

# Ponte Vedra Recorder



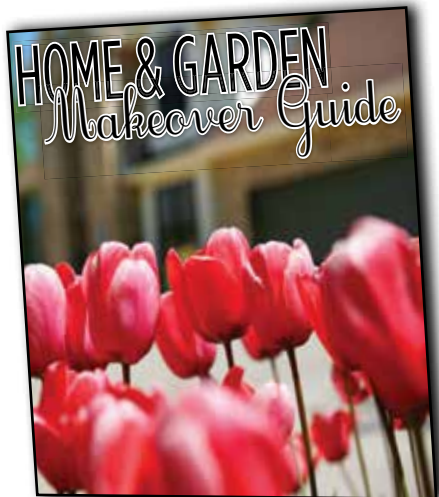
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April 14, 2016  
Volume 46, No. 15  
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## Home & Garden Makeover

Innovation, inspiration in First Coast homes and services

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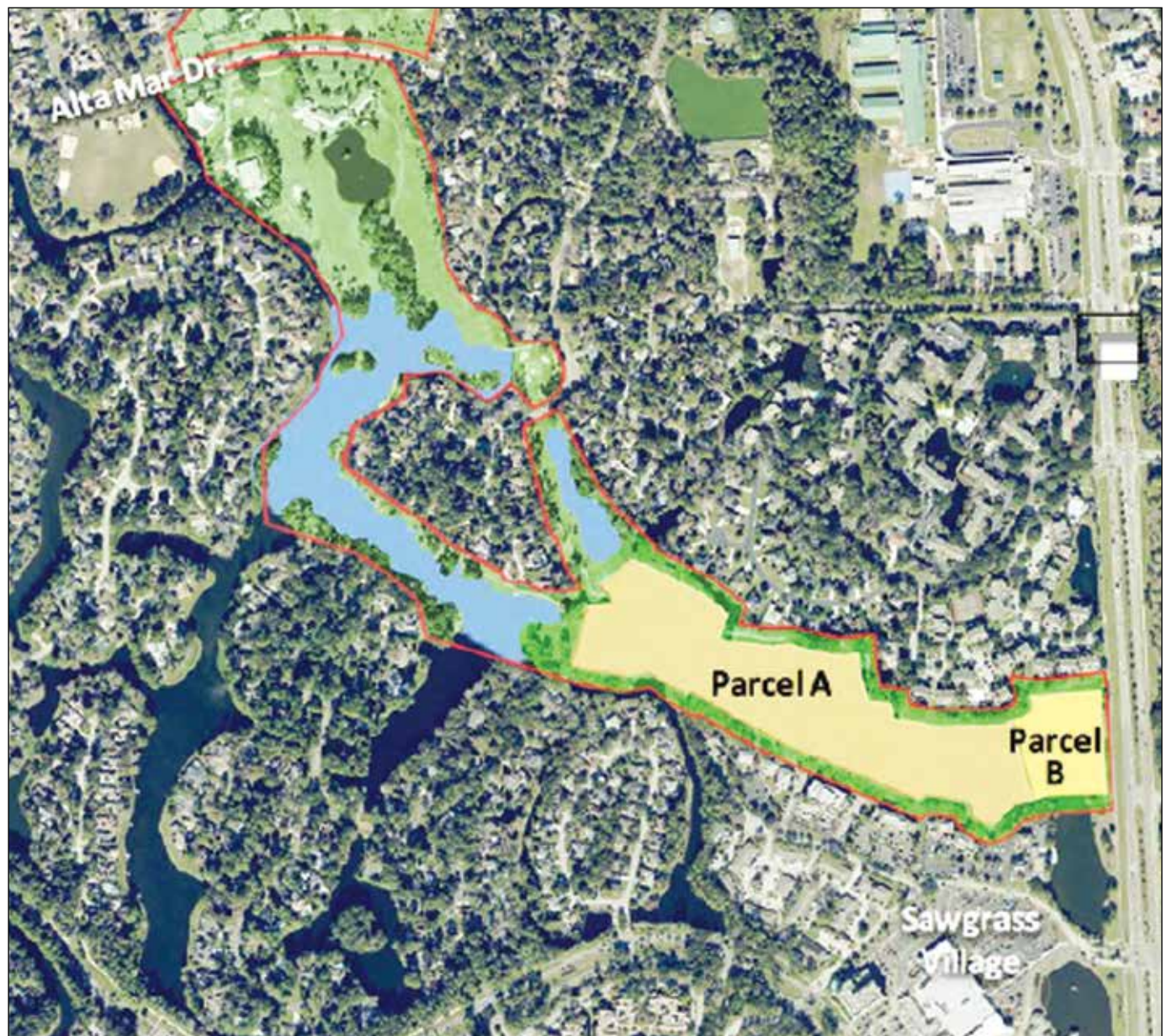


## Sports

Sharks stop Clay nine twice

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# New owners of golf course propose developing 40 acres



Forty acres of the Ponte Vedra Golf & Country Club would be developed as an age-restricted continuing care community and for use by the Cultural Center at Ponte Vedra Beach under a proposal presented to the Sawgrass Players Club association last week. See page 12 to read the story.

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## Send us your news

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



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

## PUZZLE SOLUTIONS

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

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

Solutions correspond to last week's puzzles.

## WHAT'S THIS?



Do you know what this is?

Email your answer with your first and last name to [jennifer@opcfla.com](mailto:jennifer@opcfla.com) by Tuesday at 5 p.m.

All correct entries will be entered into a random drawing to win tickets for two adults and two children to the Jacksonville Zoo. In order to allow as many families as possible to win, participants are only eligible to win a ticket prize pack once every four months.

Three readers correctly identified last week's photo as Kamiya 86 Sushi & Thai restaurant in Ponte Vedra Beach. Winner of the random drawing was **Patti Kotchkowski**—congratulations, Patti!



Don't forget — incorrect but entertaining guesses might also be rewarded with a trip to the zoo.

## ADOPT A PET

### CAT OF THE WEEK

Hi there! My name is June and I am a 3-year-old Torti Tabby who is looking for a furrever home. I was brought to the pet center as a stray, but I'm as snuggly and sweet as any house cat! I love to stretch out in that one sunny spot and take a long nap between grooming sessions. Nothing would make my fuzzy little body purr louder than having someone come and adopt me and take me home. So come see me today here at the pet center. # 31101



### DOG OF THE WEEK



My name is Jeanette and I am a 4-year-old female mix who is looking for a new home. I was brought to the pet center as a stray. People call me a lap dog, and sometimes say I'm too big to be a lap dog. But I'm just a girl who likes to snuggle. My favorite things to do are going on walks on the beach and running around the dog park with all my furry friends. So come on by and visit me today here at the pet center! #31332

Any pet being introduced to a new home will need time to adjust to a new environment. Please reinforce house training and behavioral training and be mindful of interacting with other pets. Come visit us here at the pet center.

## St. Johns County Pet Center

Cat adoptions at the St. Johns County Pet Center are \$30 for males and \$40 for females. Dog adoptions are \$45 for males and \$60 for females. Adoption fees include microchipping, neutering/spaying, rabies vaccinations and shots. The pet center is located at 130 N. Stratton Rd., just off US 1 between County Road 210 and International Golf Parkway. Business hours are Tuesday through Friday 9 a.m. to 4:30 p.m. and Saturday 9 a.m. to 4 p.m. The center is closed to the public on Sunday. On Monday, the office is open by appointment only to claim a lost pet. **For more information, please call the St. Johns County Pet Center at (904) 209-6190.**



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**Subscription Rates, Bulk Mail:** One year, \$35; six months, \$20. Rates not applicable in Canada or overseas.  
To subscribe, call Circulation Manager Rob Conwell at (904) 686-3936.  
The Recorder is published every Thursday at 1102 A1A N., Unit 108 Ponte Vedra Beach, FL 32082

## PARTY FOR THE PLANET

SATURDAY  
APRIL 16, 2016

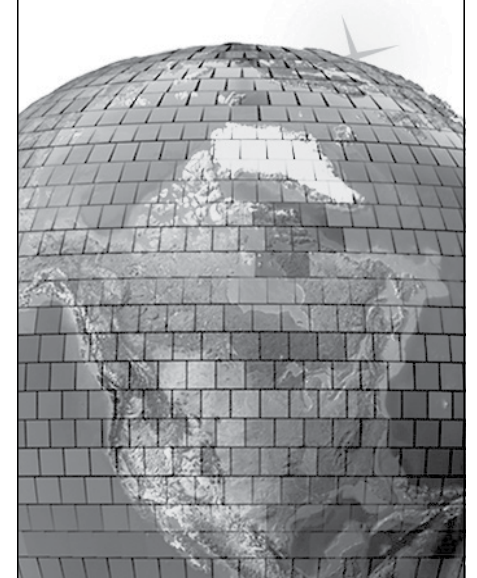
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# 3 new neighborhoods will open in Nocatee community

## Historic Twenty Mile area continues to grow

The PARC Group, Nocatee's master developer, has unveiled plans and home builders for three new neighborhoods in the Twenty Mile community: The Hammock, The Vista and The Ranch.

The Hammock at Twenty Mile will feature custom homes by Glenn Layton Homes — the local home builder of the HGTV Smart Home 2013. A small niche of nine private home sites, The Hammock at Twenty Mile will feature Florida-coastal homes, with new homes starting in the mid \$900s.

The Vista will be a gated neighborhood of 44 custom and semi-custom homes by Pineapple, a Jacksonville-area luxury home builder. The estate-style homes, many of which will feature Spanish or Mission-style elevations, will start in the high \$800s.

The Ranch at Twenty Mile, meanwhile, will feature upscale homes by

current Nocatee home builders David Weekley Homes and Dostie Homes. Properties in this 52-home neighborhood will start in the high \$500s and feature a variety of home designs, most with preserve and water views.

Located in St. Johns County in Nocatee's northeastern corner off Valley Ridge Boulevard and Nocatee Parkway, Twenty Mile offers residents easy access to Nocatee's amenities and Town Center.

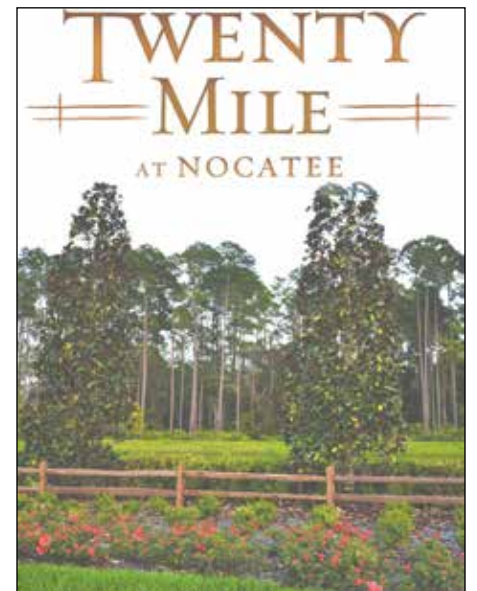
St. Johns County School District's newest K-8 school will be located adjacent to Nocatee's Twenty Mile neighborhoods, built on land donated by the Nocatee developer. Construction will begin this spring, and the school will be open for the 2017-18 year.

Builders will begin selling over the next few months, PARC Group officials said, with model homes opening in Fall 2016.

"The unique pairing of semi-custom and custom new home construction with the Nocatee lifestyle offers luxury home-buyers something they cannot

find any place else in Northeast Florida," PARC Group President and CEO Rick Ray said. "All-new home designs will perfectly complement the grandeur of sprawling oak trees, split-rail fencing and other rustic, old-Florida accents that make the area so unique."

For more information, visit <http://info.nocatee.com/history-of-twenty-mile>.



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### CYPRESS BRIDGES

**\$879,000**

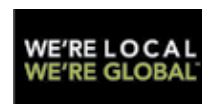
This exquisite custom home in Sawgrass Player's Club is perfect for entertaining with a large screened lanai and open spaces. MLS 818578

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# K9s for Warriors receives \$100,000 donation

By Jennifer Logue

K9s for Warriors has received a \$100,000 donation from Early Times Kentucky Whisky to support the Ponte Vedra-based nonprofit's efforts to train and pair rescued service dogs with veterans suffering from post-traumatic stress, traumatic brain injuries and other military-related traumas.

At a March 24 ceremony at the organization's new Nocatee training center, representatives from both Early Times and its parent company, Brown-Forman, presented a \$100,000 check to K9s for Warriors Founder and President Shari Duval and Executive Director Rory Diamond. The event also featured the graduation of five veterans and their new service canines.

"Early Times came to our campus to film a documentary about our program, and presented us with the donation," said Tahoma Guiry, director of education for K9s for Warriors. "Those funds will sponsor the training of five new warrior dog teams, covering all of the costs involved with bringing a dog to our kennels, training them, feeding them and all the related resources."

For recent K9s for Warriors graduate Joe Swoboda, however, the donation's impact will reach far beyond the material needs of running the program.

Accompanied by his service dog, Lilly, Swoboda described his experiences with the organization and what the donation will mean for other veterans in crisis.

"(This) donation of \$100,000 isn't just about money," he said. "It's not just about the cost associated with training service dogs. This is about saving the lives of our brothers in



K9s for Warriors Founder Shari Duval and Executive Director Rory Diamond accept a \$100,000 donation from Early Times Kentucky Whisky. From left: K9s for Warriors graduate Greg Wells and his service dog, Utah; Diamond; Duval; Robin Nicholson of Early Times parent company Brown-Forman; Early Times' Marc Hindorff; and K9s Graduate Joe Swoboda and his service dog Lilly.

Photo by Dennis Boyd

arms. This check is lives."

Early Times officials said its company has a long history of supporting the men and women of the U.S. Armed Forces.

"Early Times has a genuine and heartfelt connection with our United States military as well as with proud, hardworking and patriotic Americans," Brand Manager Marc Hindorff

said. "It is our honor to partner with K9s for Warriors and continue supporting those who have dedicated their lives to protecting our country in their service."

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## IN REMEMBRANCE

### Dodsley A. Schroter

Dodsley A. Schroter, a resident of Ponte Vedra Beach, died April 9, 2016. Dod was born in New York on July 31, 1931, but moved to Florida at an early age.

Growing up in Lakeland, FL, he graduated from the University of Florida with a bachelor's degree in Forestry. While attending the University of Florida he was a member of Lambda Chi Alpha fraternity.

After graduating from college, he entered the U.S. Air Force and after serving for over 21 years, he retired as a Lt. Colonel in August 1975. During his Air Force career, he continued graduate level endeavors and received his master's degree in Business Administration from the George Washington University.

He also served in Vietnam for one

year. Dod moved to Ponte Vedra Beach in 1990 and was a charter member of the Ponte Vedra United Methodist Church.

He is survived by his loving wife, Colleen; daughter, Debra Buskirk (Steve); son, Robert Schroter (Chris); stepchildren Tonya Watson and Jeff Watson (Freida); and grandchildren Tim Buskirk, Melanie Bois and Zachery Watson.

A memorial service will be held at 1 p.m. on Saturday April 16 at Ponte Vedra United Methodist Church, followed by interment of ashes at Ponte Vedra Valley. In lieu of flowers, Dod had requested donations to Ponte Vedra United Methodist Church, Community Hospice of Northeast FL or Spina Bifida Association. Please sign the online guestbook at [www.pontevedravalley.com](http://www.pontevedravalley.com).

## Charity Golf Tournament

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# Grand openings



Dr. Lindsay Maples and Dr. Derek Hoffman welcome guests to Ponte Vedra Pediatric Dentistry and Orthodontics at the grand opening celebration of the new Town Plaza offices in Nocatee Town Center. Ponte Vedra Plastic Surgery, Fun 4 First Coast Kids, Ponte Vedra Plastic Surgery and other businesses joined in the celebration, which featured children's games and activities, prizes, a Gather 2 Game truck, refreshments and more.



Carolyn Edwards (left) of Friends of Jacksonville Animals joins EarthWise Pet Supply owner Valerie Costello at the Jacksonville Beach store's grand opening celebration. The event featured booths by a number of local animal shelters, which brought along pets available for adoption. The store also awarded a year's supply of free pet food and other prizes throughout the day.

Photos by Jennifer Logue

## LETTER TO THE EDITOR

### If governor doesn't act, it will show he doesn't care about female vote

Governor Scott has an opportunity to prove he is not "anti-women" by vetoing the alimony reform bill.

The "Alimony Reform Bill" was passed by the Florida legislature in the beginning of March 2016, ending permanent alimony in Florida and drastically changing the law as it relates to the custody of children during a divorce or paternity action. Furthermore, it will end alimony at the age of retirement of the payer, creating problems for many alimony recipients presently receiving alimony. The proponents of the bill deny retroactivity; however, if a case is brought back to the court for a modification of the payments, the new law will apply, so in effect it will be retroactive. This will cause many women to be financially affected to their detriment as men account for 97 percent of alimony payers based on data from the U.S. Census Bureau.

The bill that was passed has been before Governor Scott previously. He vetoed it in 2013 for the stated reason of retroactivity and because it was prior to an election year. Governor Scott will not be running for governor of Florida again, so will he ignore the bill, creating devastating effects on the women of Florida, all because he no longer needs our vote? If Governor Scott fails to act, it is a loud and clear sign that he no longer cares about the female vote.

Most divorces where alimony is awarded on a permanent basis involve long-term marriages where the husband was the primary breadwinner of the family and the wife either never had a career or put her career on hold for the benefit of the family as a whole. These are of course agreements the

parties made together while married, and now that the case is in divorce court, the husband does not feel the need to continue financial support of his wife, despite her inability to earn at his same level and her sacrifices and contribution to the marriage. Once in divorce proceedings, men conveniently forget how those contributions led to the husband's overall financial success. The current law provides for women in these circumstances and compensates their efforts to the marriage and raising of children through alimony.

Senate Bill 668 proposes to create a formula for alimony that fails to consider the wife's needs. It is only based upon length of marriage, incomes of both parties and whether the wife works. The court will now impute income to the wife, so the alimony will not be based on actual income, but a presupposition that the wife will not only be able to get employment, but with an arbitrary income amount.

The worst part of what the Florida legislators have done is they are not being truthful with the contents of the bill. Though the bill "proposes" to even the playing field on alimony and will not be retroactive, that is false. This bill will absolutely be applied retroactively to women currently receiving permanent alimony. Proponents who deny that either do not understand the law and litigation or are lying. Secondly, it drastically affects the legal burden in regards to time-sharing (custody) determinations of children. The law creates a "premise" of a 50/50 time sharing arrangement with the children that the court "shall" follow. This language is going to create years of litigation for families before the Florida Supreme Court interprets how to apply this language that appears to violate the separation of powers of the judi-

ciary and legislative branch. It is within the court's province to instruct what the court shall do, not the legislature, especially when they are basing it on a premise, rather than a presumption. This bill will increase litigation and costs to the families of Florida.

The proponents of this bill have not been forthright in the implications this will have across the state of Florida and the financial impact on women and children. In fact, many have urged the governor to appoint a task force to study the financial impact of such a bill on the women and children of Florida. To date no financial studies have been conducted; rather we are looking at a law based upon one man's experience during a divorce and his desire to change his circumstances, without regard for the impact on the women and children of Florida.

All opponents of this bill are encouraged to contact The Quick Law Group for information on how to contact Governor Scott to veto SB 668.

*Heather B. Quick, Esq.  
The Quick Law Group*

### Send us your letters

The Ponte Vedra Recorder welcomes letters from readers on topics of local community interest. Letters may be submitted via email to [pvrecorder@opcfla.com](mailto:pvrecorder@opcfla.com) or mailed to Ponte Vedra Recorder, 1102 A1A N., Unit 108, Ponte Vedra Beach, FL 32082. The Recorder reserves the right to edit letters for length and clarity.

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*David Mariotti is the new general manager at One Ocean Resort & Spa, located in Atlantic Beach, but he's no newcomer when it comes to managing high-end luxury resort and spas. Mariotti has more than 20 years of industry experience with some of Florida's top five-diamond resorts and private clubs, including more than 12 years as general manager within the private club and hotel properties of Ponte Vedra Inn & Club and The Lodge & Club at Ponte Vedra Beach. He is also a St. Augustine native; his family dates back to the original colonist, whose descendants have lived in St. Johns County for over two centuries. Mariotti is a 21-year Ponte Vedra resident and resides in Old Ponte Vedra Beach Condos with his wife, Kelly, and their daughter, Ava, a third-grader at The Bolles School.*

—By Carrie Resch, The Recorder

## David Mariotti



### **Where did you go to college and what did you study?**

I have a B.S. in business administration with a concentration in management from the University of North Florida.

### **When did you begin your position with One Ocean?**

January 2016.

### **When did One Ocean Resort & Spa open?**

The resort & spa was totally re-imagined in 2008 from the former Sea Turtle Inn. The interior and exterior architectural enhancement has been recognized as a long-standing trend setter in hospitality design. Now it's been eight years since the transformation from the old Sea Turtle and the resort continues to receive rave reviews.

### **How is One Ocean Resort & Spa involved in the community?**

One Ocean Resort & Spa is the only oceanfront luxury hotel and full service spa in Duval County. Thus, we are fortunate to have many opportunities to host a variety of high profile corporate, civic and private events. We've recently met with the PGA Tour to partner with the Web.Com Tour Championship as it moves the tournament to Atlantic Beach Country Club this October.

### **What does your job entail?**

My role as general manager is to support and lead our 200+ associates as they sustain the authentic, intuitive and elegant service expected by our guests.

### **What do you enjoy doing in your free time?**

Living on the ocean, I like to enjoy as much beach time as I can get with my family. I enjoy stand up paddle boarding, surfing, road cycling, running and participating in triathlons. Vacation travel usually takes us to our family home in Teton Valley, Idaho.

### **Do you belong to any groups or organizations?**

Yes, mostly all related to leadership positions in the hospitality industry at the regional and state levels.

### **What do you think draws tourists and locals alike to the beaches area?**

The beaches offer a family friendly, well rounded community. The people and places are all welcoming to residents and our visitors alike.

# River Garden celebrates its 70th anniversary with festival for 500 people

River Garden Hebrew Home celebrated its 70th anniversary recently with a special Anniversary Day festival.

More than 500 members of the community, ranging in age from infants to seniors, gathered on the River Garden campus to join in the celebration.

The day's festivities included a barbeque, pony rides, face painting, clowns, balloon artistry, games and a bounce house. Many also attended the annual meeting of River Garden Senior Services, held in the Cohen Auditorium.

Chairman of the event committee was board member Michael Paul, who noted that he is a third generation board member.

"When I was a child, I was introduced to River Garden by my parents, both of whom are current board members," Paul said. "In the words of my grandmother, Rubye

Safer, offered during her installation to the board many years ago, 'You must continue to plant seeds and nurture our special Garden with loving hands so it will bloom and grow into greater beauty.' My grandmother's words remain just as true today."

River Garden Senior Services is a nonprofit community agency that offers a variety of elder care programs and services.

Sponsored by the local organized Jewish community, River Garden serves clients from diverse religious and ethnic backgrounds while maintaining an identity that is supportive of Jewish identity and values.

River Garden's 40-acre campus includes a 180-bed skilled nursing and rehabilitation facility, an 80-unit independent living community and a licensed home health care agency. The facility also offers short-stay rehabilitation, outpatient therapies and adult day care.

Christ Episcopal Church Presents

# PETER PAN

A new musical adaptation of the classic tale

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Written and directed by Jason Woods.

APRIL 13-24

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# Nocatee Happenings: The latest news from Nocatee



Photos by Jennifer Logue

Re/Max Realtor Cindy Spain, right, discusses wine with Coastal Wine Market & tasting room Owner Steve Lourie.

## Coastal Wine Market & tasting room owners address Nocatee Business Networking Club

By Jennifer Logue

The owners of a new business set to open soon in Nocatee Town Center gave a presentation on their plans to members of the Nocatee Business Networking Club last week, sharing their vision for creating a more adult-oriented gathering place in the burgeoning master-planned community.

Held April 5 at the Coastal Oaks clubhouse, the event attracted more than 50 people to enjoy refreshments and a selection of fine wines provided by husband-and-wife team Steve and Shaun Lourie, who updated club members on plans for their new business, Coastal Wine Market & tasting room. Slated to open in late spring at 641 Crosswater Parkway (next to Dunkin Donuts), the new Nocatee business will include a retail shop featuring wines and artisan foods along with a tasting room where wine tastings will be held each Friday evening and Saturday afternoon.

“We call it a retail store with a twist,” Steve Lourie said. “Our vision is to create a seamless blend of retail store and tasting room.”

In addition to bottles of wine, Lourie said, the shop will sell beer by the bottle and wine by the glass along with a selection of artisan meats, cheeses and breads. Craft beers will also be available at Coastal Wine, which will feature seating for approximately 20 people. Store hours will be 11 a.m. to 7



Terry and Diane Machaby of Art 4 Charities and Edith Andersen, all of Del Webb

p.m. Tuesday through Thursday and 11 a.m. to 8 p.m. Friday and Saturday.

“We want the atmosphere to be very comfortable and very personable,” Shaun Lourie said. “We hope people will come to think of it as their own personal tasting room or wine cellar.”

“People tell me, ‘We’re looking for a place where we can go after dropping the kids at soccer practice and just relax for a bit,’” she continued. “There’s a need in Nocatee for an adult-oriented place where people can meet, have a drink and enjoy some good conversation.”

The Louries moved from New Jersey to Nocatee’s Coastal Oaks neighborhood in 2013 to be closer to Shaun Lourie’s parents. While

Shaun’s background is in marketing and medical education, Steve had enjoyed a long career in the hospital industry.

“I got into the wine industry through the restaurant business,” he told attendees. “I just fell in love with the energy and with working with people.”

The Louries decided to take their shared passion for wines and start a business together.

“This is our first business — we didn’t want to say ‘What if?’ for the rest of our lives,” Shaun Lourie said. “Nocatee just seemed like the right place at the right time.”

It was a sentiment that resonated with members of the Nocatee Business Networking Club, many of whom

are also entrepreneurs. Group founder Adam Drake noted that he started the club after moving to Nocatee two years ago from Wisconsin and being unable to find an existing networking group that met his needs.

“I wanted to connect with other businesses but in a more casual environment than other business groups that meet weekly to pass referrals,” Drake said. “We’ve gravitated toward a more quarterly schedule, where neighbors can network and share referrals with one another in a more organic way.”

Currently, the Nocatee Business Networking Club has more than 100 active members, who stay connected via the group’s Facebook page and email list ([NocateeBizPros@gmail.com](mailto:NocateeBizPros@gmail.com)).

“I think bringing in fellow entrepreneurs as speakers has helped us build a following,” he said.

During the Louries’ presentation, attendees not only asked questions about the couple’s plans for their business, but also offered suggestions and advice on everything from product selection and signage to marketing. Attendees also predicted success for the Louries’ vision.

“What brings people back to a place is the ambiance, the atmosphere and an overall good feeling,” noted Terry Machaby, a Del Webb resident who owns Art 4 Charities with his wife Diane. “It sounds like you’ve got the total package to create that good feeling.”



# Planning and Zoning Agency recommends approval of Nocatee plans

By Jennifer Logue

The St. Johns County Planning and Zoning Agency voted last week to recommend approval of a number of technical modifications to Nocatee's comprehensive plan and PUD last — changes the master developer says will give them the flexibility they need to respond to changing market conditions.

PZA board members David Rice, Jon Woodard and Dick Williams voted to recommend approval of all of the developer's requested modifications, while Archie Wainwright voted against the major modification portion of the plan. Board member Mike Koppenhafer voted against all of the proposed changes. The County Commission is scheduled to consider the agency's recommendation at its May 17 meeting.

While the developer's proposal requested modifications to a number of technical standards — including decreasing the specified percentage of multi-family housing and office space in Nocatee Town Center — it was the proposed changes to the plan's affordable housing component that drew the most questions and comments from board members. Under the initial plan, the PARC Group was to donate 50 acres of land and \$850,000 over time to the county for use in developing affordable housing. Noting that The PARC Group had donated an initial 10 acres and \$150,000 several years ago but the county had failed to develop the property, the developers offered a new proposal.

Instead of donating the remaining 40 acres, the developers propose, the PARC Group would donate 20 acres of more valuable land on Nocatee Parkway for use in developing a postsecondary institution that would provide jobs and educational opportunities to the county.

The PARC Group would also make immediate payment of the remaining \$650,000 instead of spreading payments over time as originally planned. Should the college not be developed as planned, the land would revert to The PARC Group in exchange for a payment to the county of \$1.64 million.

## Proposed modifications

- Decrease the required percentage of multi-family units
- Expand the test area to meet specific use standards for retail and office from 1 mile outside Nocatee to 3 miles outside Nocatee
- Revise development order so that schools are not required to be built in a village center in order to give the school district more flexibility in siting schools
- Revise affordable housing requirements in exchange for land donation for post-secondary university
- Clarify design standards regarding road connection to Pine Island Road
- Allow temporary above-ground utilities in some development areas

Several PZA board members expressed concern over the change, saying they feared service workers and public servants would not be able to afford to live in Nocatee.

"We're investing millions in new schools, and I think teachers ought to have an opportunity to live in the communities where they work," Board Member Dick Williams said.

Four St. Augustine residents also expressed opposition to the affordable housing change at the meeting, including representatives from Habitat for Humanity and Home Again St. Johns.

PARC Group Chief Operating Officer Greg Barbour noted, however, that a study confirmed that more than 1,000 of the 5,000 homes already built in Nocatee met the local standards for affordable housing, and that the community featured a variety of home styles including townhomes and condos.

PZA staff also expressed their support for the proposed change, as did Benjamin Coney of the county's Housing and Community Services. Noting that developing an affordable housing project can often take many years, Coney said The PARC Group's proposal would provide the funds needed to make an immediate impact on some of the county's most pressing affordable housing issues, including renovating substandard housing and supporting the homeless.

"It will help the county

## Retail remains a top priority for Nocatee Town Center, developer tells residents

By Jennifer Logue

While the county Planning and Zoning Agency focused its discussions primarily on how changes to Nocatee's plans would impact the county's affordable housing efforts, Nocatee residents were more concerned with how the proposed modifications would impact future development of the community's Town Center.

At a meeting held at Nocatee's Crosswater Hall the night before the PZA hearing, representatives from The PARC Group explained the proposed changes and assured residents that attracting more retail, restaurants and businesses to Nocatee Town Center remains a top priority. PARC Group President and CEO Rick Ray told the more than 80 residents in attendance that efforts to bring in new retail and business offerings to Town Center are both "ongoing and intense."

"Retail is critical," Ray said. "You can't have a growing residential community without retail — and believe me, we want to see it much more than you do. But you can't make somebody open a business until they're ready."

One of the key requirements many retailers seek in a new location, Ray said, is heavy daytime traffic. "When we can bring more offices to Town Center," Ray said, "that will greatly help us bring in more restaurants and retail, because they need the daytime traffic."

Ray said the focus on retail in Nocatee has always been on retailers who would provide neighborhood services to Nocatee residents, not big-box retailers aimed at attracting customers from across Northeast Florida.

"We don't want large big-box retailers that will bring regional traffic into your neighborhoods," he told residents.

Lakeside resident Joel Cantor asked why the developers didn't coordinate development more closely with retailers.

"I think some of the impatience among residents is because development hasn't occurred hand-in-hand with retail establishments," Cantor said. "I'm hoping your vision doesn't evolve away from that. It would be nice not to have to drive 20 or 30 minutes to Duval County to conduct all our business."

Ray said that unlike other master-planned communities such as The Villages — a large, centrally located senior community with lots of daytime traffic — Nocatee's location near the ocean and Tolomato Preserve created a more challenging development environment.

"We are not in an urban location, so we have to be a bit more patient (in attracting retail)," Ray said. "As we add more homes,

more offices and increase daytime traffic, it will happen. Our desire is to have the exact same thing."

## An evolving project

While stressing that The PARC Group is not reducing its plans for retail/office space in Nocatee Town Center, Ray acknowledged that the vision for Nocatee has evolved since planning for the community began in the late 1990s. For example, while Nocatee was originally approved for 14,500 homes, Ray told residents that he now anticipates the final number will be about 20 percent less than that, or around 11,600 homes.

Nocatee has also developed with more single-family homes than originally planned, he said. "We initially envisioned more than 300 multi-family units in Town Center," Ray said. "We don't think that's the right thing to do now. We stopped, because we didn't think it was right to put that in our Town Center."

COO Greg Barbour agreed.

"Fifteen years ago, we thought the core (of Nocatee) would look more like Southpoint and Butler, with five- and six-story buildings," Barbour said. "That just hasn't materialized."

As a result, one of the proposed modifications calls for decreasing the percentage of multi-family housing in Town Center.

In addition, the developers said, the landscape surrounding Nocatee has changed dramatically in the past 15 years. Since 2000, the area has seen the construction of Nocatee Parkway, 9B, new I-95 interchanges and new developments that are expected to offer 5 million square feet of big-box retailers, office space and multi-family housing.

Currently, Barbour said, 40 percent of Nocatee has been built out, with another 25 to 35 percent in the planning stages. That leaves 25 to 35 percent still to be developed — making this the right time to modify Nocatee's plan to reflect current market conditions.

"We believe these are all positive improvements that provide us with some flexibility and truly are for the betterment of the Nocatee community as a whole," Barbour said.

Coastal Oaks resident Richard Meyers said he found the session "very informative."

"I think it addressed a lot of the information that's been floating about on social media," Meyers said. "There's a lot of misinformation out there and I think the presentation did a good job of clearing up some of the confusion."

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# Nocatee

Continued from 9

address those immediate housing needs and better plan, fund and develop affordable housing,” Coney said.

After hearing from the developers and agency staff, board member David Price expressed support for the proposal, adding that affordable housing was a county-wide issue not specific to Nocatee.

“I think it’s unfair to try to place on one particular applicant the responsibility for solving all our affordable housing issues,” Price said.

Other aspects of The PARC Group’s proposed modifications that received the agency’s recommendation for approval include allowing temporary above-ground utilities while developing some new neighborhoods; clarifying standards for paving Pine Island Rd. to the south of Nocatee, and revising the development order to give the St. Johns

County School District more flexibility in siting new schools.

The plan modifications also would expand a current standard that allows Nocatee to count area retail and office space toward project requirements from one mile to three miles.

That change, Barbour said, reflects how the surrounding landscape has changed since Nocatee was first envisioned in the late 1990s.

“Fifteen years ago, we created standards when the only development in this part of the county was Julington Creek and there was no regional road system,” Barbour said. “Since then, the whole world has changed.”

The construction of Nocatee Parkway, 9B, new I-95 interchanges — and the recent approval of the Twin Creeks and Durbin Creek National developments that are expected to have 5 million square feet of office and retail space with major highway access — have created a new land-

scape, Barbour said.

“Common sense tells us that’s where the big-box retailers and multi-family housing are going to go,” he said.

Expanding the standard from 1

mile to 3 miles, Barbour said, will afford the developers some flexibility and allow them to focus on attracting the type of retail and office presence that will provide services to Nocatee residents.

## Run with a Mission 5K/10K/Fun Run will be held in Nocatee on April 30

By Jasmine Marshall

Last September, Faithful Servant Missions (FSM) encouraged its supporters to put their feet to the pavement in support of their efforts to bring food and education abroad to impoverished communities. This year, they’ve made the call again for a Run with a Mission to be held April 30 in Nocatee.

The 5K, 10K and one-mile “fun run” through the Nocatee Greenway Trails will support the work of the nonprofit faith-based organization, whose work includes aiding a community in Costa Rica where the 80 percent poverty rate is augmented by numerous displaced Nicaraguan refugees.

“We opened an education support program in that first year hoping that if we started with even 25 kids we would someday be able to end the cycle of poverty,” Faithful Servant Missions secretary and founding member Cheryl Bradford said. “That’s what we felt we were called to do through education.”

By the end of that first week, more than 100 kids were in attendance. In a community where most adults don’t complete the sixth grade, those numbers were a promising glimpse of what FSM hopes to achieve in the future. The mission has continued to grow, now staffed with three full-time teachers, a recreational instructor, a pastor, an administrator and a social worker. In partnership with local schools and churches, FSM provides programs for

reading comprehension, mathematics and basic subjects that they hope will give students the skills to advance and eventually graduate.

MISSION continues on Page 16

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# New owners propose developing 40 acres of Ponte Vedra golf club

## Property along A1A would house retirement community, cultural center under proposal

By Jennifer Logue

Forty acres of the Ponte Vedra Golf and Country Club would be developed for use by a continuing care community and the Cultural Center at Ponte Vedra Beach under a proposal presented by new club owners Alta Mar LLC at the Sawgrass Players Club's master board of directors meeting last week.

Held April 8 at the Sawgrass Marriott, the board meeting attracted a standing-room-only crowd of more than 200 Sawgrass Players Club residents, who came to hear Alta Mar's Dave Miller present his plans for the golf course formerly known as Oak Bridge. Board President John Flynn opened the meeting by saying that informal communications — including an anonymous letter circulated among residents — had created confusion and misconceptions about the status and details of Alta Mar's plans.

"This board is committed to transparency," said Flynn, who stressed the board would be seeing Alta Mar's presentation for the first time along with those present. "We're not going to

be in a hurry to make a decision and we will be guided by the opinions of a majority of the community members."

Flynn said a town hall meeting would be scheduled in the future to give residents an opportunity to ask further questions and offer input. In addition, minutes approved at last week's meeting specified that the board would not vote on Alta Mar's proposal at its April 28 meeting, as the board would be electing new members at that time.

Tom Jenks, the board's attorney, said much of the confusion and rumors surrounding the proposal stemmed from a misunderstanding about a vote the community took several years ago to extend its covenants through 2041. Those covenants were separate from the covenants and restrictions governing the golf course, he said, which state that the property only has to be maintained as a golf course through 2023.

"If I understand this correctly, after seven years Oak Bridge Golf and Country can do anything they want to do without the authorization of the

Sawgrass community?" board member Debbie Skorewicz asked.

"The one word answer to that," Jenks said, "is yes."

### A 'failed community asset'

"Some of you view me as a villain," Dave Miller said in beginning his presentation. "When I looked at myself this morning brushing my teeth, I kind of looked at myself as a martyr."

Noting that he and partner Jeff Miller both own homes in the Sawgrass Players Club, Miller said he was hailed as a hero just two months ago when he took ownership of the golf course after the club's former operator went into default.

"We're not some shark developer coming out of Atlanta trying to swoop in on your asset," he said. "We're here to give out facts and present some realities we're all facing. Sawgrass Players Club has a failed community asset which does not benefit the property values throughout the community."

Miller said he originally purchased the mortgage note in December 2014 with the belief that a buyer would purchase the course. He soon learned, however, that the property's condition made that impossible.

"It's an absolute disaster — everything from the equipment to cut the grass, to the rotted out floors, to the pool to the kitchen to the tennis courts are in consistent disarray," Miller said. "One local party told us, 'Even if you gave this asset to us, we wouldn't take it.'"

At the same time, he added, golf as an industry is in trouble, saying that one-third of all courses are operating in the red as participation decreases and maintenance costs increase. To compensate for what some industry observers say are the sport's three main challenges — namely the amount of time, money and skill required to play golf — some clubs are changing to 12-hole courses.

"During my first two months (of owning the golf course) I lost \$50,000 a month," he said.

### \$5 million renovation

Alta Mar's proposal calls for the company to invest \$5 million in renovations to Oak Bridge, including \$750,000 for greens reconstruction, \$750,000 for fairways improvements, \$500,000 for clubhouse and golf shop renovation, and \$500,000 to rebuild the tennis facilities. Other planned improvements include new maintenance equipment, bunker improvements, driving range renovation and a new \$1.8 million irrigation system.

Some of these improvements have already begun, Miller said, along with operational changes that include hiring

PGA pro Mike Miles as director of golf operations and Elad Gabay as head tennis pro. A well-known local restaurateur has also contracted to provide food service, he added.

To make the project financially viable, Miller said Alta Mar would need to reconfigure the golf course and "monetize" the project by developing 40 acres. That land — which Alta Mar proposes splitting into two parcels — would become the site of an age-restricted continuing care community and the Cultural Center at Ponte Vedra Beach.

"The entire golf course is not going away," Tony Robbins of engineering firm Prosser stressed, adding that Miller had already invested \$1.5 million in improvements. "The plan is to develop a revitalized golf course that is structured for the 21st century...to retain and invigorate Oak Bridge and the surrounding community."

Addressing potential traffic concerns, Robbins said the proposed continuing care community and cultural center would only be accessible from A1A. "None of (the traffic) will come through your neighborhoods," he said. Buildings on the section of the property closest to residents (parcel A) would be limited to one story, with a three-story limit for buildings located on parcel B on A1A near Sawgrass Village.

"I think our new proposal benefits the entire community," Miller said. He added, however, that the community needs to make a decision, since in 2023 the restrictions will be removed and Alta Mar will be able to sell the property without community approval.

"You're not looking at a guy who's going to lose \$50,000 a month," he said. "I see the passion you all have. We can make Oak Bridge great again."

Some residents, however, expressed doubts and reservations about Alta Mar's plans.

"It's kind of hard for me to believe you didn't know the condition of the property (when you purchased the mortgage)," resident Bill Livingood said to applause.

Other residents sought to gain some assurance that if the community approved Alta Mar's plans, the owners would commit to maintaining the golf course until 2041 and not continue to sell off pieces of the property.

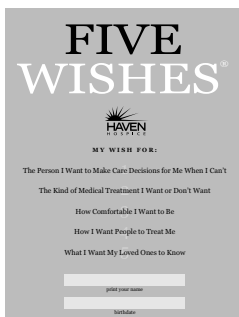
"If we monetize it, then yes, we would extend it to 2041," Miller said.

Salt Creek resident and Realtor Linda Ostoski said she felt such a commitment was critical in terms of gaining the community's approval. "But what they say is true," she said. "The condition of the golf course is a dilemma homeowners are going to have to face. It does need a lot of money to bring it up to standards."



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**LETTER TO THE EDITOR**

**No redevelopment should take place**

On April 8, 2016, I attended a presentation by the new owners of the Oakbridge/Ponte Vedra Golf and Country Club.

What I heard was a time share salesman stuck with a poor piece of property hoping he could convince an unsuspecting community to bail him out — even at one time using veiled threats to open day care centers or as-

sisted living facilities and even mentioning something about a cemetery.

Sorry, no cigar. Come on back in 2023 when the existing covenants run out. Along with what I suspect will be a healthy majority of the Players Club community, I vote a resounding NO to any redevelopment plans that do not fit existing use.

*Rick Mansfield  
Oakbridge*



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Thursday, April 14	Friday, April 15	Saturday, April 16	Sunday, April 17
<p><b>Beaches and SJC Chamber luncheon</b> The JAX Chamber Beaches Division and St. Johns County Chamber of Commerce will hold a joint luncheon Thursday, April 14, from noon to 1:30 p.m. at the Sawgrass Country Club, 10034 Golf Club Drive in Ponte Vedra Beach. The guest speaker will be Matt Rapp, executive director of The Players Championship. The cost is \$25 with advance online registration, \$30 at the door. Register online at <a href="http://www.myjaxchamber.com">www.myjaxchamber.com</a> or <a href="http://www.stjohnscountychamber.com">www.stjohnscountychamber.com</a>.</p> <p><b>Annual Activity Member</b> Become an Annual Activity Member at The Players Community Senior Center. Membership includes discounts on fee-based classes, designated events and Coastal Travel along with complimentary participation in a wide variety of scheduled activities. Call Darlene Mahany at (904) 280-3233 for more information.</p> <p><b>Life Enrichment Group</b> The Life Enrichment Group is a program designed for those with memory changes who like to stay active mentally, physically and socially while allowing caregivers and loved ones some free time for themselves. This program is offered weekdays from 9 a.m. to 2 p.m. at Ashford Court, 1700 The Greens Way in Jacksonville Beach. For more information, call (904) 568-8174, or email <a href="mailto:life_enrichmentgroup@yahoo.com">life_enrichmentgroup@yahoo.com</a>.</p> <p><b>Free Bridge Lessons</b> Free beginning bridge lessons are available at the Jacksonville School of Bridge, 3353 Washburn Rd. in Jacksonville Beach on Tuesdays and Thursdays. Lessons start 9:30 a.m. and end at 10:15 a.m. This is followed by an actual game at 10:30 a.m. and ends by 2:15 p.m. Contact Burt O'Dell at (352) 428-1075 for more information.</p> <p><b>Mental Health Recovery Support</b> Free mental health support is available to the public facilitated by Georgia/Florida Certified Peer Specialist Whitney Bolin. Sessions are by appointment only Monday through Friday; call (770) 403-4991 or email <a href="mailto:whitneybat76@gmail.com">whitneybat76@gmail.com</a>. Bolin also facilitates a mental health recovery group at Flagler Hospital from 2 to 4 p.m. every Tuesday.</p>	<p><b>'On Broadway' concert</b> The Jacksonville Symphony will present "On Broadway" as part of its Fidelity National Financial Pops Series, featuring the music of well-known Broadway classics, guest conductor Steven Reineke, and guest artists Carrie Manolakos and Ryan Silverman. Performances are Friday, April 15, at 8 p.m., Saturday, April 16, at 8 p.m. and Sunday April 17 at 3 p.m. at the Times-Union Center for the Performing Arts, 300 Water St. in Jacksonville. Ticket prices for the evening performances range from \$25 to \$74. For the Sunday afternoon matinee, prices range from \$25 to \$59. For more information about this event, visit <a href="http://jaxsymphony.org">jaxsymphony.org</a> or call (904) 354-5547.</p> <p><b>Sharon Booma exhibition opening</b> The opening reception for Sharon Booma: Collection of Impulses will be held Friday, April 15, from 6 to 8 p.m. at the Cultural Center at Ponte Vedra Beach, 50 Executive Way. A nationally recognized artist, Booma relocated from Boston to Ponte Vedra Beach three years ago. Her works will be on display in the cultural center's Main Gallery through May 27. The center's Scene Gallery will host Unmasked: Art with a Heart in Healthcare from April 15-May 27. The center's annex galleries, meanwhile, will feature artist member exhibitions by Gabriela Stevens and Vicky Lennon at the Vicar's Landing Annex Gallery and Ponte Vedra Concert Hall Annex Gallery, respectively, from April 15-May 27. For more information, including gallery hours, visit <a href="http://www.ccpvb.org">www.ccpvb.org</a>.</p> <p><b>Senior Life and Education Day</b> Senior Life and Education Day, an event designed to provide information for seniors to improve their health and living well, will be held from 9:30 a.m. to 1:30 p.m. Friday, April 15, at TPC Sawgrass. The event will feature health screenings and complimentary consultations by local health care practices and professionals. Businesses and professionals that provide services to seniors will also be present to provide information and resources. Complimentary food and beverages will be provided and there is no cost to attend. For more information or to RSVP attendance, call (904) 491-2166.</p>	<p><b>Katz 4 Keeps Adoptions Adoption Days</b> Katz 4 Keeps adoption days will take place Saturday, April 16, and Sunday, April 17, from 11 a.m. to 3 p.m. at Katz 4 Keeps, 935B A1A N. in Ponte Vedra Beach (next to Sherwin Williams). For more information, call (904) 834-3223 or email <a href="mailto:katz4keeps.com">katz4keeps.com</a>.</p> <p><b>Vilano Beach Dish N Fish</b> Vilano Beach Main Street, Inc. will host the inaugural Dish N Fish, a culinary tourism event that will be held at the Vilano Beach Town Center April 16 from 2 to 8 p.m. The event will include a chef competition among high school culinary students from 3 to 5 p.m. as well as samples from 10 well-known area restaurants, beverages from area wine distributors, craft beer makers and the St. Augustine Distillery, live music and more. Admission is a \$5 donation benefitting FRLA High School Culinary Grants for ProStart students and Vilano Beach Main Street improvement projects. Children 15 and under are admitted free. For more information or advance tickets, visit <a href="http://www.vilano-beach-fl.com/dishnfish">www.vilano-beach-fl.com/dishnfish</a>.</p> <p><b>Cirque du Nocatee</b> The community is invited to enjoy a special day of awe and amusement at the upcoming Nocatee Farmers Market: Cirque du Nocatee. To be held from 10 a.m. to 2 p.m. Saturday, April 16, the event will feature local shopping, food and entertainment by acrobatic artists, contortionists, stilt walkers, aerial hoop performers and more. Free face painting will be available, along with a bounce house and food trucks. This free family-friendly event includes more than 80 local vendors selling everything from produce and jewelry to unique foods, herbs and more. Nocatee Town Center Field is located at 100 Marketside Ave. in Ponte Vedra.</p> <p><b>Local Authors Expo at RAM</b> The Riverside Arts Market will host writers from throughout Northeast Florida during its 4th annual Local Authors Expo from 10 a.m. to 4 p.m. The Riverside Arts Market is located at 715 Riverside Ave., Jacksonville under the canopy of the Fuller Warren Bridge. Parking and admission is always free. For additional information, visit <a href="http://www.riversideartsmarket.com">www.riversideartsmarket.com</a>.</p>	<p><b>Spring 2016 St. Augustine Record Fair</b> The Spring 2016 St. Augustine Record Fair will be held Sunday, April 17, from 11 a.m. to 5 p.m. at the St. Augustine Amphitheatre. The free, family-friendly event attracts music lovers and collectors to shop and browse through thousands of music-related items, including new and used vinyl records, CDs, posters, turntable equipment and supplies, memorabilia, collectibles and more. For more information, visit <a href="http://www.staugamphitheatre.com">www.staugamphitheatre.com</a>.</p> <p><b>Trasca &amp; Co anniversary party</b> Trasca &amp; Co Eatery will host a free first anniversary party from 2 to 4 p.m. Sunday, April 17. Activities will include face painting, a balloon artist, live music, a photo booth and free samples. Trasca &amp; Co Eatery is located at 155 Tourside Drive in Ponte Vedra Beach. For more information, call (904) 395-3989 or visit <a href="http://www.trascaandco.com">www.trascaandco.com</a>.</p> <p><b>Practice with Purpose at Big Fish Yoga</b> Practice with Purpose is an all-level yoga class offered on Sundays from 4 to 5 p.m. at Big Fish Power Yoga. The fee for the class is a \$5 cash donation that goes to the charity that Big Fish Power Yoga has selected for the quarter. Big Fish Yoga has relocated to the South Beach Regional Shopping Center in Jacksonville Beach at 3852 Third St. S. For more information, call (904) 372-0601.</p> <p><b>Travel Training Program</b> The Council on Aging's Travel Training program is designed to assist seniors in learning to ride the Sunshine Bus. Residents interested in expanding their transportation options or who would like to increase their confidence as a bus rider can receive assistance from trained volunteers in navigating routes, reading time tables and making transfers. Contact the mobility manager at the Council on Aging at (904) 315-6505 or email <a href="mailto:KatieArnold@stjohnscoa.com">KatieArnold@stjohnscoa.com</a>.</p>

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Monday, April 18	Tuesday, April 19	Wednesday, April 20	Thursday, April 21
<p><b>Talk with a Doc: 'Autism Awareness'</b> Talk with a Doc: "Autism Awareness" will be held Monday, April 18, at 6 p.m. at the Y Healthy Living Center at the Ponte Vedra YMCA, 170 Landrum Lane in Ponte Vedra Beach. Join pediatricians Tracy Tyson, MD, and David Childers, MD, as they discuss autism spectrum disorders, neurological development in children, child safety, and medication interventions. This free event is open to the community. Reserve your seat today at <a href="http://baptistjax.com/ymca">baptistjax.com/ymca</a> or by calling (904) 202-5376.</p> <p><b>Free Social Security Seminar</b> A free social security seminar will be held Monday, April 18, at 6 p.m. at the Ponte Vedra Beach Branch Library, 101 Library Blvd. This information-only workshop will show individuals and couples between the ages of 55 and 67 how Social Security works now and how it will work in the future. Seating is limited. Call (904) 834-3544 to make a reservation.</p> <p><b>Jesse Cook at the PV Concert Hall</b> The Ponte Vedra Concert Hall will present Jesse Cook live in concert on Monday, April 18. Tickets are \$36. Doors open at 7 p.m.; show starts at 8 p.m. For more information or to purchase tickets, visit the Ponte Vedra Concert Hall or St. Augustine Amphitheatre box offices or visit <a href="http://www.pvconcerthall.com">www.pvconcerthall.com</a>.</p> <p><b>Caregiver Support Group</b> The Players Caregiver Support Group meets every Monday from noon to 1 p.m. at The Players Senior Center, 175 Landrum Lane in Ponte Vedra Beach. Kimberly Weir of Heartland Hospice facilitates a weekly discussion of current concerns and issues of caregivers. It is a great opportunity for caregivers to share resources and ideas. For more information, call (904) 280-3233.</p> <p><b>Sunshine Center Volunteers</b> The adult day center located in the Coastal Community Center is seeking creative volunteers to assist with simple arts and crafts projects with seniors Mondays through Fridays from 12:30 to 2:30 p.m. Call (904) 209-3686 for more information.</p>	<p><b>'A Night at Roy's'</b> The Monique Burr Foundation for Children will host its 14th annual event, "A Night at Roy's," on Tuesday, April 19, from 6 to 9 p.m. to benefit the MBF Child Safety Matters program. The fundraising event features Hawaiian-influenced gourmet cuisine by master chef Roy Yamaguchi, fine wines, tropical refreshments and live entertainment. Roy's Restaurant Jacksonville Beach is located at 2400 Third St. S. Event tickets are \$100 per person and are available to purchase online at <a href="http://www.anightatroys.com">www.anightatroys.com</a>. Sponsorships opportunities are also available. Contact Tammy Long at <a href="mailto:tlong@moniqueburrfoundation.org">tlong@moniqueburrfoundation.org</a>.</p> <p><b>One Night of Queen</b> Gary Mullen &amp; The Works, a Queen tribute band, will perform the band's hits on Tuesday April 19 at the Ponte Vedra Concert Hall. Tickets are \$39.50 for the first 10 rows, \$32.50 for all remaining rows. Doors open at 7 p.m.; show starts at 8 p.m. For more information or to purchase tickets, visit the Ponte Vedra Concert Hall or St. Augustine Amphitheatre box offices or visit <a href="http://www.pvconcerthall.com">www.pvconcerthall.com</a>.</p> <p><b>Palm Valley Farmers Market</b> The Palm Valley Farmers Market takes place every Tuesday from 1:30 to 5:30 p.m. at the Palm Valley Community Center, 148 Canal Blvd. in Ponte Vedra Beach.</p> <p><b>Sunset Rotary Club weekly meeting</b> The Rotary Club of Ponte Vedra Beach Sunset meets Tuesdays from 6 to 7:15 p.m. at the Hilton Garden Inn. Community leaders are welcome to attend. For more information, call Club President Ron Mott at (904) 460-7092 or email <a href="mailto:hojron@aol.com">hojron@aol.com</a>.</p> <p><b>Arbor Terrace Life Enrichment Group</b> The Life Enrichment Group Day Program takes place every Tuesday and Thursday from 9 a.m. to 2 p.m. at Arbor Terrace Ponte Vedra, 5125 Palm Valley Road, Ponte Vedra Beach. The group is designed for those with memory changes who would like to stay active mentally, physically and socially. For more information, call (904) 497-4346 or visit <a href="http://www.at-pontevedra.com">www.at-pontevedra.com</a>.</p>	<p><b>'Peter Pan' at Christ Episcopal Church</b> Christ Episcopal Church presents a new adaptation of J.M. Barrie's classic "Peter Pan" written and directed by Jason Woods. Follow beloved characters Peter Pan and Captain Hook in this timeless story, featuring new songs, captivating music and one very large crocodile. Performances are April 14-16 and April 21-23 at 7:30 p.m., with matinee performances April 17 and April 24 at 3 p.m. Christ Episcopal Church is located at 400 San Juan Dr. in Ponte Vedra. For more information, call (904) 285-6127. Purchase tickets online at <a href="http://www.readyforeverland.com">www.readyforeverland.com</a>.</p> <p><b>PV Professionals Networking Group</b> The Ponte Vedra Professionals Networking Group meets Wednesdays from noon to 1 p.m. at Mulligans, 43 PGA Tour Blvd. in Ponte Vedra Beach. For more information, call Gloria at (904) 635-6103, visit <a href="http://www.pvpng.com">www.pvpng.com</a> or email <a href="mailto:pontevedrapng@gmail.com">pontevedrapng@gmail.com</a>.</p> <p><b>Ponte Vedra Toastmasters</b> The Ponte Vedra Toastmasters Club offers opportunities for developing leadership and communication skills. The group meets on Wednesdays at The Players Community Center, 175 Landrum Lane, Ponte Vedra. The meeting starts promptly at 7:30 a.m. and lasts one hour. Contact Lucy Reep at (904) 607-3695 or email <a href="mailto:contact-5199@toastmastersclubs.org">contact-5199@toastmastersclubs.org</a> for more information.</p> <p><b>Chamber After Hours</b> The St. Johns County Chamber of Commerce's Ponte Vedra Beach Division will hold its Chamber After Hours event Wednesday, April 20, from 5:30 to 7 p.m. at The Browning Agency, 2109 Sawgrass Village in Ponte Vedra Beach. Chamber members will have the opportunity to network while enjoying an evening of complimentary hors d'oeuvres and refreshments. For more information or to register for the event, visit <a href="http://www.stjohnscountychamber.com">www.stjohnscountychamber.com</a>.</p>	<p><b>Coffee on the Docks</b> The JAX Chamber Beaches Division Coffee on the Docks will be held Thursday April 21 from 8 to 9 a.m. at the Jacksonville Boat Club, 14603 Beach Blvd. in Jacksonville. The cost is \$5. Advance online registration requested. Continental breakfast will be served. For more information or to register, visit <a href="http://www.myjaxchamber.com">www.myjaxchamber.com</a>.</p> <p><b>PV Memory Care Center open house</b> An open house and informational presentation on dementia behaviors will take place April 21 from 4:30 to 7 p.m. at the Ponte Vedra Memory Care Center, 1048 A1A N., Ponte Vedra Beach. To RSVP, call Debbie at (904) 209-3660.</p> <p><b>North Beaches' Art Walk</b> The North Beaches' Art Walk will be held from 5 p.m. to 9 p.m. at the Atlantic and Neptune Beaches' Town Center. For more information, call First Street Gallery at (904) 241-6928 or Archway Framing and Gallery at (904) 249-2222 or visit <a href="http://www.nbaw.org">www.nbaw.org</a>.</p> <p><b>Grief support group</b> A grief support group meets on the third Thursday of every month in the library of the Family Life Center at St. Paul's Catholic Church, 578 First Ave. N., Jacksonville Beach. The group is for men and women who are grieving the death of a family member or friend. The next meeting will be on Thursday April 21 at 7 p.m. For more information, call Kathy at (904) 553-8933 or Catherine at (904) 247-0665.</p> <p><b>'The Wiz' at Alhambra Theatre</b> Alhambra Theatre &amp; Dining presents "The Wiz: The Super Soul Musical," March 23-April 24. The musical is a retelling of Frank Baum's "Wonderful Wizard of Oz" set in the context of African-American culture with an infectious soul score and lyrics by Charlie Smalls. The theatre is located at 12000 Beach Blvd. in Jacksonville. For more information or to purchase tickets, call (904) 641-1212 or visit <a href="http://www.alhambrajax.com">www.alhambrajax.com</a>.</p> <p><b>Free calendar listings for community groups and nonprofit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to <a href="mailto:carrie@opcfla.com">carrie@opcfla.com</a>, post online at <a href="http://www.pontevedrarecorder.com">www.pontevedrarecorder.com</a> using the automated form or call (904) 686-3939.</b></p>

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# Mission

Continued from 11

Bradford said they're now seeing more high school graduates, and have even sent four students to college.

"We want to empower them to be self-sufficient and learn to navigate what's available — to act as a resource," Bradford said. "All of our programs are geared to that end, structured to reward that

empowerment. We really want to teach them to be independent and show them that they can have a different life."

## The Reciprocity of Giving

For the board members of FSM, the impact of their work is immeasurable. Bradford recalled one mission team comprised only of women whose program was such a success that they plan to run it again in April, August and October. The team of 22 from Beach Church in Jacksonville

partnered with First Coast Women's Services to bring programs and counseling specifically for pregnant women, young mothers and young girls. Though the program was meant to serve the women and girls who had been a part of the Bajo Tejares that FSM served, Bradford said roughly two-thirds of the women who'd attended the programs had never been to the ministry before.

"It showed me that our work served more than just the people who were involved in our ministry," she said. "I realized then that we could operate and serve as a great outreach to the community, and that we could even help people who we hadn't really had ongoing contact with."

A college-aged mission group, meanwhile, delivered portable water treatment systems to families in isolated villages in Panama, while another team provided vision screenings and more than 300 pairs of glasses to FSM's Costa Rica headquarters.

Equally immeasurable is the impact the work has had on Bradford, who took the reins alongside other founders after her husband, whom she calls the "driving force" behind her participation, died in 2011.

"When we were looking at a young retirement, we looked at the typical travel and golf thing — certainly we hadn't intended to start running an international mission program," she said. "But when he



Photo by Jafeth Núñez

passed away, my life changed."

For Bradford, the closure motivated her to take on a more active role in the mission, and to foster a legacy that will continue to give to those in need.

"The mission gave me purpose and a goal," she said. "It's just been a very major and rewarding part of my life. When I go to our mission sites, I see the legacy that he left and I see how he planted a seed that others have continued to grow and foster. And it's very rewarding and comforting to see it and to be a part of it."

To register for the Nocatee run, visit [runsignup.com/runwithamission](http://runsignup.com/runwithamission).

## ROCK RACE & TASTE



# Saturday, April 23rd

## Starts at 10:30AM

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# HOME & GARDEN *Makeover Guide*



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April 14, 2016

# Solar panels help homeowners save energy, add value

By Carrie Resch

If there is one thing Florida has plenty of, it's sunshine.

There's also something else Florida is seeing a lot of these days — solar panels. With homeowners looking to make investments in their homes, save money or live a greener life, solar panels may be an enticing option, but are they worth it?

"Essentially [solar] is a very cost effective way to use green renewable energy, offset pollution and save a lot of money at the same time," said Pete Wilking, owner of A1A Solar Contracting, a Jacksonville-based company that designs and installs residential and commercial solar power plants in Northeast Florida.

"The great thing is, there are

a number of financing programs so you can use your drop in your electric bill to pay the bank for the financing of it, so there's no money out of pocket, and the solar basically pays for itself," Wilking said.

A1A Solar installs both residential and commercial units all over Northeast Florida, with the bulk of their business coming from Duval, St. Johns and Nassau counties. "Solar Power World" magazine ranked A1A Solar Contracting number five in the magazine's 2015 list of top Florida solar contractors.

New homes are particularly well suited for solar panel systems, Wilking said, because the houses are already energy efficient. The company has installed a number of systems in Nocatee, he noted, including an 18-panel, 4.83 kilowatt system to

Dave Berkhausen's 1,440 square-foot Nocatee home last June.

"I saw an opportunity for a long-term cost-savings," said Berkhausen, who was also motivated by his interest in clean energy technologies.

Berkhausen acknowledged there is a bit of an upfront cost when it comes to going solar and that he's paying a bit more per month. But in the long run, he says, he sees the solar panel system paying for itself.

"I enjoy being part of the initiative," he said. "I definitely think it's a step in the right direction for clean energy."

Berkhausen is also excited about adding value to his home. He recently had an appraisal done and said that the system has added significant value to his home.

A study released in January 2015

revealed that home buyers have consistently been willing to pay more for homes with host-owned solar photovoltaic (PV) energy systems. In addition, the study concluded that more than half a million U.S. homes had PV as of 2014, and the number is growing rapidly.

Interested in finding out more about solar? Solar-Estimate has a solar calculator on its website ([www.solar-estimate.org](http://www.solar-estimate.org)) developed with the support of the U.S. Department of Energy. The calculator shows homeowners what rebates are available, the returns and payback period, the best installers in the area, what size system is needed and more. The site also offers a free solar installation checklist with a list of questions to ask the installer when speaking to a solar company.

# Easy ways to update and beautify your home

By Donna Mancini

Our homes are important to us, and we want them to look and feel their best. And with housing prices on the rise, it's an even better time to invest in making some improvements. But which changes will create the biggest impact and provide the biggest bang for our buck? We've come up with eight great ways to update any home without taking on major renovation.

**Flooring** — Make an underfoot update with beautiful new floors. It's one of the few updates that truly increases the value of your home. The hottest trend in today's flooring is tile that looks like wood. Try a neutral gray with varying lengths.

**Counter Tops** — There are so many choices now in solid surface counter tops it can be hard to know where to begin. Try choosing a selection based on your neighborhood's price point. Don't put in marble when quartz is what homeowners gravitate towards. You'll be glad you did if you decide to sell.

**Paint** — It can update almost anything on virtually any budget. Its versatility makes it a natural for perking up tired kitchen cabinets, bringing new life to old floors, adding a pop of color to an accent wall or refinishing an old piece of furniture. Think light and bright in soft grays and whites.

**Kitchen Hardware** — Think of this as the jewelry of your kitchen. Like putting on diamond earrings, new knobs and pulls give your kitchen a facelift. It's a change you can make quickly at a cost anyone can afford. With options in gold, bronze, brushed nickel, copper and stain-

less, the possibilities are endless for a beautiful finished look to your kitchen.

**Lighting** — Brighten things up with new lighting fixtures, trendy bulbs and even dimmer switches. Try installing under cabinet light strips in the kitchen. And for a big wow, replace boring ceiling fixtures with can lights around the room.

**Backsplash** — An affordable and stylish update to any kitchen is tiling a backsplash. It's a project that can be done in a weekend and doesn't have to cost a lot to bring big results. Not only will you delight in a new focal point in your kitchen but an added bonus is the easy clean-up factor. A new backsplash is a smart choice for any homeowner.

**Window Treatments** — Replacing old fashioned draperies and hardware with simple panels or fabric shades gives a modern look to any home. Choosing plush fabrics brings the atmosphere of luxury to any space. Try a fabric with a metallic sheen or add embellishments to store bought panels.

**Wallpaper** — Looking to add that "wow" factor to your walls without the costly expense of stone or tile? Current wallpaper looks will do a great job achieving that goal. Wallpaper can also do a great job of mimicking the looks that can be created with exotic paint finishes, often in much less time and at a fraction of the cost. With the advancements in printing, a few rolls of wallpaper will give your space a look of luxury and make any wall grand.

**Donna Mancini is an interior designer with Donna Mancini Interiors & Flooring located in The Shoppes of St. Johns Oaks in Ponte Vedra.**



# Distinctive homes on display at annual 'Home & Art Tour'

By Jennifer Logue

Some of the First Coast's most distinctive homes were on display this past weekend, when an estimated 850 visitors toured five estate homes as part of the 6th Annual Legacy Trust Ponte Vedra Beach Home & Art Tour.

Held from 10 a.m. to 4 p.m. April 9 to benefit the Cultural Center at Ponte Vedra Beach, this year's tour included homes situated on Ponte Vedra Boulevard as well as in The Plantation and in South Jacksonville Beach. At each stop along the self-guided driving tour, visitors had an opportunity to view the homes' architectural features and interior design.

And in keeping with the cultural center's artistic theme, guests had a chance to see how artworks were incorporated into each home's overall design and presentation.

"The Home & Art Tour is a great opportunity for people to gain inspiration, both for their homes and their art," said Toni Boudreaux, director of development for the Cultural Center at Ponte Vedra Beach. "You really get a chance to see how people draw on artistic components within their homes."

Tickets to the Home & Art Tour were \$35, with proceeds benefiting the cultural center's education programs. Among the initiatives supported by the home tour, cultural center board President Kip Zebroski said, is a program that brings music therapy to children with special needs at local elementary schools.

"The home tour has grown significantly over the years," Zebroski said. "It's a big event that supports these types of programs."



Photos by Jennifer Logue

Susan Woodburn, left, displays one of her paintings to Cultural Center Development Director Toni Boudreaux at the Sunset & Tapas event.

## Sunset & Tapas

For the second year, the annual Legacy Trust Ponte Vedra Beach Home & Art Tour was preceded by Sunset & Tapas — an evening reception tour whereby guests were shuttled to two additional homes not on the regular Home & Art Tour.

In addition to viewing the homes and their artwork, guests enjoyed tapas-style refreshments and wine as well as the chance to meet local artists.

Local artist Susan Woodburn opened her Sawgrass Island home to visitors for the event.

"I love the cultural center," Woodburn said. "I've taken classes there, shown my art there. I just wanted to help support all that they do."



Cultural Center Board President Kip Zebroski and wife Sarah



892 Ponte Vedra Blvd. was one of the homes on the Home & Art Tour.

# 21st Annual Flower and Garden Expo is April 16-17

Looking to update your yard, patio or balcony with vibrant, colorful plants and flowers or unique yard art? Then head to St. Augustine this weekend for the 21st Annual Flower & Garden Expo.

To be held at the St. Johns County

Agricultural Center from 9 a.m. to 5 p.m. Saturday April 16 and 10 a.m. to 4 p.m. Sunday April 17, the event will feature a variety of vendors bringing a wide array of horticulture including herbs, succulents, tropicals, colorful flowering plants, but-

terfly plants, native plants and more.

The expo will also offer lectures and presentations by master gardeners throughout the weekend as well as art, gardening accessories, and materials and equipment needed to enhance and rejuvenate a garden.

The Garden Club of St. Augustine will also present its annual Flower & Horticulture show.

Working in collaboration with the quilt show sponsored by the Piece

# Blooming into Spring

First Coast gardening enthusiasts flocked to Rockaway Garden Center's "Blooming into Spring with Bubbly!" event. Held April 1 at the Jacksonville Beach gardening center, the event kicked off a weekend celebration highlighting Rockaway's new Southwest-themed succulent display and featured a complimentary champagne toast along with tequila sunsets and mint tea served throughout the weekend.



Bruce and Janet Love of Queens Harbor



Audrey Dearborn of Ponte Vedra

Photos by Jennifer Logue



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# Expo

Continued from 19

Makers Guild, the theme of both shows this year will be "Gateway to the Universe."

A free children's area with fun activities will also be available.

Proceeds from the expo benefit EPIC Behavioral Healthcare.

## Farm to Fork Brunch

This year's expo will also feature the popular "Farm to Fork" spring brunch.

Prepared by Chef David Bearl, the brunch will feature locally sourced products and a presentation on the local area's gardening and culinary heritage. Admission to the brunch requires a separate ticket; admission is \$20 for adults, \$10 for children and includes admission to the expo. Seating for the brunch is limited; to purchase tickets, visit [www.epicbh.org](http://www.epicbh.org).

Expo tickets are \$5 for a two-day pass, with children under 11 admitted free.

The expo pass also provides free admission to EPIC's "A Taste of St. Augustine" event on April 23.

The St. Johns County Agricultural Center is located at 3125 Agricultural Center Dr. in St. Augustine.



Photos courtesy Flower & Garden Expo

## Flower & Garden Expo Lecture Schedule

### Saturday, April 16, 2016

10 a.m.: "Set the Table for Butterflies," Native Landscape Designer Renee Stambaugh

11:30 a.m.: "Beautiful Gardens Begin with the Seed," Master Gardener Shirley Barber

1 p.m.: "Create a Sizzling Wildlife Garden for Hummingbirds," Master Gardener C.J. McCartney

2:30 p.m.: "Farmscaping Your Yard – Creating an Attractive Home for Beneficial Organisms," IFAS Agricultural Extension Agent Jim DaValerio

### Sunday, April 17, 2016

11:30 a.m.: TBA

1 p.m.: "Succulents 101 & Unique Ways to Display Them," Master Gardener Cathy Rogers

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# Family-owned service brings watchful eyes to Ponte Vedra

By Jasmine Marshall

It took an assortment of wayward golf balls, uncleaned and unattended pools and a few near-catastrophic flood incidents to convince Shannon and Steve Moore to start Beaches Home Watch Services.

One such incident occurred on an unexpectedly stormy night when forceful winds and nonstop downpours led to a flooded pool at Shannon's father's home, flowing directly into the garage where a battery maintainer was dangerously close to the rising water.

While the Moores were able to pump the water from the garage, the experience made them recognize the

need for a home watch service in the community.

"It's what made us realize that people need peace of mind when they're away from their homes for long periods, months at a time," Shannon Moore said. "Because when these things happen and you're not around to check on it, if the issue sits for that amount of time then the damage could be a lot more extensive."

To remedy the situation, the two founded Beaches Home Watch Services.

The Ponte Vedra-based business offers a variety of services for homeowners going away or those visiting vacation homes. In addition to conducting interior and exterior inspec-

tions to check for damage wrought by storms or vandals, the company checks for non-working appliances or leaks, collects special deliveries, and provides light maintenance and concierge services along with emergency weather service and vehicle maintenance. Rates vary by property and frequency of visits, but Moore says services will start from \$20 per visit.

The couple had watched homes for relatives and friends in the past, and after seeing other neighbors' homes sitting unattended, felt that they could be of help to the community by offering a service not easily found elsewhere.

"It's a useful service to have," said Moore. "We've seen a lot of window damage from golf balls, untended

lawns and other things while our own neighbors have been away that we wished we could've helped with if we had access to their property."

Moore says their combination of family-oriented practice and accreditation through the National Home Watch Association set them apart from other services. In addition, the couple intends to donate 10 percent of the business's earnings to another organization that brings people "peace of mind," K9s for Warriors.

"Our business is designed to keep homeowners at peace, so we want to extend that to the community," she said. "We want people to feel as if they can relax while they're away, knowing we're looking after their homes."



## EPCOT expands International Flower & Garden Festival

Two new spring-inspired outdoor kitchens, three mischievous Disney topiary characters and an innovative musical play garden will debut during the 23rd Annual EPCOT International Flower & Garden Festival.

Happening now through May 30, 2016, the popular spring festival at Walt Disney World Resort has been expanded from 75 days to 90 days this year, presenting a myriad of horticultural exhibits, concerts, demonstrations and more. Forty 8-to-9-foot-tall Disney-crafted "flower towers" and sweeping beds of multicolored blooms will adorn the park's landscape, with some 70,000 bedding plants surrounding the Future World east and west lakes alone. On the water, more than 200 mini-gardens will be set afloat.

On the culinary side, the new La Isla Fresca and Cider House outdoor kitchens will introduce a variety of fresh culinary offerings at 13 festival kiosks surrounding the World Showcase Promenade. Making their topiary debut this year are Huey, Dewey and Louie, who join Uncle Donald and Aunt Daisy in the

park's front-entrance garden.

Live "Garden Rocks" concerts, meanwhile, will occur each festival weekend, with a diverse lineup featuring such acts as Gin Blossoms (May 6-8), Darlene Love (May 13-15) and The Spinners (May 27-30).

Highlights of the 2016 festival include:

- New culinary creations at the festival's outdoor kitchens: Disney will debut dozens of new food and beverage flavors at the festival's 13 other outdoor kitchens, including La Isla Fresca, Cider House, Urban Farm Eats, Pineapple Promenade, Fleur de Lys, Florida Fresh, Taste of Marrakesh, Hanami, THE SMOKEHOUSE: Barbecue and Brews, Primavera Kitchen, Lotus House, Bauernmarkt and Jardin de Fiestas.

- A new hands-on Music Garden Melodies musical playground. With the playground's interactive drums, chimes and xylophones, children can create their own musical sounds when they're not enjoying the garden's climbing systems with safe but challenging, net-based structures. Watch for music-themed plants

that add harmony to the play area. The popular Cactus Road Rally play garden also returns with Disney-Pixar topiary pals from the hit film, "Cars."

- Earth Day Weekend: From April 22-24 EPCOT celebrates the planet with special appearances and activities.

- New Future World topiary garden: On the south side of Spaceship Earth, Disney gardeners will paint the landscape with a floral sun garden and yellow "sunbursts" will sprout in the new topiary garden featuring Minnie Mouse and Pluto.

- Frozen fun: Anna and Elsa topiaries will travel to the Norway pavilion festival landscape following their 2015 debut along World Showcase Plaza in a scene from the blockbuster Oscar-winning animated film, "Frozen." Nearly 100 topiary characters, including Snow White and the Seven Dwarfs, Lady and the Tramp, Simba and Peter Pan, will animate the Epcot landscape surrounded by themed gardens featuring herbs, peppers, orchids and more.

# Coastal contemporary redesign transforms Marsh Landing home

By Jennifer Logue

As the former CEO of Norwood Interiors — England's premier kitchen and bath firm — Geoff Smith knows the difference that a few key renovations can make in transforming a home from so-so to stunning.

More than 50 local residents had an opportunity last weekend to witness how Smith put that theory into practice on a home he owns in Marsh Landing, when Berkshire Hathaway Realtor Janet Westling hosted a “sneak peek” reception and tour of the home, which is now for sale. Located at 2 Turnberry Pointe Way on the 13th green of the Marsh Landing Golf Course, the four bedroom, three and a half bath home now reflects a “coastal contemporary” flair that boasts a full

range of both structural and interior design upgrades.

“Geoff and his wife live in Salt Creek,” Westling said. “He bought this home and renovated it from head to toe. From the new roof with a 50-year warranty to new flooring, a new driveway and landscaping, this home truly reflects Geoff Smith's extensive design expertise.”

The 4,500 square-foot home's interior has been completely remodeled, she said, with plumbing upgrades that include all new piping, a new water heater and water softener. Knockdown ceilings, Mohawk hardwood floors, new carpets and new tile floors have also been added, along with a wet bar and split face stone to the fireplace.

“The chef's kitchen features a granite island, quartz counters and stainless steel



Photo courtesy of Janet Westling

Geoff Smith gives Skye and Rodger Elias a tour of 2 Turnberry Pointe Way.

appliances and opens to the spacious great room,” Westling said, “A wall of windows overlooking the pool brings the outdoor living room in, with amazing water to golf views.”

Externally, the home features new doors and windows and a summer kitchen.

“I share Geoff's love of homes and the value that is earned from renovations,” Westling said. “In many cases, renova-

tions can not only bring a home back to life but also reveal the true design potential that was hidden. We're looking forward to meeting the new owners of the gem that Geoff has designed for them.”

Listed by Westling and Allison Ferabee, and represented by Berkshire Hathaway HomeServices Florida Network Realty, the home is offered for \$1,120,000.

## A place for everything, and lots to Goodwill

This past Christmas, The Life-Changing Magic of Tidying Up by Marie Kondo wormed its way into my daughter Melissa's possession, and warmed the hearts of our family celebrating the holiday for several days. It even sparked an interest with Melissa's husband, who took a good look at his closet and ditched old shirts and pants (a bona fide miracle).

The Japanese maven of clean-up, Kondo was dubbed “The Queen of Clean” by People magazine. She is cluttering up only her bank account with greenbacks. Her first book has sold 3 million copies since 2014, and second book, “Spark Joy,” is doing well. This one focuses on how to fold clothes and other things.

She recommends starting by examining clothes, then tidying by category, not location.

After I read Magic, I woke up at 3 a.m. and pitched outdated, tired dresses, suits, handbags and scarves into the hall to be headed to Goodwill the next day. How did I know I wouldn't miss them? Because they did not bring me joy! Would I have bought them today? No! Those are

a couple of important rules that will help you throw things away.

Magazines have been running articles and cover features about how to rid yourself of what you don't need. Peter Walsh (“Lose the Clutter, Lose the Weight”) was smart: Any book that promises weight loss becomes a best-seller. Read it if you haven't read about tidying up. It's a great primer.

Even if your house is a McMansion, your energy will flow better if your possessions aren't strangling you. A feeling of anxiety rises over the amount of accumulation we amass. Being rid of the burden of so much excess is liberating.

Clutter drives me nuts. But books are hard for me to purge because most were sent at no charge by publishing houses so I could, and often did, review them. That made me happy and still does. I recently chopped back to my 200 favorites, from 1,000 or so.

Lately I've been divesting myself of papers and other things so my kids won't have to deal with them in the future. My proudest moment has been shoveling out 105 pounds of paper and emptying two file cabinets — class presentations, speeches, divorce decrees from years ago, tax files, bank statements from the 2000s and old checks and registers. My CPA told me what to keep, which is very little. I put unnecessary papers in paper bags and hauled

them off to a professional shredding machine. My home shredder would have burst with all that information.

Take a look at your possessions and ask yourself important questions, starting off with: “Do I love this?” Saying, “Well, I did once” doesn't count. Ask yourself, “Will I feel good wearing this?” If not, why keep it? If you're afraid you might be giving away a valuable object, look on line. On the other hand, a friend of mine has a set of Limoges plates she thought might be valuable. She discovered they're only worth \$38.

Do not keep things for your kids and grandkids. Don't clutter up their space. If

you ask them if they want something, it's very hard for them to say, “Nope, I don't like that!” So say, “If you want anything in this pile/room, let me know now.” (Send them a picture if they don't live close by.)

It's hard to let go of objects the kids/grandkids have made, but my daughter helped me with this. “Mom, You do not have to keep this stuff!” So I didn't and she's right: it is okay.

By the way, I'll be submitting columns on an intermittent basis from now on, according to the Recorder's editorial calendar. So until next time, enjoy spring/summer in Ponte Vedra Beach.



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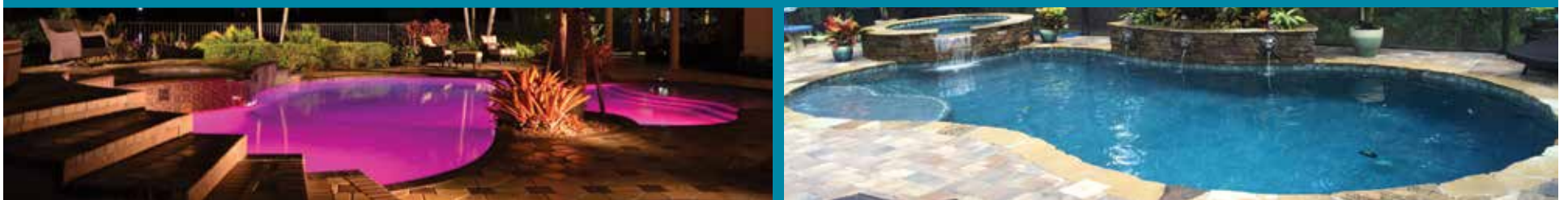


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SHORT TAKES

Just Tri It! 2016 Kids Triathlon

The Just Tri It! 2016 Kids Triathlon will be held at 8 a.m. Sunday May 15 at the Solomon Calhoun Center, 1300 Duval St. in St. Augustine.

Children ages 5 through 14 can participate in this non-competitive event.

The first 250 children to pick up

their race packets will get a Just Tri It! t-shirt and every child that completes the race will get a medal for their accomplishment.

The last day to register is Saturday May 14, from 11 a.m. to 3 p.m.

For more information, visit [www.sjcfll.us/Recreation/Youth/JustTriIt.aspx](http://www.sjcfll.us/Recreation/Youth/JustTriIt.aspx).

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# Sharks stop Clay 9 twice

By Jerry Norton

Ponte Vedra's baseball team heads into the district playoffs with momentum from a pair of key wins over the Clay Blue Devils — the district co-favorite along with the Sharks. Last Wednesday, the Sharks traveled to Clay and came home with a 7-3 win. Then Thursday Ponte Vedra nearly duplicated the feat with a thrilling 5-3 victory at their home field.

In their home matchup on Thursday, neither team could score in the first three innings. After blanking the visitors for four frames, the Sharks scored a pair in their half of the fourth on a pair of singles by Kevin Mauro and Eric Aleman and a sac fly by Sandon Witt.

Ponte Vedra scored three more runs in the fifth inning to take a 5-0 lead. Zach Chappell started the rally with a double down the left field line. Michael Zenni followed with a single, Mauro walked and Witt picked up another RBI with a single. Jack Layrisson's base hit drove in two more, putting Ponte Vedra up 5-0.

Clay got one run back in the sixth off pitcher Matt Mixon before Zach Chappell came in to retire the side.

The visitors mounted a serious threat in the seventh inning after a walk and a Shark error chased Chappell, bringing in Mark Mixon.

Shark second baseman Quinton Brehm made a fine play on a slow infield hopper to get the batter but the two base runners advanced to scoring position.

A base hit delivered the two runners. Mixon then struck out the next Devil batter, but issued a pair of walks, loading the bases and prompting coach Tom Stanton to bring in his ace reliever Justin Vega. Stanton pushed the right button as Vega struck out the next batter to end the game leaving the bases loaded.



Sharks' JD Norris slides home safely for a Sharks run.

Photos by Chris Norton



ABOVE: Shark coach Tom Stanton signals Sandon Witt to slide into third base. Witt was safe.

RIGHT: Ponte Vedra second baseman Quinton Brehm fields a tricky grounder and throws to first to get the runner.





Emma Dotsikas, #11, attempts to control the face-off for the Sharks.

Photos by Chris Norton

#2 Carleigh Cates of the Sharks defends against the Panther attacker.



# Lady Sharks lose lacrosse district title Friday night

**By Jerry Norton**

The Ponte Vedra girls' lacrosse team had high hopes for a state championship in 2016 but saw those hopes dashed on their home field by the Bartram Trail Bears last Friday night. The Sharks went into the title game buoyed by an 18-7 victory over Nease two nights before, but had no answer for the Bears' dominant free possession play in losing 10-7.

Bartram had 12 attempts from the free possession arc and scored each of their six first-half goals from the arc while the Sharks could convert just two of five from that spot. Things got worse for the Sharks in the second half, scoring on just three of 11 possession opportunities.

Bartram scored two minutes into the contest only to see the Sharks answer with three straight goals, two by Emma Dotsikas and one by Ellie Lecker. From there on Bartram controlled matters.

Throughout the remaining time,

the Bears held Ponte Vedra's transition game in check, a situation that might be credited as much to the tight control of the game by the three officials as the Bears' play or to Sharks' high unforced turnover rate. Officials blew the play dead 66 times during the game, an inordinately high number for a match that is but 50 minutes long, and with a running clock at that.

Ponte Vedra earned their spot in the title game with an 18-7 win over local archrival Nease on Tuesday evening. But for the final four minutes Ponte Vedra looked like the dominant team that rolled through the regular season with a 14-4 record including a 21-14 win over Bartram Trail. The final minutes of the Nease game may have been an indication of things to come as the Sharks gave up four unanswered goals to the Panthers.

Ponte Vedra's leading scorers against the Panthers included Jordan Grune and Tess Reiman with four and Lecker with three.

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# Lady Sharks head for playoffs

By Jerry Norton

Ponte Vedra's softball team heads into the district playoffs on the wings of last Thursday's 4-2 victory over Creekside. The Lady Sharks will be facing tough competition in the playoffs from Clay and Orange Park — two teams with which they split the season series.

Michelle Holder, the Sharks' freshman pitcher, earned her thirteenth win of the season in the Creekside win. She limited the Knights to no earned runs and just five hits while striking out three and issuing only two walks. Holder blanked the Knights for five innings before giving up a pair of unearned runs in the sixth inning.

Ponte Vedra scored first in the third using Michelle Leone's leadoff single to

start the rally. Maddie Sypniewski was hit by a pitch and Claudia Cotto delivered Leone with a single to center.

The Sharks padded their lead in the sixth frame. Catcher Taylor Bradshaw started things with a leadoff, infield single. She moved up on Abby Zitello's sacrifice bunt and scored on Elizabeth Fox's solid double to center. Lauren Struble kept the line moving with an infield single and Leone's bloop single to left plated Fox.

The Sharks added the fourth run of the inning when Quinlan Richmond earned a four-pitch walk and Sypniewski singled Struble home.

The Knights took advantage of three Shark errors to score twice in their half of the sixth but Holder retired the hosts in the seventh without

further damage.

Earlier in the week the Sharks played at Atlantic Coast but weren't able to mount any serious offense against the Sting Rays' pitcher, losing 5-1.

Ponte Vedra gave up two early runs and was never able to recover until the seventh inning when they trailed 5-0.

The seventh inning started what appeared to be a come-from-behind rally when Struble singled, Leone walked and Richmond singled. After Sypniewski grounded out, Farley Callaghan reached on an error scoring Struble for Ponte Vedra's only run. Two more groundouts ended the threat and the game.

A look at the Sharks season-ending batting statistics gives the Sharks some hope in the playoffs. The Sharks have

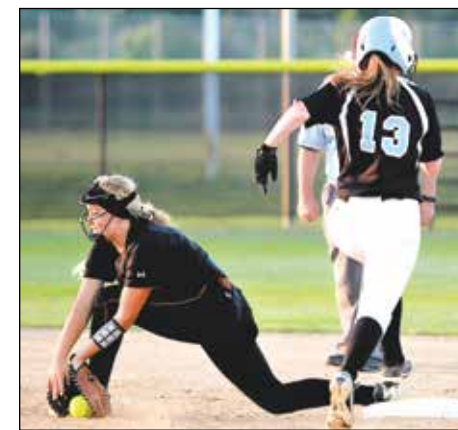


Photo by Jerry Norton

#13 Lauren Struble of Ponte Vedra is ruled safe when the Sting Ray first baseman could not hold on to the ball.

six of the top 15 players in St Johns County according to the Florida Times-Union. Maddie Sypniewski leads the Sharks with a .493 batting average followed by Richmond with .471, Cotto with .457, Bradshaw with .403, Leone with .382 and Zitello with .364.

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# Ocean Palms students tour OCEARCH vessel

Fifth grade students from Ocean Palms Elementary School recently received a private tour of the OCEARCH research vessel docked in Jacksonville.

Staff from both OCEARCH and the Mote Marine Laboratory discussed the mission of the at-sea laboratory, which conducts research expeditions, including the tracking of great white sharks.

Students, family members and teachers Holly Chaker and Anne Nichol then enjoyed a tour of the facility, during

which students viewed the shark lift and learned how a shark is caught, led to the lift and tagged.

The OCEARCH STEM (Science, Technology, Engineering and Mathematics) curriculum enables students to learn STEM skills while following the real-time data on the movements of their favorite sharks. In preparation for the tour, students participated in a video conference with OCEARCH Expedition Leader Chris Fischer, who answered students' questions.



Photo courtesy of Ocean Palms Elementary  
Ocean Palms fifth grade students enjoy a tour of the OCEARCH research vessel in Jacksonville.

# PGA TOUR announces Atlantic Beach Country Club as host of 2016 Web.com Tour Championship

The Atlantic Beach Country Club has been named as host venue for the 2016 Web.com Tour Championship, the PGA TOUR announced recently.

Tournament week at the 2016 Web.com Tour Championship will begin Monday Oct. 3, with opening-round play slated for Thursday Oct. 6 and continuing through Oct. 9. The main beneficiary of this year's event will be Wolfson Children's Hospital.

While the Web.com Tour Championship was held at Dye's Valley Course at TPC Sawgrass from 2013 to 2015, expansive construction on the TPC property required tour officials to find a new location for this year's championship.

"We are delighted at the opportunity this partnership with Atlantic Beach Country Club and Wolfson Children's Hospital presents for the Web.com Tour Championship and Northeast Florida," said David L. Brown, chairman, chief executive officer and president of Web.com. "This will be a memorable fall week of golf and fun community activities for the residents of Atlantic Beach, the surrounding beaches and the city of Jacksonville."

Located five blocks from the Atlantic Ocean, Atlantic Beach Country Club is steeped in PGA TOUR tradition, with a number of the game's biggest stars competing in what would become the tour's premier event. As Selva Marina Country Club, the club hosted the PGA TOUR's Greater Jacksonville Open in 1965 and 1966, with legendary golfers such as Arnold Palmer, Jack Nicklaus and Sam Snead on site to compete, and Nicklaus recording the only double-eagle of his tour career on the par-5 18th hole in 1966. The tournament would remain in the greater Jacksonville area in the ensuing years, eventually moving to TPC Sawgrass' famed Stadium

Course in 1982 with a new name — THE PLAYERS Championship.

In 2015, the site was redeveloped as Atlantic Beach Country Club with a redesign that saw the addition of a 16,000 square-foot clubhouse.

"We are excited to name Atlantic Beach Country Club as host of our championship," Web.com Tour President Bill Calfee said. "As the season-ending event, the Web.com Tour Championship takes on a special level of significance with the 25 PGA TOUR cards issued after the conclusion of play. The support and excitement from the members, Web.com and Wolfson Children's Hospital has been fantastic, and we anticipate this being a wonderful week for golf fans in the area."

As the path to the PGA TOUR, the Web.com Tour awards 25 TOUR cards

at the conclusion of the regular season, with another 25 cards awarded following the completion of the four-event, season-ending Web.com Tour Finals. The Web.com Tour Finals open with the inaugural DAP Championship the week of Sep. 5-11, and from there move to the Albertsons Boise Open presented by Kraft Nabisco (Sep. 12-18) and the Nationwide Children's Hospital Championship (Sep. 19-25) before an off week leads into the Web.com Tour Championship. Each of the four events features a \$1 million purse.

## Benefiting charity

A part of Baptist Health, Wolfson Children's Hospital has been recognized repeatedly as one of America's Best Children's Hospitals by U.S. News & World Report, and stands alone as

the only full-service tertiary hospital for children in the region, serving North Florida, South Georgia and beyond. The hospital provides care for all children, regardless of their ability to pay.

"For years Wolfson Children's has had great relationships with the PGA TOUR and Web.com — and now, these two exemplary organizations are multiplying their impact by working together to save more children's lives," President Michael D. Aubin said. "We are honored to be named as the major beneficiary of the Web.com Tour Championship and excited about what this will mean for the patients we serve."

The PGA TOUR and its tournaments generated a record \$160 million for charity in 2015, with three events on the Web.com Tour surpassing the \$1 million mark in 2015 alone.

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## Ponte Vedra Municipal Service District celebrates milestone 400th meeting

By Carrie Resch

Storm water drain improvements, sidewalk construction and improvements to beach access walkovers were just a few of the projects discussed at this week's meeting of the Ponte Vedra Beach Municipal Service District (MSD).

More than 30 community members attended the April 11 session, which marked the MSD's 400th meeting, MSD Chairman Gary Jurenovich noted.

In addition to giving special recognition to past board members, the meeting included a review of the district's work completed during the previous year.

Among the 2015 accomplishments noted were the completion of phase one of drainage improvements on Solana Road at San Juan Drive; the creation of additional beach access on Ponte Vedra Boulevard with a paved walkway; the addition of street lights to the Avalon South neighborhood and the completion of the sidewalk on Ponte Vedra Boulevard.

Other accomplishments included launching a new recycling program, adding new air intakes to the vacuum sewer system throughout the MSD and participating in the Ponte Vedra Traffic Task Force.

"One thing that we do, we always will do, is provide for the safety of residents in the MSD," Jurenovich said. The organization has a contract

with the St. Johns County Sheriff's Department for five full-time deputies that stay in the MSD.

"Our deputies know our residents," Jurenovich said.

Special guests at the meeting included St. Johns County Beach Management representatives Billy Zeits and Mike Golubovich — who discussed the public-private partnership to improve beach access walkovers — and St. Johns County Public Works Director Neal Shinkre, who was invited to speak by Jurenovich.

The pair did a ride around together prior to the April 11 meeting to take a look at roadway infrastructure areas of concern for the MSD board.

"It is a pleasure working with your board — your residents here at the MSD are blessed," Shinkre said, adding that the board is passionate about the community. "We take that seriously because we're passionate about that too, so it meets a common goal for all of us. I'm always excited to come here," he said.

Jurenovich closed the meeting with a date for everyone to mark on their calendars. "See you on July 8, 2024 for our 500th (meeting)," he said.

The next meeting of the Ponte Vedra Beach Municipal Service District is scheduled for May 9. For more information, call (904) 285-2221 or visit [www.pvmsd.org](http://www.pvmsd.org).

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### SHORT TAKES

#### Nease House Environmental Educational Days

St. Johns County Parks and Recreation and the St. Johns County Environmental Division will host a series of Environmental Education Days from 9 a.m. to noon at Nease Beachfront Park, 3171 Coastal Highway, on the following dates: April 16, May 7, June 15, and July 13.

These free workshops are open to the public and all ages are welcome.

Throughout the park and the historic Nease House, County staff will provide information and interactive activities on a variety of topics including native plant identification, right whale and sea turtle conservation, animal tracking, dune habitats, as well as wetland and coastal marsh habitats.

For more information, call (904) 209-0323.

**SHORT TAKES**

**Bartram Bash at Alpine Groves Park**

St. Johns County Parks and Recreation will host the 12th Annual Bartram Bash and Earth Day Celebration from 9 a.m. to 4 p.m. April 23 at Alpine Groves Park, 2060 SR 13 in St. Johns. This family-friendly environmentally themed event is also a birthday celebration for William Bartram, the first American-born naturalist. In addition to guest speakers, food trucks and more than 20 environmentally themed booths, the event will feature performances by This Frontier Needs Heroes, Marcellus Hall and Flagship Romance. Attendees are encouraged to bring a blanket or chairs.

**'Feel the Wheels'**

The 5th Annual "Feel the Wheels" event will be held at St. Augustine Outlets from 10 a.m. to 4 p.m. April 23. All proceeds from the event will benefit tag! Children's Museum of St. Augustine — a new museum scheduled to break ground at the new St. Augustine Shipyard in late 2016.

Presented by The Junior Service League of St. Augustine, Feel the Wheels is a one-day event that allows children to see, touch and explore big trucks and vehicles on display such as construction trucks,

emergency responders, tractor trailers, utility trucks, boats and more. In addition, proceeds from the event will help further the mission of tag! Children's Museum of St. Augustine to create a place for discovery and imagination, sparking a passion for learning and innovation.

Tickets are \$5 per child 2 and up and adults are free. For more information, visit [www.staugoutlets.com](http://www.staugoutlets.com).

**Evenings at Whitney Lecture: 'In Sickness and in Health: The Marriage of Corals with their Symbiotic Algae'**

The Evenings at Whitney Lecture Series hosted by the University of Florida Whitney Laboratory returns at 7 p.m. April 14 with the program, "In Sickness and in Health: The Marriage of Corals with their Symbiotic Algae."

Virginia Weis, professor of integrative biology at Oregon State University, will speak about the relationship between coral and its millions of microscopic partners, creating the centerpiece of the coral reef ecosystems. The free lecture is presented at Lohman Auditorium located at 9505 Ocean Shore Blvd. in St. Augustine, on the Whitney Laboratory campus.

For more information, call (904) 461-4000 or visit [www.whitney.ufl.edu](http://www.whitney.ufl.edu).



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## Medium tapes TV show at Beaches Chapel Museum

By Jennifer Logue

The Beaches Chapel Museum played host to a TV taping of an otherworldly nature recently, as spiritual medium Pamela Theresa conducted readings for dozens of Beaches residents for her local show “Medium in the Raw.”

Footage from the two-hour event held April 1 will air at 9 p.m. Sunday April 24 on local channel CW 17 as the season premiere of “Medium in the Raw.” Immediately following that half-hour broadcast, its sister show, “Local Haunts” will air an episode documenting the show’s paranormal investigation of the Beaches Chapel Museum.

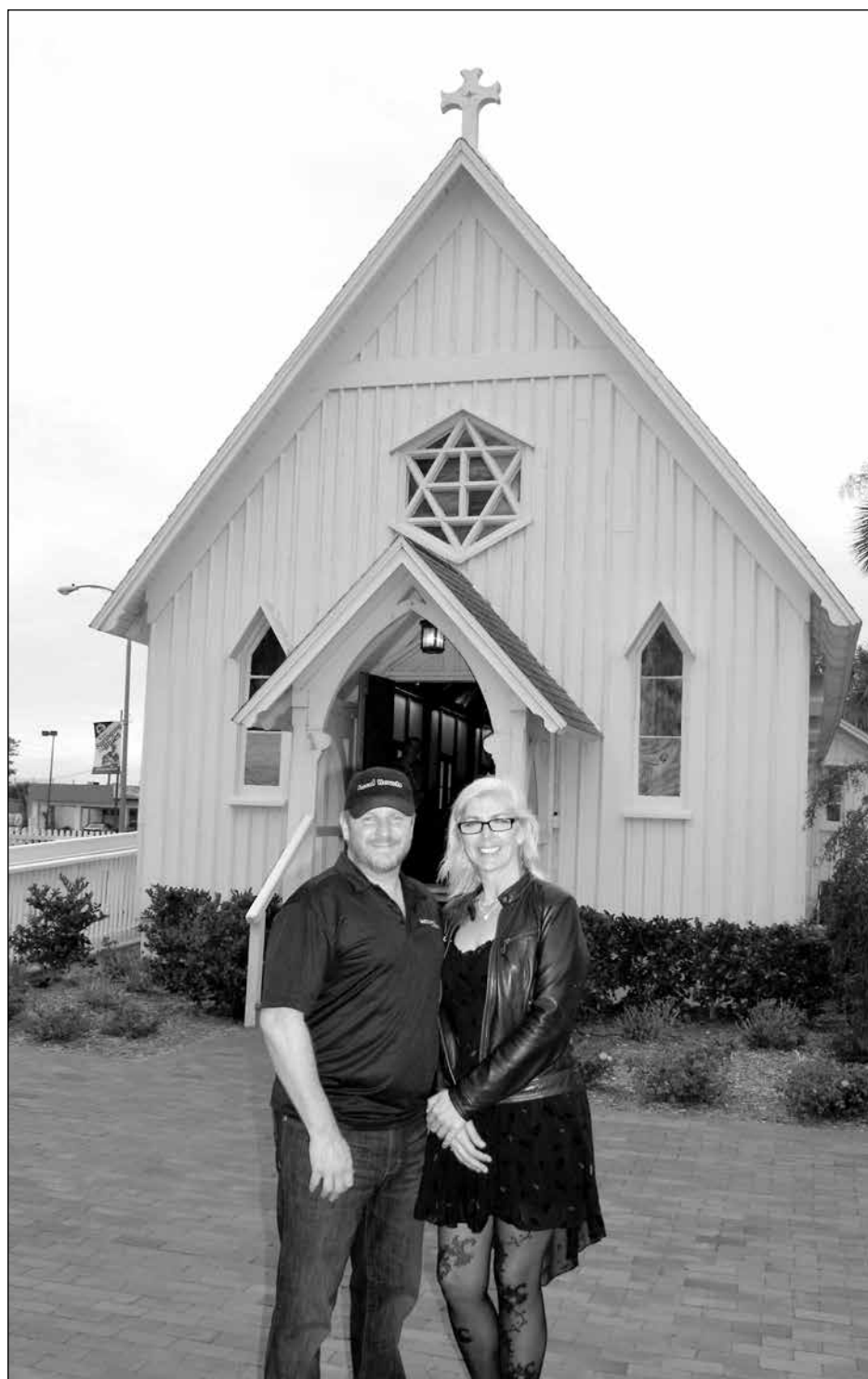
“We actually filmed an apparition at this church,” said Steve Christian, host of “Local Haunts” and producer for “Medium in the Raw.” “It’s rare that we catch an apparition, but we got video of someone sitting right there (in the pew).”

### The talking dead

Christian kicks off the TV taping by joking that Pamela Theresa is “a freak of nature,” and adds that she also appears on “Local Haunts,” assisting the paranormal team with its investigations.

“She makes my job a lot easier,” Christian tells the audience. “We don’t have to wonder or go looking (for spirits) — she’ll just nod and say ‘They’re right here!’”

Vowing to help everyone present connect with their loved ones, Pamela Theresa starts working her way through the audience. At first, the information seems fairly general, talking about issues a woman may have had with the father she never knew. The medium even notes that it’s not uncommon to see a pattern whereby messages coming through for different audience members will share a common theme, such as absent fathers or loved ones who were taken too soon.



Spiritual medium Pamela Theresa joins “Local Haunts” host Steve Christian outside the Beaches Chapel Museum before the taping of her show “Medium in the Raw.”

Photo by Jennifer Logue

As the readings progress, however, Pamela Theresa becomes more specific.

“Your father is showing himself to me in white overalls — like painting clothes,” she tells one woman.

“That’s him — that’s what he wore!” the woman replies excitedly. “He was a building contractor, and most of his

work was painting!”

The medium later asks the audience, “Who here has a habit of smashing down beer cans?” A woman timidly raises her hand. “I’ve been doing it for a while now,” she sheepishly admits.

Yet while the audience seems to appreciate these specific bits of informa-

tion as validation of their departed loved ones’ presence, most of the interactions with Pamela Theresa involve more thoughtful, heartfelt exchanges regarding unresolved relationship issues that audience members may have had with their loved ones. Many attendees become emotional, in fact, as the medium validates those issues. Correctly noting, for example, that a woman’s father had Alzheimer’s, Pamela Theresa advises her, “Try to forget about how you remember him in his last days and remember him the way he was (before).”

“Do they forgive me?” the woman asks.

“They’re telling me there’s nothing to forgive,” the medium replies.

Another woman nods her assent when Pamela Theresa asks her if her mother’s sudden passing has left her “feeling robbed.”

“Your mother wants you to know she’s standing right beside you on your left,” she says. “She knows you feel robbed, but she wants you to know you haven’t lost your faith. You’re just weary.”

The medium later tells the audience that she views her work as helping people address and resolve their grief.

“I have such a desire to help people,” she says. “And you have to fight fire with fire. If you have grief, communicating with your loved one is your only answer or you’re never going to have closure.”

During some readings, Pamela Theresa pauses before telling an audience member that the information she is receiving would best be discussed in private.

“The spirit world will protect you in that way,” Christian says, adding that connections made with Pamela Theresa often continue after a reading. The TV crew promises to follow-up with audience members whose information was too personal to share publicly or who later understood parts of their reading that didn’t make sense at the time.

“Above all, know this: Communication (with departed loved ones) can continue,” Pamela Theresa tells the audience. “You just have to prick up your ears and listen with everything you know about that person.”

## St. Augustine Distillery rum wins gold medal

St. Augustine Distillery’s Pot Distilled Rum was recently awarded a gold medal at the 2016 San Francisco World Spirits Competition, held March 17-20 at the Hotel Nikko in San Francisco.

More than 1,850 entries were submitted by distilleries from around the world, organizers said, making

the 2016 competition the largest in the event’s history. Judging was conducted by a panel of 39 spirits experts.

St. Augustine Distillery co-founder and CEO Philip McDaniel noted that the medal-winning rum made its debut in January.

“In just a few months, our Pot

Distilled Rum won a gold medal at one of the industry’s most prestigious spirits competitions,” he said. “We are honored that our rum was up against some of the finest in the industry and took home a top award.”

The gold medal win brings St. Augustine Distillery’s total medal count

to 25, McDaniel said, with awards garnered for its gin and vodka as well as rum.

Located at 112 Riberia St., the St. Augustine Distillery is open from 10 a.m. to 6 p.m. Monday through Saturday and 11 a.m. to 6 p.m. on Sunday, with free guided tours and tastings held every half hour.



# Ponte Vedra Beach Division hosts open house

Local members of the business community had an opportunity to meet the new director of the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce recently, when the chamber hosted an open house at the Ponte Vedra office on Solana Road.

New Director Lin Jones greeted more than 40 business leaders at the event and shared with them some of her plans for continuing the chamber's efforts to strengthen and support the Ponte Vedra Beach business community.

"I'm working to create a balance between maintaining what's familiar about the division and introducing

some new things," Jones said.

Jones brings to her new role extensive experience in tourism and marketing, having worked at several convention and visitors bureaus and served in leadership roles at a number of tourism organizations in Indiana, including as director of Tour Indiana. She learned about the opportunity to lead the Ponte Vedra Beaches Division after relocating to Florida.

"I was familiar with the Jacksonville and St. Augustine area," Jones said, "so when I learned about the opportunity I just thought it was the perfect location."



PVBD Board Members Steven Beyer, Ed Mercil and Felicia Cox



**ABOVE:** Rachel Landis, Bob Porter and Karina Coryell

**RIGHT:** Stephenie Davis, Gloria Dongara and Jeremy Davis



Photos by Susan Griffin  
Ponte Vedra Beach Division Director Lin Jones and St. Johns County Chamber CEO Isabelle Rodriguez

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**SHORT TAKES**

**Local Authors Expo at Riverside Arts Market**

The Riverside Arts Market will host writers from throughout North-east Florida at its 4th annual Local Authors Expo, to be held from 10 a.m. to 4 p.m. Saturday April 16 under the Fuller Warren Bridge.

Participating authors include writers of both fiction and non-fiction for adults and writers of children's books for a variety of ages. Authors have been invited to read from their work at the Hilltop Stage, which will also host spoken word performers throughout the day.

Visitors to the market will be able to purchase books directly from their authors, who will be on site for signings.

Interested local authors are encouraged to email [programs@riversideartsmarket.com](mailto:programs@riversideartsmarket.com) for participation details.

The Riverside Arts Market is open every Saturday, March through December, from 10 a.m. to 4 p.m. and is located at 715 Riverside Ave., Jacksonville under the canopy of the Fuller Warren Bridge. Parking and admission are always free. For additional information, visit [www.riversideartsmarket.com](http://www.riversideartsmarket.com) or [www.facebook.com/riversideartsmarket](http://www.facebook.com/riversideartsmarket).

**Coast Guard Boating Safely Course**

The U.S. Coast Guard Auxiliary will offer a safe boating course from 8 a.m. to 4 p.m. Saturday April 23 at the Palm Valley Community Center, 148 Canal Blvd. in Ponte Vedra Beach.

Participants will learn in a classroom setting from experienced U.S. Coast Guard Auxiliary instructors. Topics to be covered include boating basics, navigation, in-water survival, knot tying, and federal and Florida boating laws and regulations.

A federal and Florida state course examination will be given at the conclusion of the class.

Participants who successfully pass the course will receive a U.S. Coast Guard Certificate of Completion and State of Florida Boater's Card.

The cost is \$25 per person (cash or personal check) for training materials.

Two students may share course materials for \$30. Lunch will be available for an additional \$5 per person.

For more information or to register, contact Bill Vaughan at (843) 496-7674 or [billvaughan2012@gmail.com](mailto:billvaughan2012@gmail.com) or Connie Frostenson at (904) 280-9148 or [cfrostenson@gmail.com](mailto:cfrostenson@gmail.com).



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# Coping with anxiety with deep breathing, exercise

It's okay to be afraid. Fear is human and understandable and is known to all of us.

Fear signals us to fight — or to flee — in order to protect ourselves. But what happens when we don't know what we're afraid of, or when fear overtakes us? That may cause us to become anxious, paralyzed or panicked.

Panic or anxiety often prevents us from seeing what's going on and how to deal with it rationally and effectively.

If you're afraid that the mountain lion you just encountered on the hiking trail is about to attack you, you are likely to run (which is the exact wrong thing to do. It is likely to trigger the chase that lions are better at than we are). So then, what can you do when anxiety or panic gets the better of you?



Neil Rosenthal

First, see if you can identify exactly what you are worried about or afraid of. See if you can name your fear — it will help you to create a strategy for overcoming it.

Second, many people have found that deep breathing calms the nerves. Take a deep inhale, hold it for five seconds or more, release. Repeat this for five full minutes. Deep breathing helps more oxygen get into your body, and with more oxygen we think more clearly.

Third, practice relaxation exercises, such as meditation or prayer. Meditation involves sitting quietly and clearing your mind of all

thoughts, simply paying attention to your breathing.

Fourth, exercise. Go for a hike in the nearest park or recreation area, or walk around the block several times. Exercise helps calm us down and gives us perspective. Fifth, refrain from alcohol and caffeine, or cut down on them. Caffeine is likely to contribute to your anxiety or panic.

Finally, ask yourself the following questions, created by author Fredrike Bannink in the book "101 Solution-Focused Questions for Help With Anxiety."

What will I be doing differently when anxiety/worrying is less of a problem in my daily life? How can I comfort myself? Who else can (or does) comfort me?

What else have I been through that was difficult, and what helped

me then? Can any of those be useful to me now?

What would convince me I'm on the right track to get over this problem? What strengths do I have in standing up to this fear? What wisdom have I gained from difficult times that I would like to pass on to people I care about?

What do I do when I am at my best? When have I coped well, and how did I do it?

**Neil Rosenthal is a licensed marriage and family therapist in Westminster and Boulder, Colorado. His column is in its 25th year of publication. You can reach him at (303) 758-8777, or email him through his website: [www.neilrosenthal.com](http://www.neilrosenthal.com). The second edition of his book: "Love, Sex and Staying Warm: Creating A Vital Relationship," recently hit the #1 best seller list on Amazon its first day of release, both nationally and internationally.**

**THEME: SAYS WHO?**

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**ACROSS**

- Urn contents
- Mischief-maker
- Yahoo
- Turf, as opposed to surf
- Bygone bird
- Slow, musically speaking
- "\*I'll knock you off your broom!" he said
- Barley bristle
- Type of flu
- "\*My precious!"
- "\*I've a feeling we're not in Kansas anymore"
- \_\_\_\_ Francisco
- Hindu woman's dress
- Apple's opponent, 2016
- "\*Never let the fear of striking out get in your way"
- "\*Et tu, Brute?"
- Not to be broken?
- Finish a road
- Chef's headgear
- Seed covering
- "\*Sign your name across my heart," sang Terrence \_\_\_\_ D'arby
- Botticelli's Venus, e.g.
- Tsar's edict
- "\*Hang down your head, Tom Dooley," sang The Kingston \_\_\_\_
- It propels some boats
- Abscond
- Month of Purim
- Disk operating system
- Inlaid furniture decoration
- Witness
- "\*May the Force be with you"
- Slanting character
- Roundish
- "\*If you can't change your fate, change your attitude," said Amy \_\_\_\_
- \_\_\_\_ of Pergamum, Ancient Greece
- Short for pinafore
- Santa's helper
- Leaning
- Middle of March
- "\*If you want to be happy, be," said \_\_\_\_ Tolstoy
- Not o'er

**DOWN**

- Mary Kay's last name
- Rudolph, e.g.
- \*Bette Midler: "Did you ever know that you're my \_\_\_\_"
- \_\_\_\_ Grey and James \_\_\_\_ Jones
- U.S.' first manned space station
- Mosque V.I.P.
- Yard work
- Shoots-eating bear
- Prefix in levorotary
- \*The Fonz: "Sit \_\_\_\_!"
- Home to Bryce Canyon

**SUDOKU**

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

- "\*They're grrreat!" he exclaimed
- Cowboy's rope catcher
- Unsuitable
- Middle-earth creature
- More than one
- Ponzi scheme, e.g.
- Dr. Preston \_\_\_\_ of "Grey's Anatomy"
- Relating to #62 Down
- "\*Ai, caramba!"
- Ages and ages
- Small group of soldiers
- A in AV
- Rods and \_\_\_\_
- \*The cold never bothered me anyway"
- Children's author Blyton
- Breakfast side
- Personify
- Afghan monetary unit
- "\*Mr. Gorbachev, tear down this wall"
- The Eagles' \_\_\_\_ California"
- Make one ecstatically happy
- Arizona Indian
- Like a devoted fan
- "\*Master of \_\_\_\_" on Netflix
- Deadly ones
- Facts and figures
- Hipbone

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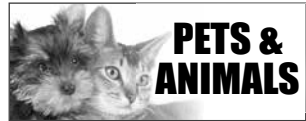
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