species of fish, crabs and other marine life.

The event is free, but parking is \$3 per vehicle. Register online at gtmnerr.org/visit/events.

All necessary gear (waders and boots) will be provided. Hat, insect repellent, water and sunscreen are recommended.

End of county pier closed for pillar assessment

The last 100 feet of the St. Johns County Ocean and Fishing Pier (350 A1A Beach Blvd., St. Augustine Beach) will be closed indefinitely while county staff members conduct maintenance reviews of the pillars closest to the ocean. The rest of the pier will remain open for sightseeing.

Last week, St. Johns County facilities maintenance workers noticed that some of the pier's support pillars — normally underwater but exposed to visual inspection during the U.S. Army Corps of Engineers' beach renourishment efforts — appeared to show evidence of decay. A structural engineering firm was brought in to provide a professional opinion. The decision has been made, based on the firm's advice, to close off the end of the pier above and below for safety.

St. Johns County will take further action on the affected portion of the pier dependent on further recommendations from engineers.

Archaeological lecture planned

The Archaeological Institute of America — Jacksonville Society will meet at noon on Sept. 21 in Building 51 at the University of North Florida to hear a lecture by Laura

BRIEFS continues on Page 3

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Briefs

Continued from 2

Seifert who founded the Savannah Archaeological Alliance. Her lecture is titled “Faith in Education at the Skidaway Island Benedictine Mission.” She will discuss her excavations at the Mission.

The lecture is free and open to the public. Complimentary refreshments will be served afterwards in the anthropology lab. On Saturday, parking is free and the staff/faculty/vendor spaces are available to everyone.

For more information, contact Melva Price at 904-241-9411 or aiajaxsoc@gmail.com.

International Coastal Cleanup to include Guana Reserve

Join Guana Tolomato Matanzas

(GTM) National Estuarine Research Reserve and volunteers around the globe for the International Coastal Cleanup from 9 to 11 a.m. Saturday, Sept. 21. Enjoy coastal views while helping remove debris and microplastics from GTM's beach.

Meet at the GTM Visitor Center and Guana Dam, 505 Guana River Road, Ponte Vedra Beach, as well as the South Beach Access Parking Lot, 2200 S. Ponte Vedra Blvd., Ponte Vedra Beach.

Email Abby Kuhn at Abigail.Kuhn@FloridaDEP.gov for more information.

Gloves and trash bags will be provided at each location. Hat, insect repellent, water and sunscreen are recommended.

Workshop to help those seeking jobs

The Savvy Job Hunters Ministry of Christ Episcopal Church will host a free combo in-person and virtual workshop,

“Overcoming Your Roadblocks as You Prepare to Take the Plunge During Your Job Search,” presented by J. Dianne Tribble, certified professional life coach.

To go from our present circumstances to where we desire to be requires embracing change. Fear, stress and lack of confidence are roadblocks that can hinder our progression. Be open to challenging the roadblocks in your life. This interactive workshop could prove to be a key factor in remaining focused and encouraged during your job search.

The workshop will be held 10 a.m. to noon Sept. 26 in the Formation and Arts Building, Room F106, Christ Episcopal Church, 400 San Juan Drive, Ponte

Vedra Beach.

Email pottesen66@gmail.com to sign up to attend in-person or register to receive the Zoom link. All are welcome to attend.

Palm Valley Market every Tuesday

The Palm Valley Market is held from 10 a.m. to 1 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.

— Compiled by Shaun Ryan

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MSD seeks joint audit of homes contracted with FCC

By Anthony Richards

Garbage and recycle collection continue to be a major talking point as the Ponte Vedra Municipal Service District continues to work out the situation since the St. Johns County Commission agreed to terminate its trash collection contract with FCC Environmental Services on Aug. 20.

As part of the contract that had been initially agreed upon prior to the termination, FCC agreed to conduct an audit of the houses in the MSD to find the exact number serviced, which would in turn reduce the price of the service.

According to MSD chairman Al Hol-

lon, there are 1,824 taxable parcels within the MSD boundary, of those 200 are vacant lots or unoccupied and 590 are condos and the MSD only services 160 of those, which means the MSD services 360 fewer homes than FCC charged them for and even more do not have the capability to receive the extra service of side-door pickup.

Hollon has reached out to FCC about completing the audit and FCC operations manager Ray Mazzaferro was on the agenda to speak at the MSD meeting but did not attend.

“A joint audit is in the contract to determine of family homes that are served in the MSD, and I’d be happy to ride with

them and count the homes,” Hollon said.

Treasurer Rick Brown said that he would not advise short paying an invoice, and instead advised sending a letter and see if they could provide a rebate.

“A short pay is what creates a line of credit issue for a lot of people,” Brown said.

Trustee Charles Callaghan asked if the county is going to package the MSD or any other communities to try to make it more attractive for companies to bid on when it comes to the second pickup option.

“I’ve talked to two vendors and they’re looking at the number of households being served,” Hollon said. “We would need at least 3,000 households to make it worthwhile to some of these vendors. They look at the numbers and we just don’t have that in the MSD without going to Sawgrass, Marsh Landing and maybe even over to Nocatee, which would make it more attractive.”

Due to the recent waste collection contract adopted, the MSD did approve to make a line-item transfer of \$48,000 to counteract the contingent financial difference in the allotted sanitation budget for the final two months of the current fiscal year.

In other news, the board unanimously approved to allow trustee Brad Wester to

seek bids for the northern segment of the proposed sidewalk project down Ponte Vedra Boulevard from San Juan Drive to Ponte Vedra Circle.

“I think it’s a pretty simple section but good to get that going,” Wester said. “Especially with a lot of residents using the northern beach access point now that the county owns it.”

According to Wester, the tentative \$75,000 allotted for the project in the new proposed fiscal budget should be enough to fund it.

The MSD will hold a special meeting to approve the final budget for the 2024-2025 fiscal year on Sept. 16 at the Ponte Vedra Beach Public Library.

Wester also informed the board that the Ponte Vedra Zoning & Adjustment Board approved a concession to amend the no-parking ordinance on San Juan Drive with a 4-1 vote in favor.

The next step is for the proposed amendment to go toward the County Commission at their next meeting where they will conduct the final vote.

If passed, the ordinance would be amended to enforce no parking along San Juan Drive from 7 a.m. to 5 p.m. on weekdays. After 5 p.m. on weekdays and on weekends guests of residents would then be able to park along the road, but contractors would still be not allowed.

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Teen Club donates lunches to nonprofit

For The Recorder

The link Teen Club in Nocatee started off September with a wonderful gesture for the Port in the Storm organization in St. Augustine.

Port in the Storm is a youth center for those ages 21 and under who are troubled or find themselves homeless. This organization is a beacon of hope for the community with the services they provide.

The link Teen Club came together as each teen volunteered to purchase items needed to create 100 sack lunches consisting of sandwiches, chips, granola bars, fruit and other snacks.

The club was proud to donate the lunches on Sept. 4. All items were picked up by Sarah Del Sid, Development & Volunteer Coordinator for Port in the Storm.

“We are so appreciative of all that the link Teen Club does to support the homeless men, women, youth and families in our community,” said Del Sid. “Thank you for sharing your time and talents; your donations are making a positive impact right here in St Johns

County.”

The link Teen Club, under the direction of Jeff Tawney, is always looking for ways to give back to the community. If you have a charity idea that you would like to present to the club, email jeff@thelink.zone.

The link Teen Club is an important initiative under the youth empowerment mission of Sapna Foundation, a nonprofit started by the founders of the link, Raghu and Gurpreet Misra.

“We are greatly appreciative of the attendees of the link’s events like Collisions and Coffee and Circle of Creation, as all proceeds go towards projects like Teen Club,” said Gurpreet Misra. “We are extremely proud of the Teen Club and what they do to give back to the community.”

The club is off to the next project where they have been challenged to build a one-of-a-kind sculpture that will be a focal point at Jax Fuse, a two day festival celebrating food, fashion and film. This festival will be at the link on Friday and Saturday, Sept. 13 and 14. Go to jaxfuse.com for full details and event tickets.



Contributed photo

Teen Club members with lunches they packed for youths at the Port in the Storm center.

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Elizabeth Joshi was recognized in May by The Rotary Club of Ponte Vedra Beach and The Ponte Vedra Recorder during the 32nd Annual Local Heroes Awards. She launched the Ponte Vedra Litter Crew to clean up litter along State Road A1A. She can be found on Instagram and is planning a Facebook page for the crew. Those interested in taking part in a clean-up can message her or respond to her posts on NextDoor. The next clean-up will be held at the end of this month.

Elizabeth Joshi

As told to Shaun Ryan

Tell me about the Ponte Vedra Litter Crew.

The Ponte Vedra Litter Crew meets monthly near the Ponte Vedra Beach/Jax Beach border (also, the county line for St. John's County and Duval County) to ensure that the first impression into our community and county is of an area that is clean and maintained. When we started back in March of 2024, this area was full of heavy and small trash; we have cleaned up everything from the removal of large shopping carts from ditches to nitrous oxide canisters from the roadside — to hundreds of Styrofoam cups and wrappers in between.

Is there any way to quantify the amount of litter the group has picked up?

I would estimate that we have cleaned, as a group, over 350 pounds of trash from A1A roadsides and parking lots, bushes, ditches, etc. in this area. As the area gets progressively cleaner (by removing historical litter that has piled up for years), we spread our efforts further south and are able to pick up newer litter faster.

Along with these efforts, group members often clean up on their own. For example, some members work independently to clean up along Solana. One member and I work frequently on A1A in Ponte Vedra Beach.

Whenever I am in town, I try every morning to pick up along Palm Valley Road and A1A between Walgreens and the Chase bank. This is a very long distance, but I am committed to keeping it clean. The other member helps me with these efforts and also attends frequently to Mickler Road. On the whole, I would say we have cleaned up well over 2,000 bags of trash through these independent efforts, in addition to what we as a group have collected.

It is an ongoing and often frustrating undertaking to see how much litter and dumping there actually is. I am hoping to orchestrate a plan for cleaning and maintaining the drainage areas on Roscoe, through the help of local residents, as this road has a lot of trash clogging up drainage ditches and also flowing into marsh areas with heavy rains.

What led to you starting this group?

The seed was planted for my efforts after seeing a family leave water bottles behind on the beach. I was upset at the cavalier attitude of cleaning up as being “someone else’s problem.” I then started



Contributed photo

Elizabeth Joshi has been recognized for her efforts to remove litter along the community's northern border.

walking along Palm Valley Road and was upset at how much trash I saw.

After hearing about Bob Davenport's efforts in cleaning up around the community, I was inspired. One Sunday morning I decided to bring a kitchen trash bag and filled it in under a quarter of a mile. I was angered that someone did not do something. Then I realized that I had to be that “someone.” I had picked up odds and ends where I used to live in Indiana, while walking my dog, but it didn't become second nature until I moved here.

After working solo for a few years on my own, I decided that it would be a good idea to address areas that I was not able to cover on my own, with a team. I had never formed any type of group before, but I hoped that people in the community would be inspired to help me in caring for our area.

How many members are there?

We have over 70 members on our email list currently. The number of people who show up to clean-ups varies depend-

ing on the time of year (some members live here only seasonally) and schedules. Our turnout could be better. Our group has about 10 loyal members who keep coming back and since we are still in our infancy, I know we can grow that.

At the same time, I don't want people to feel burdened or shamed when life gets in the way. I just want them to feel welcome and included in what can be surprisingly fun and a great way to bond with others who care.

I find that once people start coming, they see the value and it becomes kind of addictive. It is an immediate sense of bettering one's community and making a difference for others and for wildlife. Removing litter is a way of pushing back against those intent on destroying what we love about our community.

How does it make you feel to see these volunteers working together to make our community more beautiful?

I am proud and honored that the volunteers in our

group devote their valuable time to this, and I truly hope that others take note and realize that it is not just for “someone else” to address.

A couple who is very loyal to our cause came to our last clean-up on their anniversary. This was very humbling to me; we have some wonderful people in our community who care enough to put things aside to show up for what they view as a valuable cause.

Do you have any advice for others who would like to do something like this in their own communities?

My advice to people in our own community and others is to just start. Don't wait. If you are too busy to join a group, you can easily do this on your own. The main thing I had to overcome was feeling a bit weird and self-conscious. I have always been kind of introverted and believe it or not, cleaning up litter has greatly helped me come out of my shell

Serenata Beach Club to be sold at auction

By Shaun Ryan

Serenata Beach Club is scheduled to be sold in a foreclosure auction at noon Thursday, Sept. 12. The 17,956-square-foot property and parking lot, located at 3175 S. Ponte Vedra Blvd., South Ponte Vedra Beach, has been the subject of several reports in the media concerning the owners' struggles to pay back loans.

The auction is the result of a failure to accomplish that.

DLP Lending Fund of Delaware with a branch at 405 Golfway West Drive, Suite 300, St. Augustine, filed suit against owners Molly Ann Butler and Jeffrey Byron Butler, as well as Bernoulli Growth Capital, on July 6, 2023, claiming that Serenata Beach Club executed a promissory note on April 20, 2022, in the amount of \$8,586,000

and failed to pay all amounts that were due by May 1, 2023.

On July 18, 2024, Judge Howard Maltz of the Circuit Court of the 7th Judicial District ruled that the Serenata Beach Club owed DLP a total of \$11,631,516, which included the principal, interest and various legal fees. Interest would continue to accrue after that date.

The foreclosure comes in the wake

of reports of temporary shutdowns in 2023 and January 2024. In February 2024, the club announced its reopening after a period of renovation.

The property will be sold online to the highest and best bidder for cash at saintjohns.realforeclose.com.

The St. Johns County Property Appraiser's Office lists the property's just (market) value at \$4,496,302. The beach club was built in 2001.

Joshi

Continued from 6

(finally!) and stop worrying about what other people think.

Most people are supportive and appreciative. Some give me weird looks and cannot understand why anyone would do what I do for free and voluntarily. It can be very tiring and time consuming. I have grown to see what a difference one person can make and now wear that as a badge of honor rather than feeling like it is weird. Embrace the change you can make!

Getting started is as simple as ordering a grabber off of Amazon or buying one at a home improvement store (or ask a clean-

up organization if they have extras) and just bring it on a walk. You can also just use a kitchen tong or a gardening glove and bring a bag with you on a walk, run or bike ride. Just grabbing a few things matters, even if you are in a parking lot heading into an establishment.

Every time I clean up along Palm Valley Road or along A1A, I pass a lot of people walking, running and biking. It should not fall on one person or a small group to do it all. Have pride in your community and take a stand. Also, get your kids involved in taking care of where they live! This is the only way we can make a true change for the future. They must get involved and see that they can make a difference.

How long have you lived in the Ponte Vedra area?

I have lived here for three years, although I have been coming here for more than 30 years (as my parents bought their home here in 1992). The area has changed dramatically in that time and the growing litter issue has come with that change. That is one negative that we don't have to just tolerate and live with, if we choose not to.

What do you like best about living here?

I love the weather and being close to the beach. I also love the nature, particularly all of the beautiful birds I see. I am obviously dismayed at how some who are very

lucky to live in our area/county treat what they have and attempt to ruin it with their disregard, but I feel empowered to combat that by my efforts.

I hope that when people see me and others cleaning up litter, they won't get complacent and think that someone else has got it handled. I would love to spend less time cleaning up. If everyone cleaned up around their neighborhoods or in front of their homes in the drainage areas, it would be so much easier.

This sense of community responsibility is very important to me. We share Ponte Vedra Beach, and it is all of ours to preserve and show pride in, so my wish is that we all treat it with the love and respect that it deserves.

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Antwanette cuts the ribbon on her new home.



Fe cuts the ribbon on her new home.

Habitat

Continued from 1

other side of the neighborhood. Applications approved later in the year will lead to another 18.

The first three homes have been built with the support of The Raintree Restaurant, O.C. White's Seafood & Spirits and Publix Charities.

Volusia Woods is Habitat St. Johns' fourth neighborhood, the last being Canopy Oaks, just a few blocks away, which was completed in the winter of

2023. It also marks a new strategic plan. Since 1992, Habitat St. Johns has built about 170 houses, averaging about six a year. But by 2028-29, starting with Volusia Woods, the nonprofit intends to

build 30 homes per year.

Thanks to several businesses and organizations, the new homes will include those things that help make life livable. Here's a look at these donations:

- Baker Distributing — air conditioning systems
- St. Augustine Kitchen and Bath — kitchen and bathroom countertops
- Memorial Presbyterian Church, Knights of Columbus Council 7121 and Knights of Columbus St. John Paul II 16492 — washing machines and dryers
- Board of Realtors — microwaves and dishwashers
- Whirlpool — refrigerators and ovens/stoves
- Levolor Blinds — bedroom and bathroom blinds
- Schneider — electrical supplies
- Lowe's provided good prices for almost everything else.

"Being able to move into a new place that already has everything ready to go is really life-changing," said Jones.

A Habitat St. Johns supporter who visited the open house Friday explained her reasons for helping the nonprofit.

"I had a wonderful childhood, and the memories I have of my childhood are based on a very loving home," she said. "It was safe, secure. I had friends to play with. And I can't think of a better thing to help kids than to have a secure home life."

She said Habitat for Humanity provides housing for those who need a hand up, not a handout.

"And that's why I will support it," she said. "As long as I live here, I'll support it."

To qualify for homeownership, applicants must demonstrate need, ability to pay, willingness to partner through 200 sweat-equity hours and have worked or lived in St. Johns County for at least one year.

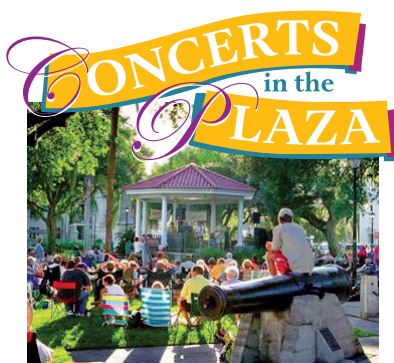
Anyone wanting to donate to Habitat can contact Development Director Tom Torretta at development@habitatstjohns.org or 904-826-3252 ext. 2001. They can also donate online at habitatstjohns.org.

Jones said volunteers are always needed. Individuals can volunteer during Habitat St. Johns' open builds as listed on its volunteer website. Groups can sign up by emailing Jones at programassistant@habitatstjohns.org.



Contributed photos

Antwanette and her family express their excitement in seeing her new living room.



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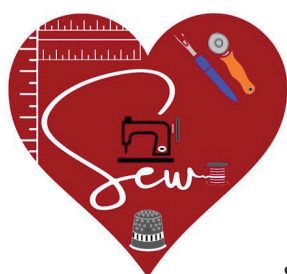
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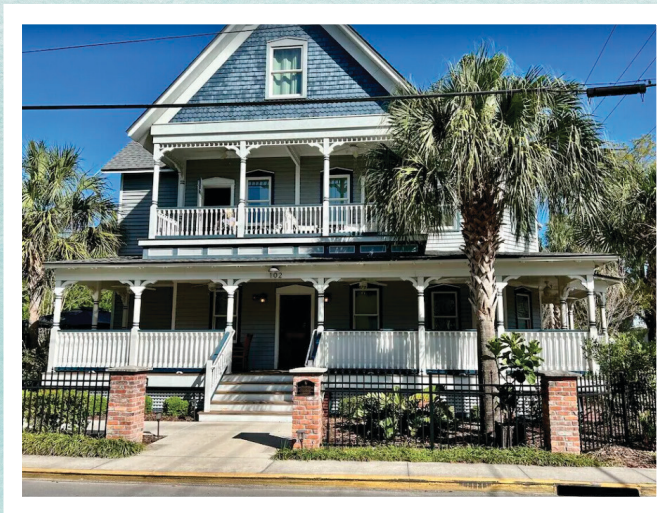
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OBITUARIES



Sara Day Radovic

PONTE VEDRA BEACH, FL – Sara Day Radovic, 48, of Jacksonville, Florida,

passed away peacefully Tuesday, August 6, following a gallant, year-long fight with ovarian cancer which she faced with grace, dignity, and courage. Born on September 9, 1975, in Bridgeport, CT, she was a woman who embraced life with joy and will be remembered as a truly kind and gentle soul.

She is survived by her parents Andrew and Martha Radovic of Ponte Vedra Beach, FL, a brother, Andrew Radovic III of Singapore and his wife Hanae and their children, Luke and Owen. Sara’s extended family includes a loving circle of eleven aunts and uncles, and ten cousins.

She graduated from Nease High School (1993), the University of North Florida (1997) with a bachelor’s degree in communications and Florida State University (2000) where she earned a master’s degree

in library science.

Sara enjoyed a long and standout career that spanned twenty years with the Jacksonville Public Library System. She was known for her strong work ethic and dedication to the profession she truly cared for and loved. She leaves behind a proud legacy of service as a librarian and will be remembered fondly by the many colleagues and patrons she touched along the way. Her warm, welcoming smile, which was matched only by her brilliant spirit will be missed.

Her passions included spending time with friends and her cat, reading, cooking, knitting, and traveling. She could often be found at the Brooks YMCA pursuing fitness and wellness goals.

An ardent supporter of causes that benefit those less fortunate, she derived

great satisfaction volunteering for Feeding Northeast Florida, a charitable organization located in Jacksonville that was very important to her. In lieu of flowers, Sara would urge all to donate either time or financial support to further advance their efforts in the community.

A Memorial Service will be held at 11 a.m. on Saturday, Sept. 28, at the Ponte Vedra Valley Funeral Home & Cemetery, with a reception immediately following. Please sign the online guestbook at www.pontevedravalley.com



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DEATH NOTICES

Edith M. Brisson

Edith M. Brisson, 94, of Fleming Island, Florida, died Sept. 2, 2024. Arrangements by Quinn Shalz Funeral Home & Cremation Centre, 904-249-1100, www.quinn-shalz.com

Margarita Eguia

Margarita Eguia, 91, of Ponte Vedra Beach, Florida, died Sept. 2, 2024. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www.pontevedravalley.com

Sara “Sally” Heuer

Sara “Sally” Heuer, 82, of Ponte Vedra Beach, Florida, died Aug. 27, 2024. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www.pontevedravalley.com

Valeria Ryan

Valeria Ryan, 101, of St. Augustine, Florida, died Aug. 28, 2024. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www.pontevedravalley.com

Janice Marie Davis

Janice Marie Davis, 85, of Ponte Vedra Beach, Florida, died Sept. 7, 2024. Arrangements by Quinn Shalz Funeral Home & Cremation Centre, 904-249-1100, www.quinn-shalz.com

Bruce Gregory

Bruce Gregory, 77, of Jacksonville, Florida, died Aug. 8, 2024. Arrangements by Quinn Shalz Funeral Home & Cremation Centre — 904-249-1100, www.quinn-shalz.com

Linda Diane Masters

Linda Diane Masters, 80, of Jacksonville, Florida, died Sept. 4, 2024. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com. 904-249-1100

Lawrence “Larry” Schlessler

Lawrence “Larry” Schlessler, 74, of Ponte Vedra, Florida, died Sept. 3, 2024. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www.pontevedravalley.com

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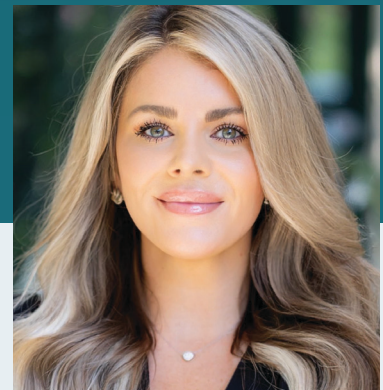
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Photo by Anthony Richards

Chef Colin McClimans operates the surgical robot.



Photo by Anthony Richards

The luncheon on Sept. 6 had lots of smiling faces.



Photo by Anthony Richards

Attendees give a toast.

Bite

Continued from 1

who make up the Ascension St. Vincent's staff, but it also includes the residents in the community that are willing to offer up donations to help the organization's goals and continue to advance the health care opportunities in Northeast Florida.

"This is the team approach we're using to build our cardiac surgery, thoracic surgery, prostate and neurology surgery and colon surgery," Martino said. "As we recruit surgeons here, they're here to take care of us (as a community), because we all are going to need care at some point, and we want it to be the most advanced care."

Martino expanded on how robotic surgery has changed over the years since he first saw the technology being introduced in 2001 and how it continues to advance toward the way of the future, including per-



Photos by Anthony Richards

Featured wine educator Shaun Wright, fine wine manager for North Florida at Southern Glazer's Wine and Spirits, speaks with attendees at the luncheon.

forming surgery remotely, which he believes is coming sooner than later.

"It really changed our careers and what we do, because we realized we could see in 3-D, which gives us added depth and our hands get seven degrees of freedom, which means we can go in places of the human body that we never thought we'd be able to reach," Martino said. "Patients will thank God go home the same day in many cases and get back home to their families where they should be. After all, our patients are our wives, daughters, mothers, brothers and sisters."

The luncheon was followed up the next night with the Delicious Destinations main event and social, which this year featured a "Roaring '20s" theme and included a speakeasy room to go with a variety of local chefs' cuisines for attendees to enjoy.

Both the Delicious Destinations luncheon and main event were held at the Ponte Veda Inn & Club. The featured wine educator at the luncheon was Shaun Wright, fine wine manager for North Florida at Southern Glazer's Wine and Spirits.



Photo by Anthony Richards

A group of religious sisters were guests at the Delicious Destinations luncheon.



Photo by Susan Griffin

Local chefs took part in the main event on Sept. 7.



Photo by Susan Griffin

The main event was held at the Ponte Veda Inn & Club.

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Rival bands team up for duck race fundraiser

By Anthony Richards

The Ponte Vedra High and Nease High band programs joined forces for the Battle of the Bands Duck/Shark Derby at Nocatee Splash Waterpark on Aug. 25.

The unique fundraiser involved the two rival schools coming together for the shared goal of raising money for both programs with a rubber duck/shark race at the Nocatee Splash Waterpark lazy river.

PVHS earned the trophy for selling the most and achieving 100% participation, while Nease clinched victory in the race with a duck crossing the finish line first.

Both programs look to make the event an annual fundraiser.

Contributed photos



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Dr. Candice Kennedy

By Dr. Candice Kennedy

Founder and owner, Total Foot Care & Wellness Clinic

The average person will walk about 115,000 miles throughout their lifetime. It's no secret that everyday life puts added wear and tear on your body as you age. From walking up the stairs to getting into your car, your feet provide the functionality you need for basic tasks. That's why I believe it's essential for seniors to pay special attention to their feet as part of their daily routine.

First and foremost, I recommend inspecting your feet every morning.

From heel to toe: Crucial foot care tips for aging adults

GUEST COLUMN

Seniors should look for cuts, swelling, blisters, sores and any changes to nails or skin because as we age, circulation often decreases, and the skin becomes thinner and less resilient. This makes it easier for small issues to turn into serious infections or ulcers. Regular inspection allows for early detection and timely treatment.

For seniors with diabetes, foot care becomes even more critical. Diabetes can impair blood flow and reduce sensation in the feet, making it harder to detect injuries or infections. It's essential for those with diabetes to inspect their feet daily, as even minor issues can quickly escalate into more serious complications.

As part of that inspection, seniors should regularly moisturize their feet. Dry, cracked skin can increase the risk of infections and other complications. By keeping the skin soft and supple, moisturizer helps protect against these issues and supports overall foot health.

Additionally, wearing the correct shoe size is crucial for preventing injuries. A strong, supportive heel counter is vital

for proper foot alignment and stability. Also, the shoe should fit snugly without excessive movement. Lastly, ensure the toe box provides sufficient flexibility to accommodate natural foot movement. For those with conditions such as bunions or hammertoes, a wider toe box should do the trick.

Moreover, consider using custom-molded orthotics. These inserts help align your feet and legs more effectively, enhancing overall stability.

For Florida seniors who have spent many years under the sun, protecting your feet from sun damage is crucial. One important but often overlooked step is applying sunscreen to both the top and bottom of your feet. The skin here is highly susceptible to melanoma and has likely endured years of UV exposure. To reduce your risk, make it a habit to apply sunscreen regularly. Additionally, keep an eye out for any suspicious growths or moles on your feet and legs. If you notice anything unusual, schedule an appointment with a podiatrist promptly.

Regular visits to a podiatrist are essential for maintaining foot health. Our professional care ensures that any potential issues are identified and addressed before they become severe. We are trained to diagnose and treat a wide range of foot and ankle conditions. Don't underestimate the importance of podiatric care — your feet are the foundation of your health and keeping them in good shape is essential for your well-being.

Dr. Candice Kennedy is the founder and owner of Total Foot Care & Wellness Clinic, which operates nine locations throughout Jacksonville. The clinic's staff treat conditions such as injuries, bunions, corns and calluses, diabetic foot problems, plantar fasciitis and more. Total Foot Care podiatrists also conduct house calls to individual homes and assisted living/nursing home facilities. To learn more or schedule an appointment, go to TheTFCClinic.com or call 904-323-0954.



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GUEST COLUMN

Brain Power: Keeping your mind sharp and healthy



Jessica Wick

By Jessica Wick

Taking care of your brain is more important than ever, and it starts with simple, everyday habits. Keeping your mind active, learning new things and staying curious is vital to maintaining cognitive sharpness. Experts agree that optimizing cognitive abilities, sensory experiences, motor skills, emotional balance and behavior is crucial for overall well-being. A healthy brain plays a significant role in staying focused, managing stress and maintaining strong relationships.

From processing our surroundings to controlling our emotions, the state of our brain impacts every aspect of our lives. Nurturing brain health can enhance mental clarity, improve connections with others and contribute to success in various areas of life.

The Lifespan Perspective on Brain Health

Brain health is essential at every stage of life, from early childhood through old age. Early brain development sets the stage for future health, learning and behavior. For example, the brain's plasticity during childhood allows it to adapt

and learn new skills quickly. Maintaining brain health is essential because it influences our functions, helps mitigate cognitive decline, supports mental agility and promotes independence. Supporting cognitive function from childhood through adulthood is essential for a fulfilling life.

The Importance of Sleep for Brain Health

Sleep isn't just about resting; it's when our brains do some of their most important work. Think of sleep as a reset button — while asleep, our brain is busy organizing memories, processing emotions and even clearing out toxins that can build up during the day. A lack of sleep can lead to decreased focus, diminished problem-solving skills and heightened irritability. For children in particular, consistent and quality sleep plays a role in facilitating learning and regulating emotions.

The Role of Nutrition in Brain Health

What we eat directly impacts how we feel and think, especially for children whose brains are rapidly developing. B vitamins are key players in supporting brain function and growth. If children don't get enough of these vitamins, it can lead to more than just physical symptoms like stomach aches or bad breath. They might also struggle with concentration in school, feel moody or have difficulty remembering things. Small changes, like incorporating foods rich in B vitamins — such as eggs, leafy greens and whole grains — can make a big difference in their ability to focus, learn and thrive.

Building Healthy Brains

Engaging in activities stimulating cognitive and sensory functions, such as learning a new language, regular physical exercise or trying new hobbies, can boost brain resilience and potentially delay neurodegenerative diseases. The brain's ability to change and adapt

is something that should be leveraged throughout our lives. By challenging the brain, we can build resilience and overall health.

Enhancing brain function involves improving sensory processing, motor skills, impulse control, emotional regulation and cognitive abilities. Engaging in a variety of activities can optimize performance in these key areas. Research-backed programs, such as those offered by Brain Balance, utilize these strategies to support brain health:

- **Sensory Domain:** Stimulates sensory processing through exercises that engage sight, sound, touch, smell and body awareness, supporting attention and emotional regulation.
- **Motor Domain:** Improves coordination, balance and posture with activities that integrate sensory and motor skills.
- **Behavioral Domain:** Strengthens impulse control and emotional regulation, promoting a balanced stress response.
- **Social-Emotional Domain:** Enhances connectivity for better stress management, empathy and social interactions.
- **Cognitive Domain:** Boosts attention, memory and problem-solving by

integrating sensory inputs and coordinating brain functions.

Improving brain health goes beyond academic performance or behavior; it's about building a strong foundation for lifelong well-being and supporting growth in all areas of life.

Embracing Your Brain Health

Understanding and optimizing brain health is key to enhancing quality of life at every stage. As research evolves, the focus on brain health will continue to be integral to achieving holistic well-being. It's never too early or too late to start.

Jessica Wick, executive director of Brain Balance Center Jacksonville, was inspired to help families after witnessing the program's transformative impact on her son, Dylan, in 2017. A University of Florida graduate with degrees in anthropology and criminal justice, Wick is also a board-certified cognitive specialist. She's passionate about advocating for Lyme disease and enjoys Florida Gator football. She lives in Nocatee with her husband, Kris, and their two children.

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Seeking professional help when running hurts

By Dr. Chris Kopp

I have pain when I run, what should I do?

That is a question I get frequently. The answer I usually give is, “depends.” Most of the time there is a reason that someone is experiencing pain when they run, but should they stop running? First and foremost, pain is a signal alerting you to a problem or potential problem. One should treat it as a puzzle vs an obstacle. There are a variety of reasons and fixes, some simple, some more complex. Could be the camber (tilt) of the road or beach depending on the surface you run on. Could be too much too fast too soon if you have started a training/running program. Maybe a lack of cross training. Could be a joint restriction somewhere or muscle imbalance. If you are a new runner, could be just getting used to running but there may be a running form issue. Therefore, here are my tips for “When to Seek Professional Help For Running-Related Aches and Pains”:

- Symptoms on one side of the body only
- Pain in the groin or front of the hip during running
- Symptoms that occur at the beginning of the run and worsen as you keep running
- Symptoms that persist after you finish



running

- Symptoms that persist for longer than two weeks
- Symptoms that occur at night
- Pain that is associated with numbness, tingling, pins and needles, coldness or other nerve-related sensations.

Symptoms on one side of the body only means there is an imbalance in the system, something is off from one side of the body vs the other. A good biomechanical examination could potentially find that imbalance.

Pain in the groin or front of the hip during running could be related to an issue

within your hip joint, including a potential for a stress fracture. I do not recommend running until the source of that pain is fully identified.

Symptoms that occur at the beginning of the run and then get worse as you keep running. Again, not a good sign. If the pain is in your shin or foot, you need to get screened for potential stress fracture.

Symptoms that persist after you run usually means something more muscular in nature or tendonitis, managed with rest and ice and modification of miles.

Pain lasting longer than two weeks or at night is too long to go unchecked by a

health professional familiar with running injuries/symptoms.

Pain associated with numbness, tingling and pins and needles, coldness — these could be nerve or vascular in nature. Sometimes, shoes can contribute to this but again, should not be ignored.

Regarding shoes, lots of variety there and again the recommendation is for a good biomechanical assessment. Also, a treadmill running video analysis can be helpful to determine if your running style is a contributing factor or sometimes, we can pick up on muscle imbalances from one side or the other.

Running is a very popular and an easy and inexpensive way to maintain our fitness level. Some need it for stress relief, others like to participate in races from 5Ks to marathons. Regardless, running with pain is generally not recommended for the reasons mentioned above. If you are having pain with running, get it checked out with an expert who can work with you to get you back on the road without symptoms.

Dr. Chris Kopp PT, DPT is the owner of Premier Physical Therapy and Rehabilitation of Jacksonville, Inc. and can be reached at info@premierptjax.com, or go to www.premierptjax.com for more information.

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What is AFib? (or Atrial Fibrillation)

AFib is a problem where the heart doesn't keep a steady rhythm. Some people with AFib experience symptoms such as fatigue, a racing, pounding, or fluttering sensation in the heart, or shortness of breath, but others have no symptoms at all.

Why does AFib matter?

AFib is linked with a 5x higher risk of stroke.
AFib also increases risk of heart failure and dementia.

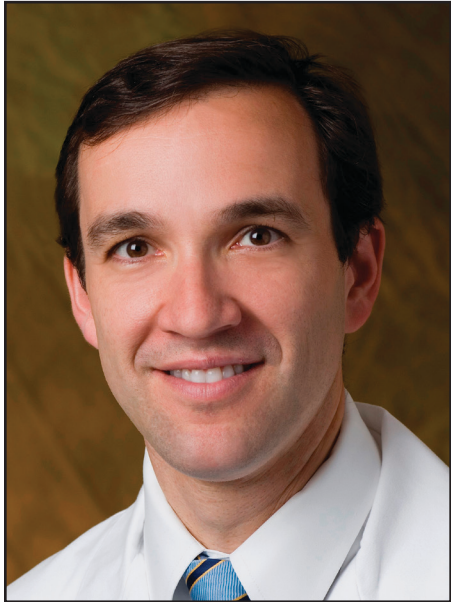
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GUEST COLUMN

September is Atrial Fibrillation Awareness Month



Dr. Anthony Magnano

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

It's estimated that 12.1 million Americans will be affected by atrial fibrillation by 2030, according to the Centers for Disease Control and Prevention (CDC). Also known as AFib, this irregular heartbeat puts patients at

risk for serious health issues like heart failure and stroke. 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.

Unfortunately, up to half of all patients don't realize they have this common heart condition. That makes awareness and screening key. This AFib Awareness Month, learn the risk factors and what causes AFib, along with the latest treatment options — and share them with a friend. Doing so could save a life.

What Causes AFib?

AFib causes a rapid and irregular heartbeat, which can happen all the time (persistent AFib) or only occur in brief and intermittent episodes. This can lead to symptoms like heart palpitations, dizziness and fatigue.

The issue starts in 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.

AFib Risk Factors

The risk for AFib increases steadily with age. According to a study published in the Journal of the American Heart Association, people over age 40 have a one-in-four lifetime risk of developing atrial fibrillation. Additional risk factors include obesity, high blood pressure, sleep apnea, coronary artery disease, congestive heart failure, valvular heart disease, rheumatic heart disease, diabetes or metabolic syndrome, lung disease or kidney disease. Certain behaviors, like smoking and alcohol abuse, can also increase your risk for AFib.

Advancements in AFib Treatment Options

The standard approaches to AFib treatment have been medication, cardioversion and catheter ablation, but given how common AFib is, researchers are continuously evaluating the latest approaches for safe and effective patient care. Pulsed field ablation (often called

“PFA”) is the latest emerging technology used to treat AFib.

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.

Instead of burning or freezing tissue, pulsed field ablation applies a controlled electrical field to heart tissues for a more precise, safer and faster procedure. Since it is non-thermal, pulsed field ablation is less likely to damage structures around the heart such as the esophagus, phrenic nerve or pulmonary veins. Because of this, patients often report minimal to no chest discomfort following the procedure.

My team of cardiologists at Ascension St. Vincent's is excited to be the first in North Florida to offer this now FDA-approved technology to the majority of our AFib patients. I believe it has the

AWARENESS continues on Page 19

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Baptist Health's approach to stroke care recognized

For The Recorder

Baptist Health's ongoing commitment to making high-quality stroke care readily available to communities in Northeast Florida and Southeast Georgia was recently recognized by the American Heart Association.

Baptist Medical Center Jacksonville, Baptist Medical Center South and Baptist Medical Center Nassau each received the American Heart Association's Gold Plus Get With The Guidelines — Stroke Quality Achievement Award, which is the highest measure of quality awarded by the national organization.

Strokes, which occur when the vessels supplying blood and nutrients to the brain rupture or become blocked, are the No. 5 cause of death in the U.S. They are also the leading contributor to long-term disability in adults. It is estimated that, on average, someone has a stroke every 40 seconds.

The American Heart Association recognition is awarded annually to institutions that demonstrate adherence to the association's research-based guidelines on the most appropriate treatments for stroke. The Gold Plus achievement level recognizes performance of 24 consecutive months or more.

"We are immensely proud of the com-

prehensive stroke network we have built and nurtured over the past decade," said Michael A. Mayo, president and CEO of Baptist Health. "These awards reflect our ongoing commitment to following best practices as we've built a network of care that allows patients to access varying levels of stroke care depending on their specific needs."

A decade of dedication

These awards from the American Heart Association come as the Stroke & Cerebrovascular Center at Baptist Jacksonville celebrates its 10th year serving the community, bringing the latest expertise, world-renowned physicians and teams, best practices and innovative clinical trials to Northeast Florida.

When the Stroke & Cerebrovascular Center opened 10 years ago, it filled a critical need in the region for access to comprehensive stroke care closer to home. Prior to this, patients needed to travel outside of the community for advanced stroke treatments, costing hours that are critical in minimizing the long-term impacts of a stroke.

Right care, right place, right time

Ten years later, Baptist Health has expanded its reach of stroke care to 16

hospitals and satellite emergency centers via the TeleStroke Program, which virtually connects physicians and health care professionals to the stroke experts at the Baptist Health Stroke and Cerebrovascular Center. This initiative benefits communities in the greater Jacksonville area as well as those in Northeast Florida and South-Central Georgia and provides smaller hospitals or rural areas with 24/7 access to the experts at Baptist Jacksonville's Stroke & Cerebrovascular Center. This allows for quicker diagnosis and treatment, which ultimately reduces disability and saves lives.

"Early detection and prompt treatment of stroke are key to improving survival rates, minimizing long-term disabilities and speeding up recovery times," said Ricardo Hanel, MD, neurosurgeon and co-medical director of the Baptist Stroke & Cerebrovascular Center. "Our extensive physical and virtual stroke network allows us to offer patients the best possible outcomes."

In addition to the Gold Plus Get With The Guidelines — Stroke Quality Achievement Award, the American Heart Association also presented Baptist Health's hospitals with the following honors:

- Baptist Jacksonville received the

Target: Stroke Honor Roll Elite Plus and Advanced Therapy awards. These honors signify the hospital has met specific criteria that reduces the time between an eligible patient's arrival at Baptist Jacksonville and treatment to remove the clot causing the stroke.

- All five adult hospitals in the health system — Baptist Jacksonville, Baptist South, Baptist Nassau, Baptist Medical Center Beaches and Baptist Medical Center Clay — received the Target: Type 2 Diabetes Honor Roll award. This honor aims to ensure patients with Type 2 diabetes, who may be at higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized because of a stroke.

- Baptist Beaches and Baptist Clay received the Silver Plus Get With The Guidelines — Stroke Quality Achievement Award. This advanced level of recognition signifies a hospital's adherence to the American Heart Association's quality measure guidelines for the treatment of strokes for 12 consecutive months.

In addition to the Get with the Guidelines awards, Baptist Jacksonville is recognized as the region's only Joint Commission-certified Comprehensive Stroke Center, which is the "gold standard" of stroke certifications.

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Awareness

Continued from 17

potential to transform how we treat AFib with a much safer and more effective treatment. However, every case of AFib is different, which is why a tailored treatment plan is essential.

See Your Doctor for Annual Examination

Remember, AFib can have subtle symptoms, and up to half of all AFib patients are only diagnosed through regular exams and screenings. Take control of your heart health this AFib Awareness Month by making your yearly appointment with your doctor. And if you or a family member may have symptoms suggestive of a heart rhythm disorder, don't wait. Speak to your primary care doctor or cardiologist as soon as possible.

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.

Fundraiser for brain aneurysm research is Saturday

For The Recorder

An unforgettable evening of dining and entertainment will take place on Saturday, Sept. 14, at Walker's Landing in Amelia Island Plantation. Hosted by the Trinity Love Hoblit Foundation, the eighth annual gala will raise funds for research, training, treatment and awareness of brain aneurysms, stroke and other cerebrovascular conditions. The gala is the Trinity Love Hoblit Foundation's major annual fundraiser.

This year's event, themed "An Evening in Paris," features returning entertainers Sam Pounds, an acclaimed vocalist, songwriter and producer, along with

singer-songwriter Dave Yaden. Pounds and Yaden are both Grammy Award winners based in Los Angeles and have each garnered widespread acclaim.

Also in attendance at the gala will be special guest Yohann Le Bescond. Le Bescond is a celebrity chef and the complex executive pastry chef at the World Equestrian Center in Ocala, which was named as one of TIME's "2024 World's Greatest Places." He recently appeared on Food Network's "Beat Bobby Flay" and "Summer Baking Championship." Gala guests will be treated to one of Le Bescond's creations, which are marked by a high level of technique and classic French design.

The evening also includes a live auction where guests will have the opportunity to bid on a wide range of items including artwork, trips and more.

Fernandina Beach Mayor Bradley Bean will be the auctioneer for the evening, and the event emcee is Justin Taylor, a member of the Trinity Love Hoblit Foundation board of directors and also vice chairman and commissioner of the Port of Fernandina.

The cocktail reception begins at 5:30 p.m.

Tickets are \$200 per person, \$1,500 for a table of eight. Tickets and sponsorships can be purchased online at trinityhoblit.org/2024annualgala.

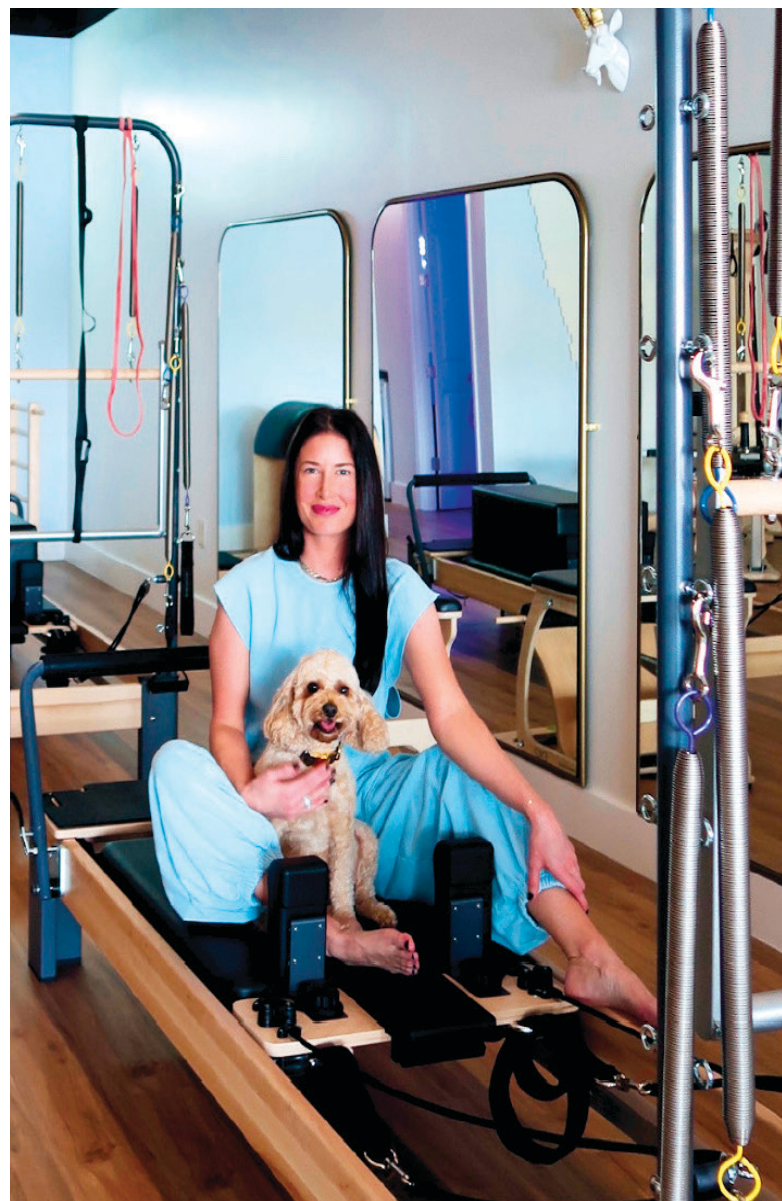
Activities that can promote cardiovascular health

- Get 150 minutes per week or more of moderate-intensity aerobic activity or 75 minutes per week of vigorous-intensity aerobic activity, or a combination of both. These activities can include running, cycling, swimming, and others that will get the heart pumping.
- Incorporate moderate- to high-intensity muscle-strengthening activity at least two days a week, these activities can include running, cycling or swimming.

- Strength training should be designed to work the entire body. It doesn't have to be traditional weightlifting, either. Body weight exercises, yoga, Pilates, and even tai chi can build strength and offer additional benefits like improving balance.
- Consider HIIT exercises. HIIT stands for high-intensity interval training, which involves exercising as hard as one can for a short period, and then resting briefly before exercising hard again for a short period.
- While stretching, flexibility and balance exercises

do not directly affect heart health, they do help one stay flexible and free from joint pain and other issues that can sideline a person from exercise. Doing what one can to protect against falls and reduce risk of being sedentary will benefit the heart in the long run.

• Don't discount everyday activities in relation to how they can enhance heart health. Walking, gardening, playing with children, or tossing a ball to a family pet are beneficial aerobic activities.



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Fall Home Improvement

THURSDAY, SEPTEMBER 12, 2024 • PAGE 20

www.PonteVedraRecorder.com

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

Outdoor living: Creating your Zen space

"Live in the sunshine, swim in the sea, drink the wild air." — Ralph Waldo Emerson

By Kathy Esfahani



Kathy Esfahani

Cooler weather is coming, and now is a perfect time to create a new outdoor living space at your home!

Outdoor living spaces provide the opportunity to spend time in nature — a proven way to reduce stress, blood pressure and muscle tension.

A study by the National Institute of Health (NIH) found that time spent in nature can improve brain function and memory.

Beyond these health benefits, spending time outdoors is a great way to bond with family and friends!

An outdoor living space can add value to your home and provide additional entertaining areas. These spaces may include intentionally designed landscaping, fireplaces, pools, outdoor kitchens and more. They can feature seating arrangements, game tables, lighting and



Outdoor Living

water features. Outdoor living spaces are both functional and relaxing.

Pavers are an easy way to create patios, benches, fireplaces, outdoor kitchens and walls. They can be a hardscape to highlight landscaping or surround a pool.

Pavers come in many shapes, colors and patterns to accent your home.

Be sure to consider the following details when planning your new outdoor living space:

- Size and shape to fit your yard
- Colors and patterns to complement your home

water features. Outdoor living spaces are both functional and relaxing.

Pavers are an easy way to create patios, benches, fireplaces, outdoor kitchens and walls. They can be a hardscape to highlight landscaping or surround a pool. Pavers come in many shapes,

Photos provided by Kathy's Creative Gardens & Nursery

Flower of the Week



Canna Lily

- Available and/or needed shade
 - Desired uses for your new outdoor living area
 - Gardens and planters to accent your new patio
 - Existing or needed irrigation to meet your landscaping needs
 - Lighting to highlight your new space
- Happy creating!

Flower of the Week: Canna Lily

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 and ideas, visit Kathy's Creative Gardens & Nursery, 196 N. Roscoe Blvd. The phone number is 904-655-7373.



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Symptoms of plumbing problems

The drip of a faucet, the bang of pipes and the visible signs of a leak under the sink are some notable indicators of plumbing problems. Other, potentially serious issues may not be so evident. How can homeowners tell if they have potential plumbing problems? The following are some sights and sounds that indicate it is time to call a plumber.

- **Banging or clanking:** Plumbers refer to these noises as water hammer. This is when a rush of water forces through the pipe and bumps into a closed valve, producing a metallic noise. Something is in the pipe that is restricting water flow.

Over time, the flow of water meeting an obstacle could loosen pipe joints as the water tries to find an easier workaround.

- **Pipe discoloration:** If there is any sign of discoloration on pipes, particularly rust, it could be a symptom of a dripping sink or drain line that is slowly leaking. A slow leak can eventually turn into a big mess if left unattended.

- **Sewer smells:** Pipes need traps and vents. Traps are designed to prevent sewer gas from entering the home, while vents channel sewer odor up to the roof. If there are sewer smells, it could mean a trap has dried out or

a vent line is cracked, says Family Handyman.

- **Low water pressure:** If you turn on the faucet and the water pressure is poor, it could be the result of a clog or a leak somewhere in the system. Pipes that are improperly sized for a home also can affect pressure.

- **Sluggish drains:** Clearing drains is perhaps the only plumbing problem that homeowners should address themselves. More often than not, drains that fail to drain quickly have a blockage such as

hair or other debris. If attempts to clear the drain do not work, it is best to bring in a professional plumber.

- **Shaking sounds:** Water can cause occasional noises, but if the sounds are frequent, the pipes are not secured firmly enough. A plumber will need to tighten the mounting straps or even completely replace them.

Plumbing issues are nothing to take lightly, as small problems can quickly escalate and cause thousands of dollars in damage.



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Improving storage in common areas

Increasing storage capabilities at home is a popular goal among many homeowners and renters. Despite how much space a person may have at home, there's often a desire to have more or maximize the areas that are there. According to the Self-Storage Almanac, there are an estimated 51,206 storage facilities operating in the United States today, and MJ Partners Self-Storage Update says 11.1 percent of households currently rent at self-storage facilities. IBISWorld indicates the Canadian self-storage industry has grown at an average annual rate of 3.1 percent over the last five years.

People often turn to external storage facilities to house their belongings when space is at a premium at home. Others may focus their organization energy on closets, garages and basements to free up room. But common areas around the home also can provide additional sources of storage. Common areas are locations where people come together for activities.

Living room/family room

Living rooms and family rooms are areas of the home where people spend many hours. These tend to be multifunctional spaces where people entertain, lounge and even enjoy movies or gaming. Possibilities in these living spaces that can create extra storage include furniture



that serves double-duty. For example, a storage ottoman adds decorative appeal but also can be filled with board games or books. Cabinet-style TV stands may not be as streamlined as mounted versions, but they're ideal places to stash games, remote controls and other accessories.

Entryway

An entryway or mudroom can quickly succumb to clutter. When organizing such a space, think about the needs of the household. A storage bench will be a place where everyone can sit to put on shoes, and then stow footwear underneath when not in use. A wall-mounted rack can hold the current season's jackets or sweaters, as well as purses or backpacks

for easy access. A shelf with some hooks can store keys or hold a basket to store the daily mail.

Hallway and closet

Closet organization systems can be the unsung heroes in closets utilized by multiple members of the family. These customizable components can be sized accordingly for the space, and then configured as needed with a balance of shelves and hanging racks. An out-of-the way nook or long hallway can be enhanced with a bookshelf to hold photo albums or that library that only continues to grow as new reading material is acquired. Homeowners can make common areas more functional with the addition of storage.



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Prevent home electrical fires

A person's home should be a safe haven. Too often, however, there may be dangers lurking in a home that can compromise the safety of residents.

Electrical fires are no joke. The Hartford insurance company says electrical failure or malfunctions account for almost 34,000 home fires per year. The National Fire Protection Association says they can contribute to 440 deaths and \$1.3 billion in direct property damage annually.

Older homes may be most vulnerable to electrical fires, as such structures were not designed to handle the demands of modern living. The insurance experts at Nationwide say half of all homes in the United States have electrical systems that were installed before garage door openers, high-tech coffee makers, and many computers became must-have items. And the Electrical Safety Foundation International says homes built before 1973 with overloaded electrical systems pose a number of safety threats.

Overloaded circuits are not the only contributor to electrical fires. Damaged wiring characterized by worn, frayed or loose wires can cause fires. Malfunctioning appliances or those improperly maintained also can create home fires. Another contributor is poorly installed extension cords and power strips, as well



as faulty outlets and switches around homes.

Homeowners can take various steps to reduce the risk of electrical fires at home.

- Install arc fault circuit interrupters. AFCIs are special types of circuit breakers that help prevent fires caused by nicked or frayed wiring. An AFCI gets tripped and cuts off power when an electrical problem is detected before a fire can start. In 2022, the National Electric Code started requiring AFCIs in bedrooms, and by 2017 they have been mandated throughout homes.

- Conduct a home electrical inspection. All homes more than 40 years old should be inspected to ensure their electrical systems can handle modern demands, says Nationwide. A qualified electrician

can make recommendations regarding replacing breakers and suggest other modifications to improve safety.

- Utilize a monitor. Ting from Whisker Labs monitors a home's electrical network using a smart plug-in sensor that is designed to detect hazards. The company indicates micro-arcs and sparks that develop are precursors to electrical fires.

- Turn to automatic shut-offs. Homeowners can utilize appliances and additional devices that automatically shut off after a set period of time. This can reduce the risk of overheating.

- Rely on timers or smart devices. Timers and smart home devices can give homeowners control of electrical components like appliances or lights from a remote area. This enables users to turn an appliance on or off to reduce overheating or avoid additional risk factors for electrical fires.

- Don't go DIY. Choosing to work with a professional electrician rather than doing electrical work oneself can help reduce electrical fire risk considerably. Electricians know how to work on electrical systems safely to prevent damage to wires and components, and also safeguard themselves against shock

Risk for electrical fires at home can be reduced with technology and other strategies.

The most popular rooms to remodel

Home improvement trends come and go. In a testament to that reality, the wildly popular open floor plan concepts that have dominated homeowners' desires over the last decade-plus could be falling out of favor, a shift that Rachel Stults of Realtor.com linked to the COVID-19 pandemic in a 2023 interview with Business Insider. Stults noted open floor plans will likely exhibit some measure of staying power, but linked the shift toward more traditional layouts to COVID lockdowns and the desire for more privacy among residents.

The shift away from open floor plans is a testament to the fleeting nature of home renovation trends. But trends still deserve a place at the table among real estate investors and homeowners who want to renovate their homes with an eye on projects that could be most appealing to prospective buyers. As homeowners balance their own preferences with those that might help

REMODEL continues on Page 25



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What to know about replacing gutters

Certain home renovation projects are more glamorous than others. A remodeled kitchen is sure to garner its share of “oohs and aahs,” while a newly paved driveway is much less likely to dazzle guests.

A gutter replacement is another job that might not have the wow factor. But fully functioning gutters are a must and can help to prevent potentially expensive roof damage. Gutters rarely draw attention, but homeowners can keep an eye out for signs that indicate gutters need to be replaced.

Signs gutters should be replaced

Various signs indicate it’s time to replace existing gutters. Homeowners should act promptly if any of the following signs arise, as poorly functioning gutters can make it hard for water to get into the downspouts, ultimately pushing it backward and likely underneath roof shingles, where the result can be costly water damage.

- Peeling paint
- Cracks
- Pooling water in the gutter

- Mildew in the gutter, which can sometimes be seen even from the ground
- Water damage: Water damage on the gutter can be limited to certain spots and will be noticeable on the underside of the gutter
- Soffit damage
- Sagging gutters
- Detached gutters, which can be detached from other pieces or the house
- Rust

Who should replace gutters?

Many home improvements can be completed successfully by skilled do-it-yourselfers, but a gutter replacement is best left to the professionals. Homeowners who live in single-story homes may be able to replace gutters on their own, but the issues that can arise when gutters are not functioning at optimal capacity make this a job best suited to professionals, even in residences without high roofs.

Some gutters may be under a manufacturer’s warranty, so homeowners

can check to see if their gutters qualify for a free upgrade. Experience is one of the best reasons to work with a professional gutter installation team. Experienced professionals can identify which gutters are the best fit based on a host of factors, including the pitch of the roof, local conditions and the size of the house. In addition, gutter installation requires the use of various tools that many DIYers may not have on hand, which can cut into the cost savings of doing the project yourself.

Homeowners also should not underestimate the challenges of working on ladders that are high up off the ground. Professionals are accustomed to such challenges, while DIYers may not be comfortable or used to climbing ladders with materials and tools in hand.

A gutter replacement is a worthwhile investment that can ensure rainwater efficiently and effectively runs through gutters and away from the roof. Leaving this task to the professionals can ensure the job is done right.

Small renovations that can make a big impact

Home renovations provide a host of benefits. Such projects can increase resale value and improve the safety, aesthetics and functionality of a home.

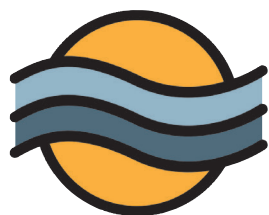
Some homeowners may employ the mantra “go big or go home” when they embark on home improvements, thinking that only the largest renovations produce noticeable change. But that’s not the case. Various smaller renovations can provide a lot of bang for homeowners’ bucks as well.

• **Countertops (and hardware):** A complete kitchen overhaul may stretch some homeowners’ budgets. However, changing an older countertop for a new material can provide the facelift a kitchen needs. And while changing the cabinets may be homeowners’ ultimate goal, swapping hardware in dated finishes for newer handles and pulls can provide low-cost appeal.

• **Paint:** Painting a space is an inexpensive improvement that adds maximum impact. Paint can transform dark and drab rooms into bright and airy oases. Paint also can be used to create an accent wall or cozy nooks. Homeowners also can showcase their personalities with their choice of paint colors.

• **Lighting:** Homeowners should not underestimate what a change in lighting can do. When rooms or exterior spaces are illuminated, they take on entirely new looks. It’s worth it to invest in new lighting, whether it’s a dramatic hanging light over the dining room table or task lighting in dim spaces.

RENOVATIONS continues on Page 25



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Remodel

Continued from 23

them sell their homes down the road, they can consider this list of the most popular rooms to renovate, courtesy of the “2024 U.S. Houzz & Home Study” from Houzz Research.

1. Kitchen
2. Guest bathroom
3. Primary bathroom
4. Living room
5. Guest bedroom
6. Primary bedroom
7. Laundry room
8. Closet
9. Dining room
10. Home office

When considering renovating these or other rooms, homeowners should know that Houzz researchers found that the median spend increased for most interior room upgrades compared to the previous year. However, the median cost to upgrade living rooms and home offices remained unchanged.

Renovations

Continued from 24

• **Weatherproofing:** Improving windows, doors, weatherstripping, and insulation in a home can offer visual appeal and help homeowners save money. The initial investment may be significant, but those costs will pay off in energy savings. According to One Main Financial, space heating is the largest energy expense the average American homeowner has, accounting for around 45 percent of all energy costs.

• **Mudroom:** Turn an entryway into a more functional space with the addition of cabinets, benches or custom-designed storage options that perfectly fit the area. Cubbies and cabinets can corral shoes, umbrellas, hats, bags, and much more.

• **Accent updates:** Any space, whether it’s inside or outside a home, can get a fresh look with new decorative accents. Invest in new throw pillows and even slipcovers for living room sofas. Use new tile or paint the brick on a fireplace in a den, then update the mantel with decorative displays. Purchase wall art that can bring different colors into a room. Change the cushions on deck furniture and buy color-coordinated planters.

These subtle changes will not cost as much as full-scale renovations, but they can still help homeowners transform their homes.

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SJSO remembers 9/11 at 5k run

For the Recorder

Members of the St. Johns County Sheriff's Office community engagement team, corrections, patrol, traffic and general services divisions participated in the Tunnel to Towers Foundation's annual 5k Run at World Golf Village in St. Augustine.

The annual event honors fallen New York City firefighter Stephen Siller, who died in the September 11 terrorist attacks.



Photos courtesy of the St. Johns County Sheriff's Office

Former Jacksonville sheriff to speak at Ponte Vedra library

For The Recorder

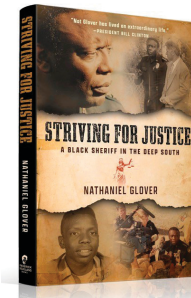


Former Duval County Sheriff Nat Glover

The popular FOL Speaker Series returns to the Ponte Vedra Beach Branch Library on Tuesday, Sept. 17. Nat Glover, elected Florida's first Black sheriff since Reconstruction, will discuss his memoir, "Striving for Justice: A Black Sheriff in the Deep South."

Glover joined Jacksonville's police department in 1966. He was named Police Officer of the Year four times, was promoted to detective, rose to sergeant and was appointed the city's first hostage negotiator. In 1995, Duval County voters elected him sheriff. He went on to run as a mayoral candidate in 2003 and later served as the 29th president of his alma mater, Edward Waters University.

Glover was twice nominated for the Historically Black Colleges and Universi-



Contributed photos "Striving For Justice" by Nat Glover is a memoir of Florida's first Black sheriff

ties Male President of the Year, and the school's stadium is named the Nathaniel Glover Community Field and Stadium. He received a "Great Floridian" designation in 2016 for his dedication to law enforcement, higher education and the city of

Jacksonville. He was inducted into the Florida Law Enforcement Officer's Hall of Fame in 2021.

"Striving for Justice" will be available for sale, and proceeds will help fund scholarships for need-based students through the "Where They Will Shine Scholarship Fund."

The program is free and open to the public. The doors to the FOL Community Room open at 6 p.m. and the program begins at 6:30 p.m.

Rotary Club of Ponte Vedra golf tournament to help local students

For The Recorder

The number of school children who need financial assistance at Valley Ridge Academy in Nocatee is on the rise at the same time government funding to help them is declining. That's why the Rotary Club of Ponte Vedra is hosting the "NFL Par-Tee Charity Golf Tournament" at nearby Palm Valley Golf Course, 1075 Palm Valley Road, Ponte Vedra, from 10:30 a.m. to 2 p.m. Sunday, Sept. 22.

The proceeds from the event will go to Valley Ridge Academy and other schools in Nocatee to help them with students who are in need as well as funding other charitable efforts of the Rotary Club's foundation.

The latest data from the St. Johns

County School District has identified 12 children who are homeless and attending schools in the Nocatee area. Furthermore, an estimated total of 65 children at three K-8 schools in Nocatee require food donations on the weekends to get by.

Complicating matters, at the end of this month, these schools are losing COVID-related relief grants from the federal government as part of the America Rescue Plan Act. This means helping children who are financially disadvantaged attend a class field trip with their peers, for example, or enroll in an after-school care program is becoming more difficult.

Over the past two years, Valley Ridge Academy has seen a significant increase in the number of students in need. The

majority of them have a home but lack the financial resources to cover "out-of-pocket" school-related expenses. Others meet the federal McKinney-Vento Act definition of being homeless as they either lack a fixed, regular or adequate nighttime residence or do not live with a parent or legal guardian, and are thus considered to be an "unaccompanied youth."

The NFL Par-Tee Charity Golf Tournament will host 17 teams of four golfers each teeing off in a shotgun start for the event. Local merchants have donated raffle prizes ranging from a free annual social membership at TPC Sawgrass (retail value: \$750) to 500 free smoothies from Clean Juice in Nocatee for the event.

There will be a hole-in-one contest for a free golf cart from Nextgen Carts, a family-friendly "Fun Zone" that will include games like a marshmallow driving contest, and food provided by the BF'ND and Mister Softee food trucks.

You can sign up to play or become an event sponsor by registering at the NFL Par-Tee Charity Golf Tournament website, events.golfstatus.com/event/nfl-sunday-par-tee-golf-tournament/details/registration-details.

All participants are encouraged to wear their favorite NFL football team's gear at the event as the Jags won't be playing that Sunday and organizers will have several fun, football-themed activities for participants to take part in.

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ThePVRecorder](https://facebook.com/ThePVRecorder)

PAGE 27 THURSDAY, SEPTEMBER 12, 2024

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Fury Water Adventures sails into its new home port of St. Augustine

For The Recorder

Fury Water Adventures St. Augustine is now sailing from its new port in St. Augustine.

A long-time Key West staple, Fury is known for hosting high-quality excursions on state-of-the-art sailing vessels. When 13-year company veteran and president of Fury Management Inc. Marcel Geluk relocated to St. Augustine in 2021, he knew he had found a gem. Fury Water Adventures began sailing from 250 Vilano Road in St. Augustine on Aug. 18, and passengers have been having a blast.

“My family moved from Key West to St. Augustine after falling in love with the community,” said Geluk. “It wasn’t long before I connected with former Fury staff that had also relocated. We created a shared vision for bringing Fury to St. Augustine. It’s obviously very different from our Key West operation, but here in St. Augustine, we have beautiful historic views and a diverse sailing area. We’re looking forward to creating some wonderful memories with our guests.”



Fury staff welcomes guests onto the boat.

Atlantic Fury is a 65-foot sailing catamaran with expansive 360-degree views on its spacious deck and open-air cabin. With Capt. Andrew Cangero at the helm, Atlantic Fury departs twice daily from the docks just south of the Francis and Mary Usina Bridge on Vilano Beach.



Contributed photos

The Live Music Sunset Sail is a true sailor’s escape.

The Dolphin Watch & Historical Harbor Tour is a two-hour afternoon sail that blends history with wildlife. The captain and crew will help passengers explore the waters, looking for local bottle-nose dolphins and enjoying the

ADVENTURES continues on Page 30



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Situations that call for hiring a lawyer

Situations in which people can benefit from legal advice and representation arise every day. Whether it's help writing a will or assistance closing a new home purchase, lawyers can provide a host of invaluable services to their clients.

Legal representation can be costly, and those costs might compel people to go it alone. However, there are many situations in which hiring a lawyer is the appropriate move.

• **Complex situations:** A do-it-yourself approach might work with minor home improvement projects. However, that approach is rarely in a person's best interest when a legal issue arises. That's because legal issues are often more complex than they seem due to nuances in laws. Understanding those nuances is the responsibility of a lawyer and requires years of study. When a complex legal situation arises, the abilities of a lawyer can make the difference between a successful outcome and one that puts individuals in jeopardy.

• **Threat of incarceration:** Lawyers



are vital in situations where incarceration is a potential outcome. Such situations do not only include instances in which people have been charged with violent crimes, but also crimes involving tax issues, domestic problems and incidents involving motor vehicles.

• **Injured parties:** Any legal situation in which someone has been injured

requires the services of a lawyer. Whether you've been hurt or have been accused of hurting someone or have had someone suffer an injury at your home or in your business, it's best to hire legal representation immediately.

• **The death of a loved one:** Lawyers can help the families of recently deceased individuals navigate the

potentially complex allocation of that person's estate. For example, lawyers who specialize in probate law can ensure all tax obligations are met and can offer insight and expertise on how to handle any disputes that may arise regarding the deceased individual's will and assets.

• **Extensive estate planning:** Lawyers who specialize in estate planning are often mistaken as being the same as probate lawyers. But that's not necessarily the case. Though some lawyers provide both estate planning and probate services, those services are different. Probate attorneys handle the administration of an estate after a client dies. Estate planning attorneys work with living clients who want to draft their wills and ensure their assets are allocated according to their preferences after they die. Individuals with large and/or complex estates can work with estate planning attorneys to establish trusts and create extensive asset distribution plans for people who have multiple heirs and beneficiaries in their wills.

These are just a handful of the many situations in which individuals can rely on attorneys to help navigate potentially complex issues.

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Emily Connor instructs a visitor on how to play a computerized learning game.



Eva Luther speaks to visitors in the Brain Arcade.

New program seeks to better address ADHD

Unlockt holds open house at the link

By Shaun Ryan

About 7 million American children between the ages of 3 and 17 have been diagnosed with attention deficit hyperactivity disorder (ADHD), with diagnoses increasing by more than 3% per year. Over the next decade, an estimated 2 million more children will be added to that population.

And because more than half of those children struggling with ADHD have more than one co-occurring condition — an example might be depression — the potential for misdiagnoses and wasteful, unnecessary assessments is great. And parents are left to try and figure out what to do.

It's an issue a new program based in Nocatee is working to address, one family at a time.

Unlockt, an innovative program that empowers families with children who are struggling with ADHD, held an open house Tuesday, Sept. 10, at its facility in the link, 425 Town Plaza Ave., Ponte



Photos by Shaun Ryan

Raghu Misra cuts the ribbon on Unlockt.

Vedra. Visitors had an opportunity to tour the site, try out the game-driven activities and learn how the program works.

Unlockt was founded by entrepreneur Raghu Misra, co-founder of the link; Emily Connor, who leads the program

research, design, strategy and operations; and Eva Luther, a board-certified behavior analyst and certified special education teacher. Misra and Luther, touched in their own lives by ADHD, wanted to find a way to help families in this complex environment.

For Misra, the frequent reliance on medication with its significant side effects was a motivating factor.

“What we are attempting to do is to say, ‘What are the nonmedicinal interventions that exist for people who actually have ADHD as a main symptom?’” he told those assembled for the open house.

He was also curious about the economic impact of ADHD.

“In the U.S., the problem is over \$200 billion,” he said.

In fact, families contending with ADHD report 1.6 times as many medical claims as other families, a cost that would be incurred by insurance providers and, ultimately, their customers. Addressing ADHD in a better way could help stem that cost.

Luther said families affected by ADHD often need access to more than 25 different resources. The Unlockt Youth Program offers more than 15 of them.

Unlockt offers behavior therapy, where children learn to enhance their emotional regulation and focus and

UNLOCKT continues on Page 30

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Contributed photo

Children help to raise the sail.

Adventures

Continued from 27

harbor's beauty. The Dolphin Watch & Historical Harbor Tour is \$54.95 for guests 11 and older, \$29.95 for children ages 4-10, and children 3 and younger are admitted for free. The sail includes complimentary beer, wine, soda and water.

The Live Music Sunset Sail is a true sailor's escape. Departing just before sunset, Atlantic Fury glides effortlessly towards downtown St. Augustine, where passengers can view the historic city at the golden hour. Live entertainment is provided by some of the city's favorite musicians. The Live Music Sunset Sail is \$59.95 for guests 11 and older, \$29.95 for children ages 4-10, and children 3

and younger are admitted for free. The sail includes complimentary beer, wine, soda, water, margaritas, champagne and snacks.

Fury Water Adventures Live Music Sunset Sail & Nights of Lights Viewing begins Saturday, Nov. 23, and is available to reserve now. Departure times vary with the season. Information and reservations may be made at furystaugustine.com.

There is also an option for custom private charters aboard the state-of-the-art sailing catamaran.

"The community has been so welcoming and supportive of our venture," said Geluk. "That's not something we take for granted. Community giving is one of our cornerstones, and we can't wait to give back."

Learn more at furystaugustine.com.



Photo by Shaun Ryan

Speaking to open house visitors are, from left, Raghu Misra, Emily Connor and Eva Luther.

Unlockt

Continued from 29

build both their confidence and more positive relationships.

Parent coaching offered by the program is tailored for the individual families.

The Brain Arcade, an environment of fun and learning, relies on a variety of individual tasks that help with emo-

tional regulation, impulsivity, cognitive skills and more.

"We believe that children can thrive when they build an operating system around themselves," said Luther. "Through our assessments, we provide families with a personalized pathway to follow and we provide children with resources and skills to take them through this journey."

To learn more about Unlockt, go to www.Unlockt.Life.

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THURSDAY, SEPTEMBER 12, 2024 · PAGE 31

www.PonteVedraRecorder.com

Book reveals secret (and not-so-secret) St. Augustine



Elizabeth and Bob Randall visit “Henry Flagler” outside Potter’s Wax Museum.

Contributed photos

By Shaun Ryan

A city doesn’t get to be 459 years old without accumulating a few secrets. And St. Augustine, from its founding in 1565 down to the present day, has stored up more than a few such “secrets” for visitors to discover.

There’s so much that one would be hard-pressed to contain even the flavor of the Nation’s Oldest City in a single guidebook. But Elizabeth and William “Bob” Randall have done a respectable job doing just that with their new 184-page book, “Secret St. Augustine: A Guide to the Weird, Wonderful, and Obscure,” published by Reedy

Press.

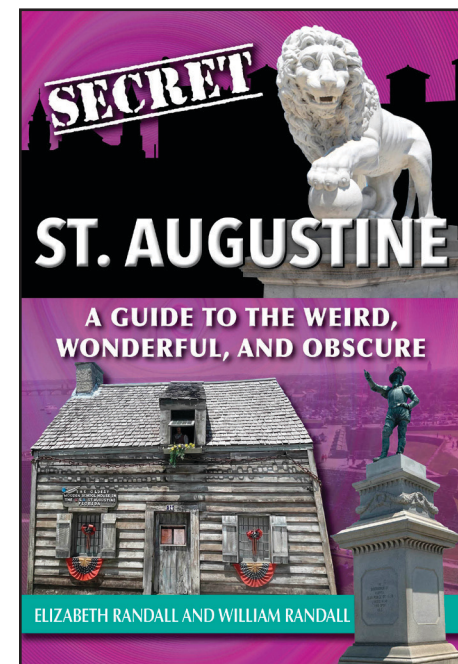
It’s actually the Lake Mary couple’s third book about the city, the first being 2013’s “Haunted St. Augustine and St. Johns County” followed in 2016 by “Murder in St. Augustine: The Mysterious Death of Athalia Ponsell Lindsey.”

Longtime visitors to St. Johns County, the couple nevertheless learned a great deal about the area once they began this latest project more than a year ago.

“We thought we knew St. Augustine well, but we found a lot of new things,” said Elizabeth Randall, who did the written portion of the book; husband Bob handled the photography.

Most visitors know about the lighthouse or the Castillo de San Marcos, but the Randalls sought out even the lesser-known attributes: the Blue Bird of Happiness in Vilano Beach, the 16th century Spanish chimney in the quarries, the unique coquina crosses in the Huguenot Cemetery and the pyramids in the National Cemetery. And some more modern attractions, though they can’t be called secrets, caught their eyes and made it into the book: the Classic Car Museum of St. Augustine, Nights of Lights and St. Augustine Pirate & Treasure Museum, to name a few.

While exploring the area and seeking advice and information from local residents,



The Randalls’ new book

the Randalls made Days Inn on State Road 16 West their headquarters.

“We just about lived here in 2023,” Elizabeth Randall said.

Throughout the voluminous research they conducted and the adventures they had in seeking out the desired sites, the Randalls enjoyed working as a team.

“It’s a really nice thing that we do together,” said Elizabeth Randall. “I would advise other couples who have been married for a long time to find something like that because it’s great.”

“Secret St. Augustine: A Guide to the Weird, Wonderful, and Obscure” is sold at Barnes & Noble in St. Augustine, on amazon.com and through elizabethrandallauthor.com.

The following book signings are planned:

- Sept. 21, 10 a.m. to 3:30 p.m., Ximenez-Fatio House, 20 Aviles St., St. Augustine
- Oct. 11, 2 to 3:30 p.m., Anastasia Island Branch Library, 124 Sea Grove Main St., St. Augustine Beach
- Nov. 14, 3-4 p.m., Ponte Vedra Beach Branch Library, 101 Library Blvd., Ponte Vedra Beach

Symphony to debut Jimmy Buffett-themed show

After 18 months of planning, the Jacksonville Symphony will debut its first world premiere pops program, “Parrots + Palms: The Songs of Buffett & Fins,” co-produced with Spot-On Entertainment, honoring the carefree, iconic music of Jimmy Buffett and “fins,” Bob Marley, Van Morrison, the Beach Boys

and more.

Celebrated vocalists join the symphony to bring sun-kissed stories and laid-back hits to life, capturing the romance of the islands and the power of the surf. Grab a margarita and sing along to “Come Monday,” “Fins,” “Kokomo,” “Don’t Worry, Be Happy,” “It’s Five O’

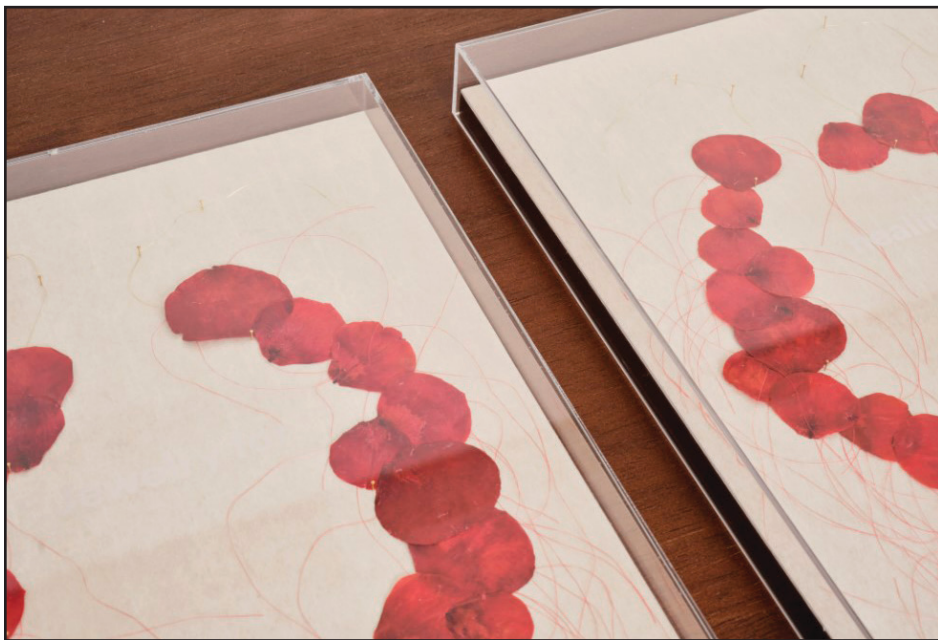
Clock Somewhere,” “Brown-Eyed Girl” and many others.

Escape to the vibes and breeze of paradise inside Jacoby Symphony Hall. Island attire is encouraged.

Performances will be held at 7:30 p.m. Friday, Sept. 13, and Saturday, Sept. 14, at 300 Water St., Jacksonville.

Kevin Fitzgerald is conductor. Vocalists include Travis Birch, Chris Blem, Max Chernin, Spot-On Entertainment Founder Scott Coulter, Lisa Howard and John Boswell. Musicians from the Jacksonville Symphony will also perform.

For tickets, go to my.jaxsymphony.org/overview/parrots-and-palms.



Photos by David Zarzoso

Crisp-Ellert Art Museum welcomes Spanish multi-media artist

For The Recorder

The Crisp-Ellert Art Museum (CEAM) and Flagler College will present a new solo exhibition beginning in October: “en la noche prevalece un corazón lleno” featuring Spanish artist Pablo Vindel.

Curated by former director Julie Dickover, the exhibition will be on view from Oct. 4 through Nov. 26. The artist will lead a walkthrough of the exhibition from 5 to 8 p.m. Friday, Oct. 4, during the First Friday Artwalk. This event is free and open to the public.

Vindel holds degrees in both fiber and material studies and poetry in the expanded field. The title of his exhibition, loosely translating to “in the night a full heart prevails,” alludes to an excerpt from Vindel’s mother’s poem published in 1976. The show is a constellation of familial relationships, a homage to those he loved and lost, giving the process of

grief and acceptance tangible form.

Vindel is a multilingual visual artist and writer. With a practice that straddles both the familiar and foreign, the tactile engagements of his work “complicates transparency invites new voices to hint at their presence, new surfaces to unwind and provoke.”

Vindel holds an MFA in creative writing from Stetson University, an MFA in studio from the School of the Art Institute of Chicago and a BFA from the Polytechnic University of Valencia, Spain.

Vindel has completed residencies in Brazil, Chile, India, Spain, Turkey and the United States. His work has been featured internationally in both solo and group exhibitions, as well as art fairs. Exhibited widely in Europe, Asia and the United States, he currently lives and works in Valencia.

For further information on museum programming, go to flagler.edu/ceam, or contact interim director Helena Rodriguez at 904-826-8530 or crispellert@flagler.edu. The museum’s hours are 10 a.m. to 4 p.m. Monday through Friday and noon to 4 p.m. Saturday while classes are in session.



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Symphony's 75th opening night to feature Mahler's 'Resurrection'

The Jacksonville Symphony will open its 75th anniversary season with a performance of Gustav Mahler's Symphony No. 2, "Resurrection," at 6 p.m. Saturday, Sept. 21, at Jacoby Symphony Hall.

Under the direction of Music Director Courtney Lewis, the concert will feature internationally acclaimed opera singers soprano Ailyn Pérez and mezzo-soprano Isabel Leonard, along with more than 150 choral voices from the Jacksonville Symphony Chorus, the University of North Florida Chorale and the Jacksonville University Singers.

This year also marks the 40th anniversary of the Jacksonville Symphony Chorus, another milestone of the 2024-25 season.

Pérez and Leonard, both celebrated around the world for their powerful performances, will join the symphony in this one-night-only event. Leonard was featured in Bradley Cooper's 2023 film, "Maestro," performing this same piece.

Complimentary champagne will be served in the lobby prior to the concert. VIP packages, which include a pre-concert cocktail reception, premium seating, an elegant post-concert dinner, open bar and valet parking are also available.

This program is sponsored by Florida Blue and is part of the Greta Challen Berg Artist Series.

For tickets, go to jaxsymphony.org or call the box office at 904-354-5547.

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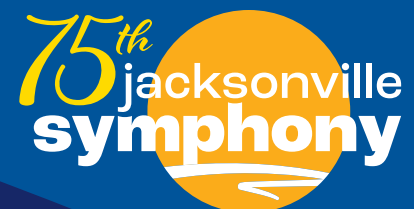
Mahler's Symphony No. 2, "Resurrection"

Courtney Lewis Conductor

A profound scene comes to life in the movie *Maestro*, when Leonard Bernstein (Bradley Cooper) conducts Mahler's epic Second Symphony. Experience this blockbuster moment live with Mahler's magnum opus featuring operatic stars Ailyn Pérez and Isabel Leonard, over 150 choral voices and the full power of your Jacksonville Symphony!

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Courtney Lewis
Music Director



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THURSDAY, SEPTEMBER 12, 2024 • PAGE 34

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The Panthers' defense celebrates a fumble recovery against the Ponte Veda Sharks.



Joe Miracle wears the turnover belt following an interception.

COMRADERY FUELS FURIOUS START BY PANTHERS' DEFENSE

By Anthony Richards

Last week's high school football slate proved to be a wash out with the torrential rains the area has seen of late, but prior to that it was the Nease Panthers defense that had washed out any hopes for opposing offenses the first two weeks of the season.

The Panthers only gave up seven points in each of its first two games against Ponte Veda and Creekside and there are many factors that have the Panthers playing at such a high level.

One of the top reasons has been the return of defensive coordinator Robert Garth during the offseason, who is part of the Panthers' staff once again after a stint as an assistant at the college level at Arkansas State University.

His return has signaled a revived energy on the defensive side of the ball and an attitude and confidence that it seen among the best defenses of all time regardless of what level of football it is.

"Coach G is the best defensive coach in the world," senior safety Shemar McNair said. "I'm really glad I transferred from UC (University Christian School in Jacksonville) and came here. It's just a blessing to play for someone like that. Coach Drafts and Coach G are always doing everything they can to keep us motivated and uplifted."

Fueling the success of the Panthers' defense are also the players that Garth has to work with and the depth of talent that has been built up across all levels of the defense, whether it is Jacob Curry, Elisha Luckett or McNair flying around in the secondary, or Joe Miracle and Noah Hodge holding their own in the linebacking corps.

"Each one of us are dogs and we just want it out there, and it shows in how hard we play and the heart that we display out there," McNair said. "We've got something



Photos by Anthony Richards

Senior safety Shemar McNair has made an instant impact for the Panthers since transferring into the program.

to prove every time we take the field."

That is evident in this year's group of defenders at Nease both in the ferocity they swarm to tackle a ball carrier and how quick they are to celebrate after their teammate makes a big play.

"These first two weeks have just been lights out to be honest, and it starts in practice where we've been just dialed in and all one page from the very beginning," McNair said.

Transferring schools can sometimes be a complex situation, especially with just one's senior year left to play, but McNair is thankful for how smooth the transition to Nease has been and it just seemed like a natural fit from the first time he walked into the program and introduced himself.

"When I first came, the only person I really knew was Jacob Curry because we both played seven-on-seven together, but then it quickly became me and Joe (Miracle) after I learned what type of great dude he is," McNair said. "I had to earn my spot and that included those relationships with my teammates."

The plays on the field are what fans cheer on, but according to McNair there is much more to a team and a defense that makes it what it is and those are the lasting bonds that are created in practice and through the school halls each day leading up to Friday nights in the fall.

"We do a lot of things together, whether its watching film or hanging out away from the field," McNair said. "It's truly like a brotherhood on this team, and we just trust each other, and that's what's going to carry us pretty far. I love my boys."

Week 4 Friday Night Football

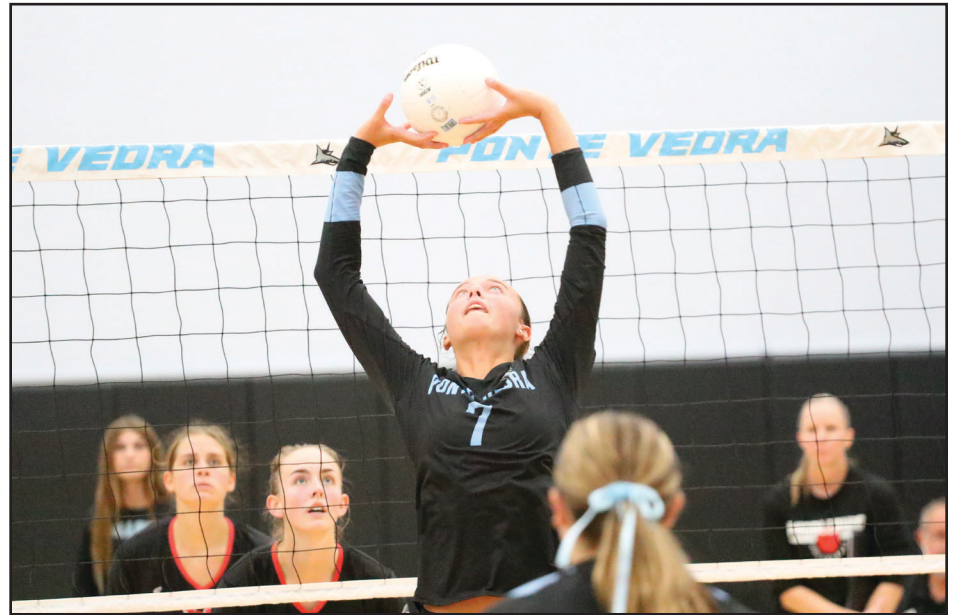
Beachside at Ponte Veda 7 p.m.

Fletcher at Nease 7 p.m.

(both games played on Sept. 13)

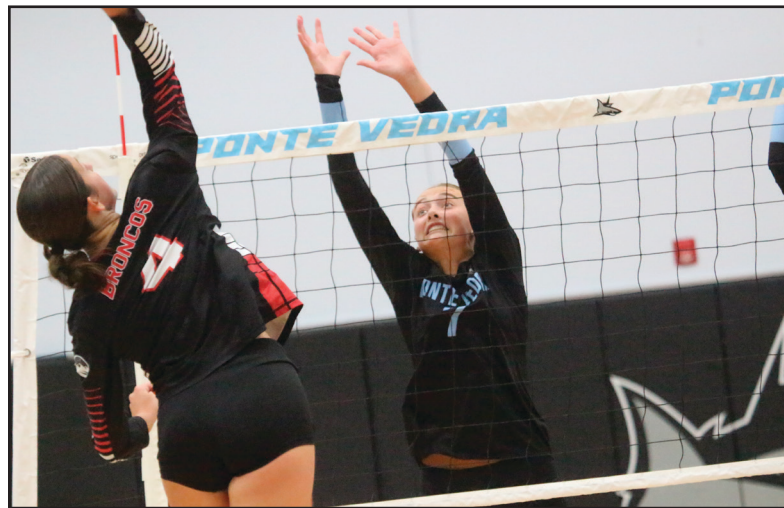


Ryan Murphy and Lily Keeley combine for a block.



Ryan Murphy sets up a shot.

Sharks battle Broncos in early season showcase



Ryan Murphy leaps to block a shot.

Ponte Vedra Sharks are 4-1 to start the 2024 volleyball season and recently took on Middleburg High in a battle of traditional power programs on Sept. 5. The Sharks suffered their first loss of the season 3-2 in a marathon contest.

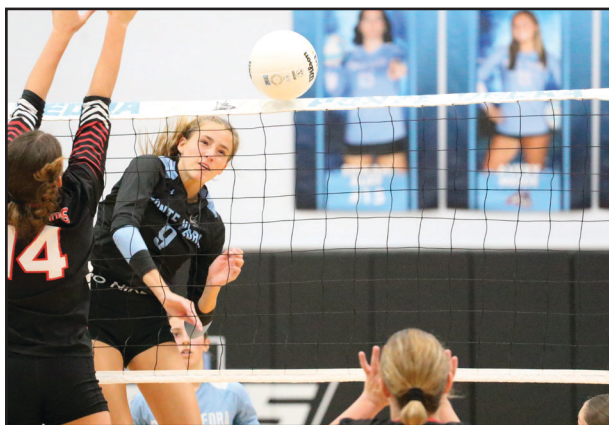
Photos by Randy Lefko



Paige Murphy (No. 4) and Erikah Buff (No. 15).



Lily Keeley and Haydin Froehlich celebrate a point.



Lily Keeley fires a shot passed a defender.



Avery Meide prepares for a dig.



Khloe Murray hammers a shot.



Ponte Vedra fans go crazy following a point.

Constellation FURYK & FRIENDS presented by Circle K coming soon

For The Recorder

The 2024 Constellation FURYK & FRIENDS presented by Circle K is set to deliver an unforgettable week of world-class golf, fan experiences and community support from Sept. 30 through Oct. 6 at Timuquana Country Club.

While the top PGA Tour Champions golfers and true legends of the game, including Hall of Famers Ernie Els, Vijay Singh and Retief Goosen, will compete at Timuquana Country Club, fans will enjoy a host of activities at or around the action of the 18th green. The tournament also continues its tradition of giving back, with significant contributions to local charities such as The Foundation of Community Hospice & Palliative Care and Operation Shower.

FAN DESTINATIONS

18 green at Timuquana Country Club, open to the public

This year's Constellation FURYK & FRIENDS offers fans a premium experience around the clubhouse, conveniently located near 18 green, 9 green and 1 tee, featuring several fan-favorite destinations:

- **Fisher Tousey Autograph Alley:** Grab autographs from your favorite PGA TOUR Champions players in the Fisher Tousey Autograph Alley located behind 18 green to the left of the practice putting green.

- **The Hanger Bar:** Relocated to 9 Green, this upscale bar offers fans a unique place to relax and enjoy the tournament with specialty drinks, including signature cocktails from Captain Morgan and Don Julio. This is a great spot to enjoy golf all day long as players make the turn or finish their round.

- **Miller Electric / W.W. Gay First Tee Viewing Platform:** Overlooking 1 Tee and 9 Green, this platform offers unparalleled views of the action as the

players begin and conclude their rounds. It's a great place for fans to witness key moments throughout the tournament.

- **Cadillac Experience:** Fans can explore the latest luxury vehicles from the Official Vehicle of Constellation FURYK & FRIENDS, Cadillac. In stylish display areas throughout the course, Cadillac will provide an experience tailored to those who appreciate top-of-the-line automotive engineering while also enjoying the tournament.

PLAYER COMMITMENTS

The 2024 tournament will again include icons and legends of the professional game coming to Timuquana Country Club. Included in this year's field are three of the best to ever play in Ernie Els, Vijay Singh and Retief Goosen.

- **Ernie Els:** Known as "The Big Easy," Els is a two-time U.S. Open champion and two-time Open Championship winner. Els' career includes more than 70 professional victories worldwide and six victories on PGA Tour Champions since joining in 2020. He currently leads the season-long race for the Charles Schwab Cup and has three victories in 2024, tied for the most among all players on PGA Tour Champions this year.

- **Vijay Singh:** A three-time major champion and former World No. 1, Singh has more than 60 professional wins to his name, including victories at the Masters and PGA Championship. Singh has five wins on PGA Tour Champions, most recently at the 2023 Ally Challenge. In 16 starts during the 2024 season, he has four top-10 finishes.

- **Retief Goosen:** The South African golfer, also a two-time U.S. Open champion, has earned a reputation for his calm demeanor and clutch performances

under pressure. Goosen owns three wins on PGA Tour Champions since turning 50 in 2019. Earlier this season, he won The Galleri Classic at Mission Hills Country Club in Palm Springs in March. He is currently No. 17 in the Charles Schwab Cup standings.

COMMUNITY IMPACT

Continuing its mission to give back to the local community, the 2024 Constellation FURYK & FRIENDS will support two significant causes:

- **The Foundation of Community Hospice & Palliative Care:** As the Charity of the Day on Sunday, Oct. 6, this local pediatric palliative and hospice care program will benefit from the tournament's fundraising efforts. The Foundation of Community Hospice & Palliative Care plays a crucial role in supporting Community PedsCare by raising essential funds to further its mission. Community PedsCare is a distinguished pediatric program serving children in Northeast and North Central Florida who are dealing with complex, chronic or advanced illnesses. This program provides specialized care from the prenatal stage up to age 21, focusing on a family-centered approach that prioritizes both medical and holistic needs. By funding these efforts, the foundation helps ensure that Community PedsCare can continue to deliver compassionate and comprehensive care, enhancing the quality of life for children and their families facing life-limiting conditions.

- **Operation Shower presented by PNC Bank:** On Sunday, Sept. 29, the tournament will host a special event for military moms through Operation Shower, an organization that honors and supports military families by hosting joyful baby showers. This event, supported by PNC Bank, will provide 40 military moms with much-needed respite and gifts to celebrate their upcoming arrivals.

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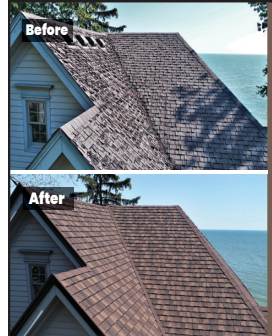
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Petitioner Alexander Cameron Hannon, IV 21 Ponte Vedra Ct. Unit B Ponte Vedra Beach, FL 32082 alexanderhannon71@gmail.com 762-234-0921 Attorney for Petitioner Christian Smith FL Bar Number: 1039145 60 E. 5th St. Apopka, FL 32703-5245 csmith@trustandwill.com 727-424-1464 Legal 99171 Published 9/5/2024 and 9/12/2024 in St. Johns County Ponte Vedra Recorder newspaper

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1	2	3	4			5	6	7		8	9	10	11		
12				13			14				15				
16					17		18				19				
20							21				22				
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			47					48							
49						50				51		52	53	54	55
56						57				58					
59						60					61				
62						63						64			

ACROSS

- 1. Unsheared sheep
- 5. Rock TV channel
- 8. Streetcar
- 12. Concerning
- 14. Exclamation
- 15. Greek goddess of youth
- 16. Popular type of device
- 18. Alcoholic beverage
- 19. Ancient Olympic Site
- 20. Sharpshoots
- 21. Tyrion Lannister was characterized as one
- 22. Pointed ends of pens
- 23. Measuring instruments
- 26. Midsection body part
- 30. Made a mistake
- 31. Adjusted
- 32. "Partridge" actress Susan
- 33. Yell
- 34. Civil rights city in Alabama
- 39. Young boy
- 42. Type of sea bass
- 44. To call (archaic)
- 46. Unfortunate
- 47. Separate oneself from others
- 49. Hero sandwiches
- 50. Spy group
- 51. Florida is famous for them
- 56. Irritating individuals
- 57. Luck
- 58. Hunting expedition
- 59. WWII diarist Frank
- 60. Peyton's younger brother
- 61. Type of wrap
- 62. Type of overseas tax or levy
- 63. Soviet Socialist Republic
- 64. Wake up

- 5. She didn't make it through the Fr. Revolution
- 6. Beat
- 7. Bloodsucker
- 8. From a place already noted
- 9. Counted on
- 10. Alberta Assn. of Baccalaureate World Schools
- 11. Something one can make
- 13. One who abstains
- 17. Wild ox
- 24. Type of student
- 25. Bacterial infection of the skin
- 26. Expresses surprise
- 27. What engaged couples ultimately say
- 28. Crony
- 29. Where one begins (abbr.)

- 35. Architectural designation
- 36. "Matt Houston" actor Horsley
- 37. More (Spanish)
- 38. Autonomic nervous system
- 40. Indigenous peoples
- 41. Deflections
- 42. Circulating life force
- 43. Executes with a rope
- 44. Natives of an island nation
- 45. Girls
- 47. Logician and philosopher
- 48. Nocturnal hoofed animal
- 49. Relaxing spaces
- 52. From a distance
- 53. Form of Persian language
- 54. Amounts of time
- 55. Mathematical designation

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

Level: Beginner

DOWN

- 1. Works of body art
- 2. Israeli politician Abba
- 3. Renowned desert
- 4. Eat greedily

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!

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