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PonteVedraRecorder.com



PHOTO JENNIFER LOGUE/EDITOR

## Nocatee welcomes Watson

Watson Realty Corp. Founder and Chairman William Watson cuts the ribbon on the company's new Nocatee office. PAGE 8



### Fit & Healthy

New fitness options on the First Coast

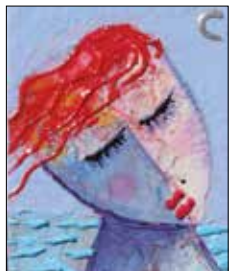
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### In the Arts

Art exhibits, concerts, film screenings and more

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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 [pvrrecorder@opcfla.com](mailto:pvrrecorder@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)

## Corrections & Clarifications

The five Shark seniors, left to right Maddie Sypniewski, Abby Zitello, Nicole Johnson, Lauren Struble and Claudia Cotto.



In last week's edition of the Recorder, Ponte Vedra High School Senior Lauren Struble's name was misspelled in a story about the Lady Sharks' Senior Night victory over the Falcons. The Recorder regrets the error.

Due to incorrect information provided to the Recorder, a new interiors and flooring showroom was incorrectly listed as being located in Nocatee. Donna Mancini Interiors and Flooring is located at 141 Hilden Rd., Ste. 202 in the Shoppes at St. Johns Oaks shopping center on US1.

## WHAT'S THIS?



Do you know what this is?

Email your answer 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 once every four months.

Congratulations to **Steve Tool**, who correctly identified last week's photo as Love Too Par.



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

## ADOPT A PET

### CAT OF THE WEEK

Oh hi there! My name is Bonnie and I'm a little 1-year-old female kitty mischief maker who likes to play and do all the things kittens do. I was left here at the pet center by my family. Any new 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 today here at the pet center! #24865



### DOG OF THE WEEK

Hi there, my name is Maggie and I am a 10-week-old female pup who is looking for a new home. I was brought to the pet center because I was abandoned by my owner. As this animal was abandoned, there may be some traits that are unknown at this time. Any new 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 today here at the pet center! #31023



## St. Johns County Pet Center

Cat adoptions are \$30 for male 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 (90) 209-6190.**

## PUZZLE SOLUTIONS

I	S	A	A	C	B	I	B	F	L	O	E	
V	I	L	L	A	E	R	A	W	E	E	N	Y
E	A	T	O	N	R	A	Y	O	R	A	T	E
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E	R	N	I	E	M	A	M	A	S	U	R	E
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R	E	E	D	T	H	E						
B	A	L	D	W	I	N	M	A	I	L	E	R
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R	E	L	A	X	E	O	N	E	D	I	T	H
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5	4	8	6	1	9	2	3	7				
1	2	9	7	3	5	8	4	6				
7	6	3	4	2	8	9	1	5				
6	8	1	2	4	7	5	9	3				
2	7	5	9	6	3	1	8	4				
9	3	4	5	8	1	6	7	2				
3	9	6	1	7	2	4	5	8				
8	5	2	3	9	4	7	6	1				
4	1	7	8	5	6	3	2	9				

Solutions correspond to last week's puzzles.

## DESTINATION: DINO

MARCH 5 – JULY 4



[jaxzoodinos.org](http://jaxzoodinos.org)

# PACT luncheon offers tips for improving communication with kids

**By Jennifer Logue**  
Editor

It's an all-too common sight. A family is gathered together in a public place, but instead of talking and laughing, the group is strangely silent. The reason is apparent: Every member of the family – from the youngest child to both parents – is glancing downward, scrolling through a cell phone.

While communication issues between parents and kids are nothing new, experts say the realities and distractions of the modern world present a whole new array of challenges for parents to remain connected to their children's lives. To help parents bridge the communication divide, the PACT Prevention Coalition of St. Johns County recently sponsored a lunchtime seminar at The Players Community Senior Center titled, "The Relationship Miracle: Communicating with Today's Youth." Presented by Licensed Mental Health Counselor Patty Mohler, the one-hour session offered real-life examples of the importance of communicating with kids along with tips for fostering better communication.

"Today's youth are caught up in a cyber-centered world, and establishing healthy relationships and authentic communication with them presents

unique challenges," PACT Prevention Director Bridget Heenan said. "We were so pleased to be able to bring this program to the Ponte Vedra Beach area."

Mohler, who works with families to address a variety of issues, stressed the importance of communicating with youth, particularly during the teen years. She pointed to the recently published memoirs of Sue Klebold, the mother of Columbine shooter Dylan Klebold, as illustrative of the tragic consequences that can result when parents are disconnected from the realities of their children's lives.

"(Klebold) admits she had no idea what her son was going through," said Mohler, noting that parents are often afraid of prying or violating their children's privacy. "She said, 'His journal was right there on his bed. If I'd only opened it, everything he was planning was all there.'"

So what can parents do to ensure they are aware of what's going on in their children's lives? Mohler offered luncheon attendees the following tips:

**Start Early**

Establish open communication with

**COMMUNICATION** continues on **Page 5**



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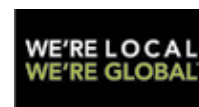
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# Recorder names Logue managing editor

Jennifer Logue has been named managing editor of the Ponte Vedra Recorder and its associated publications, publisher Susan Griffin has announced.

Logue is a Ponte Vedra resident with roots in New England and has extensive experience in newspapers, public broadcasting and public relations. She fills the position left vacant by the departure of Kelly H. McDermott.

“We are so happy to have someone of Jennifer’s talents join our staff,” Griffin said. “Her experience will be invaluable to us as we continue to build and expand our publications.”

Logue has more than two decades of communications experience that includes writing for a daily newspaper, editing a quarterly journal and managing public relations for a number of organizations.

She has written for a number of

publications, including The Patriot Ledger newspaper in Quincy, Mass., and worked for 10 years at public broadcasting leader WGBH Boston.

She holds a degree in print journalism from American University in Washington, DC, where she received the Outstanding Print Journalism Student Award.

“We are so excited to have Jennifer join our great staff in Ponte Vedra,” said Larry Miller, chief executive of-

ficer of the Recorder’s parent company, OPC News, LLC, based in South Carolina. OPC is owned by brothers Kyle, Jack and Graham Osteen of Sumter, S.C.

“The Recorder is Ponte Vedra’s hometown newspaper and it carries a very strong brand, and we expect it to continue growing rapidly in the coming months and years,” Miller said. “Jennifer will be instrumental in that success.”

## MESSAGE FROM THE EDITOR

I’m a newspaper person. Ever since the day I proudly shouldered my newspaper carrier’s bag as a child and delivered my first paper to my neighbors in Quincy, Mass., I’ve appreciated the important role a good newspaper can play in the local community.

A decade later, when I began writing for that same paper, the critical role of newspapers hit home even more. Reporting on everything from local criminal trials and arts festivals to the problem of trash disposal, I saw first-hand how residents relied on their local newspaper for information that was relevant to their lives. So perhaps it’s no surprise that when our family moved to Ponte Vedra three years ago, one of my first purchases was a copy of the Ponte Vedra Recorder.

Now, as I begin my role as editor of the Recorder, I believe even more strongly that in an era of 24/7 TV news, the internet and social media, community newspapers are needed more than ever. For despite the cacophony of media voices that barrage us each day, never has the American public been so fragmented and divided. With 600 channels and a multitude of media platforms available to us at the click of a button, we seem to lack the communal experiences that connected and strengthened communities in generations past.

Community newspapers like the Ponte Vedra Recorder help fill that void. Through thoughtful, credible coverage of local events, community newspapers inform residents of the local issues and events that matter to them. They serve as watchdogs, holding government accountable for its actions. And they spotlight the positive, inspiring and uplifting local stories that somehow never seem to make the 6 o’clock news. In short, they exist to connect, engage and serve the local community.

Fulfilling that role in a community such as Ponte Vedra is both a great privilege and a great responsibility – one that requires a depth of community knowledge that doesn’t happen overnight. As Ponte Vedra’s hometown paper of record since 1969, the Recorder has invested in

this community in a way that no other local publication with “Ponte Vedra” in its name can claim. (Similarly named publications may also cause confusion among readers, leading them to believe that other papers with “Ponte Vedra” in the name are in some way affiliated with the Recorder. Don’t be fooled; as an independent newspaper, the Recorder stands alone in its unrivaled, in-depth coverage of the Ponte Vedra community.)

As a fairly new resident of Ponte Vedra, I am honored to be joining a staff who are so deeply invested in our community. We live here. We work here. Our children go to school here. Most of all, we care about the issues that are important to you because they’re important to us, too.

In the coming weeks and months, I look forward to hearing from Ponte Vedra residents. Please share with us your story ideas and information on topics and events you’d like to see covered – both in our pages and on the newly redesigned [pontevedrarecorder.com](http://pontevedrarecorder.com), where breaking news and daily updates are available. We appreciate the opportunity to serve you.



**Jennifer Logue**  
Editor

## Identity theft an ongoing problem for Florida residents, officials say

**By Jennifer Logue**  
Editor

The caller claimed to be from the IRS.

The consumer owed the government a lot of money, the caller said, and then instructed the person to look out the window to see the police car waiting to take them to jail if they didn’t make an immediate payment over the phone. Sure enough, a police car was parked in front of the house.

But the call was a scam – one of many being perpetrated by identity thieves seeking to extract personal information from unsuspecting consumers. And the story was just one of many shared by government officials at an identity theft symposium held recently at the St. Johns County administrative offices in St. Augustine. Sponsored by the office of Congressman Ron DeSantis, the session brought together representatives from the U.S. Secret Service, the U.S. Post Office, the Federal Trade Commission (FTC), the IRS, Homeland Security and the St. Johns County Sheriff’s Office to offer local residents tips on how to avoid becoming an identity theft victim.

“These people are evil,” IRS representative Kimberly Lappin said about identity thieves like those behind the police car scam. “They call in a police incident to the house across the street so you’ll see the police car out in front.”

In reality, Lappin said, the IRS would never make such threatening demands or ask for credit card or other personal information over the phone.

“If it’s regarding a taxpayer service, (the consumer) would initiate the call, the IRS wouldn’t,” she said. “And we would never ask for your social security number or other personal information be-

cause we already have it.”

### No shortage of scams

From stealing personal information from homeowners’ trash to filing someone’s tax return as part of a money laundering scheme, there is no shortage of identity theft scams, government officials said.

“The FTC receives 3 million complaints a year, and identity theft is the #2 complaint behind debt collectors,” FTC congressional liaison Derick Rill told symposium attendees. “And Florida is the #1 state for identity theft complaints.”

Officials ran through a laundry list of current popular scams, such as the family emergency scam. A person – often a senior – receives a call or email purporting to be from a family member. Depending upon the particular scam, this supposed family member claims to have been either mugged or arrested in a foreign country and needs the person to wire them money immediately.

“We had one case where the caller actually knew the name of the family dog,” Rill said. “They got it off of Facebook.”

Then there are the romance scams, where identity thieves enter into long-term online “relationships” with unsuspecting victims, who begin sending money that is rarely recovered. And who could forget the “You’ve won a foreign lottery” scam?

“Foreign lotteries are illegal – period,” U.S. Postal Inspector Adam Schaefer said. “You cannot win a foreign lottery while living in the United States.”

Also popular with identity thieves: installing credit card “skimmers” on gas station pumps to capture credit card information.

## Communication

Continued from 3

your children when they're young so the channel is open when they hit the teen years. "When parents come to me with a 14- or 15-year-old and say, 'What do we do?'" Mohler said, "there's a good chance we're going to have to work harder to right the ship and possibly change their parenting style."

### Employ Rituals

Today's families are so over scheduled that many have abandoned the traditional rituals that cemented family bonds for generations' past. One of the biggest casualties is the family dinner: Studies show that fewer than 17 percent of today's families regularly share a meal together.

"I had a 13-year-old patient with an eating disorder who had never eaten a meal at home with her family," Mohler said. "If you never eat with your child, it's going to be really hard to pick up on the fact they have an eating disorder."

Family meals are prime opportunities to communicate with kids and learn what is going on in their lives. "Be curious," she said. "If you just ask, 'How was your day?' you'll get, 'Okay.' Ask questions like, 'What went really well for you today?' or 'Tell me about

the funniest thing that happened this week.'"

The time spent sharing a meal and communicating today will translate into positive outcomes down the road, Mohler said.

"Studies have shown that kids who share meals with their parents have fewer eating disorders, healthier diets and fewer substance abuse issues."

Board games offer another opportunity to connect and communicate with kids.

"Kids really love playing games with their parents," she said. "They may tell you they don't, because they don't think it's cool to admit it, but they really do."

### Use 'I' Language

Teach kids what feelings are and how to express them. Avoid starting sentences with "You," however, which can put kids on the defensive.

"If your child objects to bedtime at 9:30, stomps his foot and says, 'That's unfair!' say, 'I see you're angry and upset about bedtime' or 'I hear you're frustrated.' It doesn't change their bedtime, but it teaches kids to express their feelings appropriately and it makes a huge difference in terms of how they react and communicate later on."

### Limit Technology

Today's parents underestimate the negative impact technology has on

children's developing brains, Mohler said.

"Video addiction is a big problem today," she said. "Children are highly affected by the violence they see in video games. Their brains are being rewired by the amount of violence they're seeing, and they become desensitized to it."

So much so, she noted, that in the past 20 years, the level of empathy exhibited by children has dropped 40 percent.

To address this, Mohler recommended that parents set a no-technology policy during family meals. She also suggested taking TVs out of the bedroom and setting a technology curfew.

"Some of my clients will turn off the wifi and take their kids' cell-phones away at bedtime to prevent them from being up until 2 or 3 in the morning."

### Model Good Communication

"How you and your husband communicate with one another will affect how your kids treat others when they start to date," said Mohler, who urged parents to present a united front when it comes to disciplining children.

"Children learn how to manipulate at a very young age," she said. "If Mom is the strict parent and Dad is the easy parent, they're going to bring

everything to Dad. So it's important that parents be on the same page."

### Stay Involved

Conventional wisdom says that children need more parental attention when they are young and a more hands-off approach as they enter middle and high school. That belief needs to be reversed, Mohler said.

"We have 1,000 people making cupcakes for the elementary school bake sale, but when the kids get older the parents seem to become less involved," she said. "Commit to being more involved in the middle and high school years. Know who your kids are hanging around with. Pick up the phone."

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## Identity

Continued from 4

"I've had my credit card compromised multiple times," said Jeffrey Booth, senior special agent with the U.S. Secret Service in Jacksonville. "Fortunately, financial institutions are relatively protected."

Online purchases made with a credit card also carry some protection. "If you buy something online and you're a victim of identity theft, you are protected by law," Rill said. "You are not responsible for more than \$50 if the fraudulent charges are caught within 60 days."

### Preventing identity theft

So what can local residents do to protect themselves from identity theft? Officials offered the following tips:

Don't send money to someone you've never met or to a caller claiming to be a family member.

If you get a threatening phone call purporting to be from the IRS or other agency, hang up.

Don't give out personal information such as social security numbers, PIN numbers or account numbers over the phone.

Check your credit card bills, bank

statements, and other statements regularly for fraudulent charges.

Shred everything, including credit-card offers that could be used to open an account in your name.

Avoid sharing too much personal info on social media ("Identity thieves use it to build a profile on you," the IRS's Lappin said).

Rill also reminded attendees that every citizen is entitled to receive one free credit report a year from each of the three credit reporting agencies – Equifax, Experian and TransUnion. "If you stagger them, you can receive a free credit report every four months," he said.

For those who find that they have been victimized by identity thieves, officials recommended:

- Visit [FTC.gov](http://FTC.gov) or [IdentityTheft.gov](http://IdentityTheft.gov) to file a report and request an initial fraud alert
- Notify the credit reporting agencies
- Alert local law enforcement
- Consider requesting an extended fraud alert to monitor your credit activity (requires a police report)
- Consider implementing a credit freeze, which restricts access to your credit report and makes it harder for identity thieves to open accounts in your name

"The earlier you catch fraud," Rill advised, "the easier it is to clean up."

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**Are you originally from the First Coast area? If not, what brought you here?**

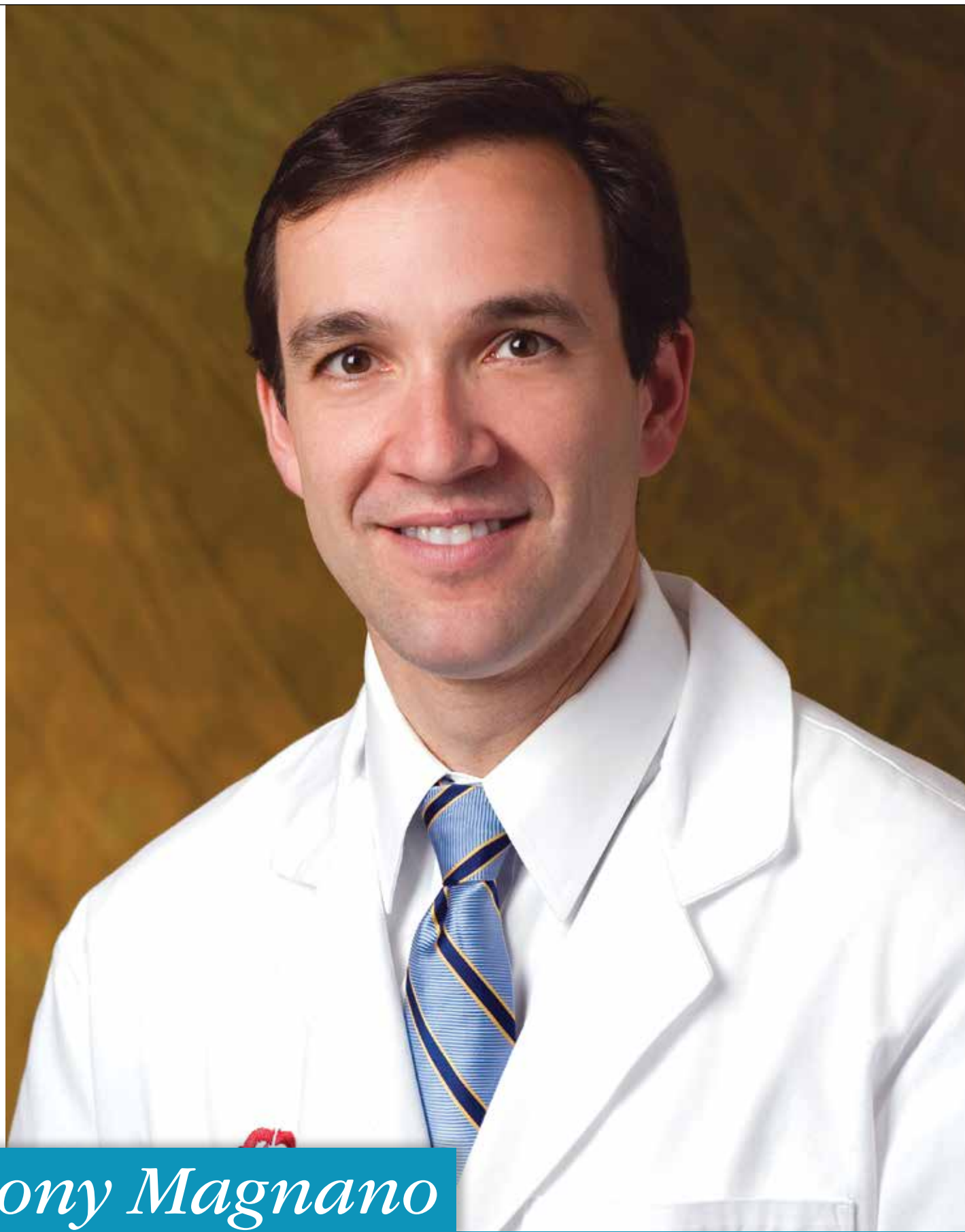
No, I am from the Albany, New York area. After college, I spent 15 years in New York City during my medical training and started my career there as an assistant professor at Columbia University. Around 2006, I became interested in moving to a progressive private practice cardiology group and began searching in New England and the Mid-Atlantic States. My wife's parents had relocated to Ponte Vedra Beach 10 years earlier and I had grown to love the area. While visiting them, I learned more about the wonderful medical community in Jacksonville. St. Vincent's Medical Center offered a perfect fit for my career while bringing me near family in a community that excited us.

**What do you enjoy about living in Ponte Vedra?**

There is an easy, enjoyable lifestyle in Ponte Vedra. I certainly love the climate and all the year-round outdoor activities that are offered. I've found the schools to offer great educational opportunities to our three children. Most of all, we've been fortunate to have made great friends in Ponte Vedra.

**Tell us a little bit about your family.**

My wife Elizabeth is an adjunct professor of international health at University of North Florida. She has been extremely involved in volunteer work in our community and our schools. My oldest son, Chase, is an eighth-grade student at Landrum and plays tennis and lacrosse. My daughter Alexis is a fifth-grade student at Ponte Vedra Palm Valley-Rawlings Elementary School and enjoys lacrosse, basketball, tennis and dance. My youngest son, Carter, is a third-grade student at the same school and is obsessed with sports – he loves running, swimming and playing soccer, lacrosse, flag football, tennis and basketball.



## *Dr. Anthony Magnano*

*Dr. Anthony Magnano, MD, MPH is a cardiologist, cardiac electrophysiologist and co-director of the Atrial Fibrillation Institute at St. Vincent's Medical Center in Jacksonville. He specializes in cardiac electrophysiology, or the study of the electrical circuitry of the heart.*

**What is your current role like at St. Vincent's? What is a typical day like?**

I am a clinical cardiac electrophysiologist, or a cardiologist that specializes in heart rhythm abnormalities. I serve as co-director of the Atrial Fibrillation institute at St Vincent's Medical Center. I spend about 30 percent of my time doing outpatient cardiology, including office consultations and patient visits. Ten to 20 percent of my time involves taking care of patients in the hospital. The remaining 50-60 percent of my time is spent performing cardiac procedures.

Most of my procedures are ablation procedures, where we map and cauterize misfiring electrical circuits that are affecting the heart rhythm. I also am very involved in pacemaker and defibrillator implantations.

**What do you enjoy most about your job?**

Arrhythmias can be incredibly complex. There is an endless opportunity to learn in my field. The worldwide collaboration of physicians and researchers is really impressive and has led to direct improvements in our therapies for

patients with rhythm disorders.

**What is one thing you never anticipated about your job?**

The expansion of new procedures, technologies and techniques has been impressive and requires a continued commitment to stay current.

**What do you enjoy doing when you're not working?**

I love spending as much time as possible with my wife and children. As far as hobbies, I enjoy playing guitar, playing tennis, running, yoga

and exercising. I have been a volunteer for the North Florida Cardiovascular Education Foundation for the past 10 years and will, for the second time, co-chair the Ponte Vedra Cardiovascular Symposium on May 7, 2016, when we will host our annual medical education conference featuring many of the world's premier cardiologists. I have also been involved in the St. Vincent Physicians giving society. Finally, over the past few years, I have really enjoyed writing a column for the Ponte Vedra Recorder that addresses issues in heart health.

**CHAMBER AT NOON**



PHOTOS BY SUSAN GRIFFIN

Delores Wise of Susan G. Komen North Florida discusses the value of cause marketing with members of the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce. The 'Chamber at Noon' luncheon was hosted and sponsored by The Plantation at Ponte Vedra Beach.



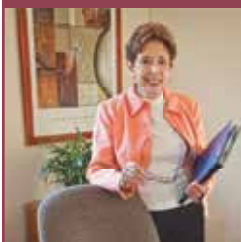
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Chairman William Watson displays the Nocatee office's café/collaborative workspace.



Lynn Mimms, Watson Title; Galeann Curley, Realtor, 210 office; Stella Alexander, 210 office Realtor.

PHOTOS BY JENNIFER LOGUE/EDITOR

# Watson Realty holds grand opening of Nocatee office

## New building designed to meet the needs of growing community

By Jennifer Logue  
Editor

With music, refreshments and fanfare, Watson Realty Corp. held the grand opening of its new Nocatee office last week, marking the latest business to establish a presence in the booming master-planned community.

Local Realtors and members of the business community attended the ribbon cutting ceremony at the new Watson-built building on Marketside Ave. in Nocatee Town Center. In his welcoming remarks, Watson Founder and Chairman William A. "Bill" Watson, Jr. made it clear that the company's decision to open an office in Nocatee came down to the three most



Watson Vice President and Director of Operations Andre LaGras Boutte and Realtor Vickie Hill.

important aspects of real estate: location, location, location.

"If you'll look down the street you'll

see Publix – that is the largest Publix grocery store in Northeast Florida," Watson said. "I would assume they did some research and they wouldn't have put their biggest store here if they didn't figure they were going to need it. So we took that as a good omen."

As of March 21, Watson noted, the company had invested more than \$1.7 million to build the 5,995 square-foot Nocatee building, 1,800 square feet of which is leased in part to the newly opened Ponte Vedra Wellness Center.

"The message in that is that we are committed to this area," he said. "We want to be an active participant and help the Nocatee community prosper and grow."

### Designed for the community

To that end, Watson said the company designed the new offices to fit into the Nocatee community. On a tour of the facility with The Recorder, Watson highlighted its "café" – an open, collaborative workspace featuring a kitchen and numerous computer workstations where Realtors can connect with clients and colleagues and take advantage of the latest technologies.

"We've found this configuration encourages communication among Realtors," Watson said. "One agent may be working with a client looking for a certain type of home and another Realtor will say, 'I just listed a home like that.'"

The café also features adjacent rooms where clients can make private phone calls; across the hall, meanwhile, is a large classroom space where Watson staff can conduct meetings and training seminars for up to 25 people.

The offices also feature a conference room where Watson clients will be able to conduct closings.

"Clients have already been to our offices, so it's more convenient for them to come here for the closing than to have to travel to another location," Watson said. "That's a tremendous advantage and pro-

vides better service to our customers."

To capitalize on the significant amount of foot traffic the office has already seen, Watson President Ed Forman said the Nocatee office will soon install an interactive storefront.

"We have a great opportunity here to be visible to all of Nocatee, and as the weather gets warmer, we're going to be seeing lots of people out walking, riding bicycles, pushing strollers..." Forman said. "Through the interactive storefront, passersby will be able to stop and search every listing on the market."

Open 9 a.m. to 6 p.m. seven days a week, the Nocatee office is currently staffed by a team of 11 agents, some of whom live in the Nocatee community. That local connection is important to the company, said Mark Rosener, managing broker for the Nocatee office.

"Mr. Watson has a long history of being an active part of the local community," he said. "It's a real honor for us to be here to serve the real estate needs of Nocatee."

Those needs are as diverse as the community's residents, Watson Realtors said.

"There's a real demand right now among empty nesters," said Paul McLester, a Realtor at Watson's new Nocatee office. "People are moving here from up north and they're drawn by the active lifestyle and a desire to downsize."

Also popular, Realtor and Nocatee resident Melissa Naldzin added: homes for growing families.

"They're drawn here by St. Johns County's A-rated schools," she said.

Noting that Nocatee was built on the site of the Davis Family's former Dee Dot Ranch, Watson marveled at the community that has developed there in the past few years.

"It's fun to look at a place and say, 'I wonder what this place will be like in 10 years, or 20 years or even 50 years,'" Watson said. "I see just a fabulous lifestyle here in Nocatee for the next 50, 60 or 100 years."

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# Ponte Vedra Professionals elect new officers

**By Jennifer Logue**  
Editor

The Ponte Vedra Professionals Networking Group (PVPNG) recently installed its new officers for the coming year.

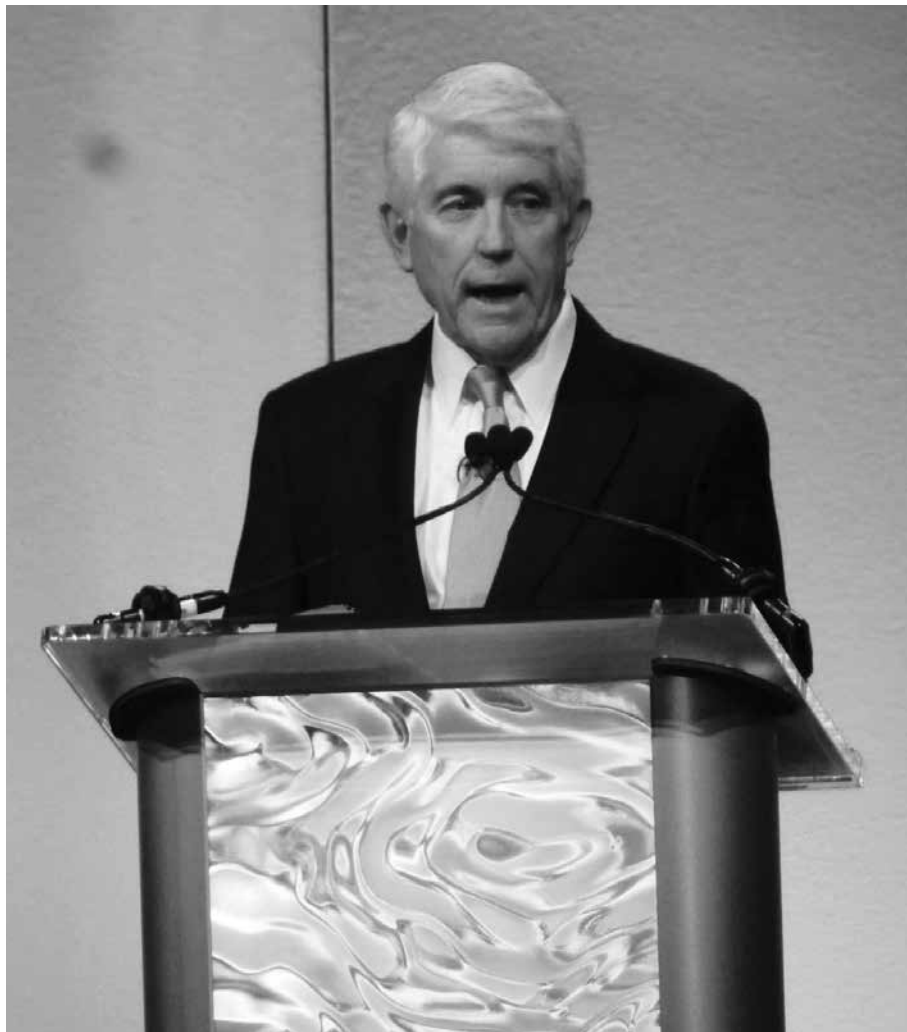
Officers elected at the Feb. 24 meeting include President Brooks Werkheiser, a certified identity theft risk management specialist with Legal Shield; Vice President David Strohecker, a financial advisor with D2 Capital Management; and Treasurer Marti Tyrrel of Redwood Tax & Accounting. The group is comprised of representatives from a wide variety of local businesses and industries, with members enjoying category exclusivity for their specific industry.

PVPNG differs from other local networking groups, members say, in that it focuses more on the Ponte Vedra/Jacksonville Beach area and reflects a “Beaches” mentality.

“We felt the Beaches needed a group where people could network and grow their business in a more relaxed atmosphere,” said AAA’s Gloria Dongara, one of the original members who founded the group in 2013. “We wanted to create a group that had the ability to be flexible – not something that became almost like another part-time business commitment.”

Currently, PVPNG meets Wednesdays at noon at the Hilton Garden Inn Ponte Vedra, with annual dues of \$75. The group also maintains a more relaxed attendance policy than some networking groups, asking that members try to make 75 percent of the meetings. If members miss a meeting, there is no requirement to make it up or send a replacement.

“We are all busy professionals with busy schedules,” incoming President



**Brooks Werkheiser, president Ponte Vedra Professionals Networking Group**

Werkheiser said. “We want PVPNG to be a group that members look forward to attending, not a dreaded obligation.”

To that end, he noted, PVPNG is implementing some new offerings in the coming year to increase membership and build upon the strong camaraderie and personal connections members have fostered.

“Moving forward, the first meeting of every month will be an evening social that will be held at different

restaurants and clubs in the Beaches area,” Werkheiser said. “We hope these ‘happy hour’ type gatherings will encourage other local professionals to join us and see what we’re all about.”

The group’s next evening social will be held at 5:30 p.m. Wednesday April 6 in Mulligan’s Pub at the Hilton Garden Inn.

PVPNG is also developing a more

## Home, hearth and design inspiration:

### 2016 Legacy Trust PV Home and Art Tour returns April 9

**By Carrie Resch**  
The Recorder

If you’ve ever wanted a peek at how the other half live, or if you are looking for inspiration for decorating your own home or even if you just enjoy art, architecture or interior design, the sixth annual Legacy Trust Ponte Vedra Beach Home and Art Tour may be just the ticket.

Over the years, the tour has grown to be one of the largest fundraisers for the Cultural Center at Ponte Vedra Beach, benefitting the Cultural Center’s art and education programs.

The self-guided tour is Saturday, April 9 from 10 a.m. to 4 p.m. Five homes are on the junket this year, a home in The Plantation neighborhood, in South Jacksonville Beach, and two homes on Ponte Vedra Boulevard. The presented homes feature a variety of architectural designs such as contemporary, Nantucket, classic American and Mediterranean.

“We’re really excited,” said Toni Boudreaux, development director at the Cultural Center at Ponte Vedra Beach. “We’ve got a lot of different design, landscapes – it’s a little bit of something for everybody this year, and we’re excited to hopefully make it the best tour we’ve ever had.”

More than 800 guests are expected for this year’s event, Boudreaux said, noting that immediately following each year’s event people begin asking about next year’s event.

OFFICERS continues on Page 10

TOUR continues on Page 10

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# Officers

Continued from 9

active speakers program to offer its members new insights and advice from other business owners.

Attorney John Miller, owner of Rock Solid Business Law and another founding PVPNG member, said the group has been successful

in helping him build his business.

“Any business person who wants to increase referrals in the Ponte Vedra and Beaches areas would be well-served to come and visit the group to see if it’s a good fit,” he said.

For more information on the Ponte Vedra Professionals Networking Group, contact Werkheiser at 601-946-4117 or visit [www.pvpng.com](http://www.pvpng.com).



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# Tour

Continued from 9

“There’s a lot of renovation, there’s a lot of complete rebuilds – that’s what people like about this tour,” Boudreaux said. “You can really go in and get realistic home ideas. It’s just a really fun, educational day for people to go in and get great decorating ideas and design ideas.”

The tour is open to children ages 11 and over and adults; children under 11 are not permitted. General admission tickets for the home tour are \$35, and are available online at [www.ccpvb.org](http://www.ccpvb.org) and at the Cultural Center during regular business hours. Tickets are also available at the following locations: Luxury for Less, 830 A1A N., Suite 12, Ponte Vedra Beach; J Turner & Co., 280 Village Main St., Suite 990, Ponte Vedra Beach; Mineral City, 240 A1A N., Ponte Vedra Beach; and Pearl Home, 791 Third St. N., Jacksonville Beach. Tickets are available now through the day of tour. The Cultural Center will

also be open at 9 a.m. on the day of the tour for day of event ticket purchases.

As an added bonus, Home & Art Tour tickets are also good for one free admission to Fantasy Farms, an exotic and endangered animals facility located in Ponte Vedra, on Sunday, April 10 from 2 to 5 p.m. Admission tickets also include a coupon for Bogey Grille, located at 150 Valley Circle, Ponte Vedra Beach.

The Friday night benefactor’s tour – known as the Sunset Home & Tapas Tour – will take place Friday, April 8 from 6 to 9 p.m. In addition to offering tours of two homes – one on Ponte Vedra Boulevard and one located in Sawgrass Island – the ticketed event will feature complimentary wine, tapas and dessert provided by Nothing Bundt Cakes. Transportation to the homes will be provided by a shuttle service.

Tickets are \$130 and include admission to the Legacy Trust Home & Art Tour.

For more information, call (904) 280-0614 or visit [www.ccpvb.org](http://www.ccpvb.org).

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PHOTOS BY SUSAN GRIFFIN

Rebecca Rippey, Karen Phillips and Jessica Veneman

# Goodwill's Bluetique opens in new Jacksonville Beach location

By Jennifer Logue  
Editor

Prada, Jimmy Choo and Tory Burch aren't names typically associated with a Goodwill store.

Those were just a few of the high-end brands available, however, at the recent grand opening of the new Jacksonville Beach home for Goodwill's Bluetique. Moments after Goodwill of North Florida cut the ribbon on the store's new home, customers were eagerly collecting clothing, shoes and accessories to try on in the boutique's elegantly draped fitting rooms.

Merchandise available for purchase on opening day included a wide selection of new and gently used clothing and accessories for both men and women, marked at 40 to 50 percent off the retail price. Many of the items – including apparel, handbags, sunglasses and jewelry – were priced as little as \$9.99.

"I am blown away by the selection and the prices," Jacksonville resident Nikki Hensch said. "I have the biggest pile of stuff already stacked up at the register!"

A first-time visitor to Bluetique, Hensch said a friend told her about the grand opening. "I never went to the previous location because it was too far for me," she said. "This (location) is so convenient."

Previously located on A1A in Ponte Vedra Beach, Bluetique relocated to 1036 Beach Blvd. in order to be situated next door to the Jacksonville Beach Goodwill store, one of the busi-

est Goodwill locations in North Florida.

"Our new location offers greater visibility," said manager Rebecca Rippey, noting that store hours are 10 a.m. to 7 p.m. Monday through Saturday and 11 a.m. to 5 p.m. on Sunday. "Plus, being next door to the Goodwill store really maximizes the shopping potential for our customer."

Unlike a traditional Goodwill store, Bluetique more closely resembles a specialty boutique, with merchandise grouped together in attractive and colorful displays. In addition, approximately 20 percent of Bluetique's merchandise is new, with high-quality donations providing the remainder of its inventory.

Staff also take the time to group merchandise together, displaying clothing, accessories and jewelry to create a complete ensemble.

"Sometimes people don't have the time to go on that treasure hunt for a bargain like they would at a Goodwill store," said Jessica Veneman, director of retail operations for Goodwill of North Florida. "Bluetique makes it a little easier to find that perfect piece."

The store's new location has also enabled Bluetique to cater to a broader audience.

"We've expanded our merchandise with more items that will appeal to younger men and women," Rippey said. "We want everyone to be included."

But while Bluetique may offer a more refined shopping experience than the Goodwill Store next door, Veneman stressed, it shares the common goal of supporting Goodwill's job creation and employment services.

"We do all of this (at Bluetique) for the same reason," she said, "to support our mission."



Officials from the Jax Chamber Beaches Division join with Goodwill executives to cut the ribbon at the grand opening of the new Bluetique store in Jacksonville Beach.

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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: March 19, 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 and dune habitats, as well as wetland and coastal marsh habitats.

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

### Sixth annual Northeast Florida Young Life Race for Kids 5k Glow Run

The sixth annual Young Life Race for Kids 5K Glow Run is Saturday, April 2 at 7:30 p.m. at the University of North Florida, 101 UNF Dr., Jacksonville.

This fun walk/run will bring families and the entire community together to support our teenagers in the local area by helping fund Young Life's

weekly club meetings, sending kids to camp and other special events.

The \$35 registration fee includes race shirt and bag. Register at [YoungLife5KGlowRun.itsyourrace.com](http://YoungLife5KGlowRun.itsyourrace.com) or visit

[www.northstjohnscounty.younglife.org](http://www.northstjohnscounty.younglife.org).

There will be a post-race celebration with food trucks and fun for everyone after the race.

### 'Celebrate Hastings' Spring Harvest Festival

St. Johns County Parks and Recreation is partnering with TeamUp Hastings to present the inaugural "Celebrate Hastings" Spring Harvest Festival from 10 a.m. to 2 p.m. on Saturday April 2 at Al Wilke Park, 6150 S. Main St.

This free event will feature a gospel sing off, a car show, local food and gift vendors, and historical exhibits.

A Kids Zone will also be open for young children and will include a bounce house, pony rides, a petting zoo, games, face painting, and animal balloons.

Children must obtain a \$2 wristband to access the Kids Zone.

All proceeds support the Hastings Friends of the Library's annual Back-to-School Supplies Giveaway. For more information on the Spring Harvest Festival, call the Hastings Branch Library at (904) 827-6970.

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PHOTOS BY JENNIFER LOGUE/EDITOR

Hundreds attend the Easter sunrise service held at 7 a.m. at Mickler's Beach.



Savannah Betsinger, Alexis Marszalek and Siena Marszalek greet the Easter bunny.



Children hunt for eggs at Crosswater Community Church's Easter egg hunt, which was moved indoors due to the weather.

# Easter 2016

Clouds and occasional downpours didn't dampen the spirits of Beaches residents who celebrated Easter this past weekend. Hundreds of families turned out for Easter egg hunts held at several churches and schools in the area. Hundreds more arrived before daybreak bearing beach chairs on Easter Sunday to attend local sunrise services, including one at Mickler's Beach organized by Ponte Vedra Presbyterian Church and attended by members of other local churches as well.



The Wooten family listens to the Easter sunrise service, including (from left) Allyson Padgett, Lyndsey Wooten with infant Adelyne; Samuel Wooten, Annabelle Wooten and Abigail Wooten.



Love Stratton, 3, shows the Easter Bunny her eggs at Crosswater Community Church's egg hunt.

**SHORT TAKES**

**Running the Blues 5K Run & Walk**

The 26th annual Running the Blues 5K Run & 2.5K Walk takes place Saturday, April 2. Both the 5K run and 2.5K walk start at 9:30 a.m.

The races start and finish on Jacksonville Beach in front of the Red Cross Life Saving Station, at the east end of Beach Boulevard.

At about 11 a.m., after all runners have finished, there will be an awards ceremony for finishers at the patio on the east side of the American Red Cross Lifesaving Station.

Winners must be present to claim their awards. After the awards presentation, participants can take a short walk over to the George's Music Springing the Blues Festival at the SeaWalk Pavilion.

For more information, call (904) 373-8411 or visit [www.performance-multisports.com/blues\\_5k.htm](http://www.performance-multisports.com/blues_5k.htm).

**Chicago Blues Night at Isle of Eight Flags Shrimp Festival**

The Isle of Eight Flags Shrimp Festival (April 28-May 1) will hold its "Chicago Blues Night" featuring Mud Morganfield.

Presented by the Amelia Island Blues Society, the event will feature Morganfield, who is Blues legend Muddy Waters' first-born son.

While Larry "Mud" Williams was often called by the nicknames of "Muddy," "Muddy Jr." and "Little Muddy" when growing up, he prefers to be known as Mud Morganfield.


Following opening ceremonies at 6 p.m., and the Miss Shrimp Festival Scholarship Pageant, sponsored by the Hampton Inn and Suites Amelia Island Historic Harbor Front Hotel, at 6:30 p.m., Mud Morganfield will take the Isle of Eight Flag's Shrimp Festival Waterfront Stage on Friday, April 29 at 7:30 p.m.

Friday's line-up includes the Invasion of the Pirates at 9 p.m., a spec-

tacular fireworks show at 9:15 p.m., and Gitlo Lee, the Blues man of the South, who takes the stage at 9:30 p.m., with a three-piece blues group set to close the festival at 10 p.m.

Located in historic, downtown Fernandina Beach, Florida, this 53rd Annual event features a four-day multi-genre festival including a fine arts and crafts show, a music festival, a food festival, an antique festival, and a family festival all rolled into one long and festive weekend!

The concert and festival are free and open to the public. For more information, visit [www.shrimpfestival.com](http://www.shrimpfestival.com).



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Thursday, March 31	Friday, April 1	Saturday, April 2	Sunday, April 3
<p><b>Walking The Mourner's Path</b> Christ Episcopal Church - Ponte Vedra is offering an eight-week grief program beginning Thursday, March 31 at 6:30 p.m. The program is designed to help you find spiritual direction, honor your loved one and discover God's promise of peace and comfort after the death of a loved one.* Each session will last 90 minutes, and includes reflections and exercises to help you find God's direction for your life. There is a \$75 fee to cover program materials. Contact Cindy Corritore at (904) 285-6127, ext. 231 or ccorritore@christepiscopalchurch.org for details. *Loss must have occurred at least six months prior to the program start date. Christ Episcopal Church is located at 400 San Juan Drive, Ponte Vedra Beach.</p> <p><b>Chapel Concert series</b> The Beaches Museum and Lazzara Family Foundation present the return of Selwyn Birchwood to the historic Beaches Museum Chapel as a kick-off to the 2016 George's Music Springing the Blues Festival. Birchwood is an American blues guitarist, vocalist and songwriter from Tampa, Florida. Tickets are \$20 in advance, \$25 day of show. Prior to the concert, dinner by MoJo's BBQ will be available on the chapel patio for a suggested donation of \$10 (weather permitting). Food and drinks at 6 p.m.; the concert starts at 7 p.m. For more information, call (904) 241-5657. To purchase tickets, visit <a href="http://www.beachesmuseum.ticketleap.com/chapel-concert-selwyn-birchwood">www.beachesmuseum.ticketleap.com/chapel-concert-selwyn-birchwood</a>.</p> <p><b>Ponte Vedra Chamber Open House</b> The St. Johns County Chamber of Commerce Ponte Vedra Beach Division open house is Thursday, March 31 from 5:30 to 7:30 p.m. at the Ponte Vedra Beach Division/Visitors Center, 200 Solana Road, Suite B. Stop by the PVB Division office for light hors d'oeuvres and refreshments and meet Lin Jones, the new director of the Ponte Vedra Beach Division. The open house is free to members.</p> <p><b>Live Music at Table 1</b> Table 1 at 330 A1A N will host the Gary Starling Jazz Band live starting at 7:30 p.m.</p>	<p><b>First Friday Cosmic Concerts</b> Experience total-sensory entertainment as laser lights, high-definition images and digital sound collide to create a cosmic concert! The Bryan-Gooding Planetarium rocks with Cosmic Concert laser light shows at 5, 6, 7 and 8 p.m. Tickets are available at <a href="http://www.moshplanetarium.org">www.moshplanetarium.org</a> or at the door. Tickets are \$5 per person per show; laser glasses cost \$1.</p> <p><b>MOSH \$5 Fridays</b> Every Friday, come to MOSH to enjoy \$5 admission and extended hours. The museum will be open late every Friday until 8 p.m. (Note: Additional discounts or coupons are not permitted.)</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>Beaches Business Growth Series</b> The JAX Chamber Beaches Division Beaches Business Growth Series is Friday, April 1 from 11:30 a.m. to 1 p.m. at JAX Chamber Beaches Division, 1300 Marsh Landing Parkway, Suite 108, Jacksonville Beach. In this fast paced and interactive workshop, attendees are given the tools to take charge of their listening skills, become more effective networkers, and improve the clarity of their communications with clients and teammates. The speaker will be Brad Raney, CEO, Personal Performance Partnership. The cost is \$10 for JAX Chamber members, \$20 for non-members. Seats are limited; advance registration is required. Lunch will be served. For more information or to register, visit <a href="http://www.myjaxchamber.com">www.myjaxchamber.com</a>.</p> <p><b>Live Music at Table 1</b> Table 1 at 330 A1A N will host Cody Nix live starting at 7:30 p.m.</p>	<p><b>Katz 4 Keeps Adoptions Adoption Days</b> Katz 4 Keeps adoption days will take place Saturday, April 2 and Sunday, April 3 from 11 a.m. to 3 p.m. at Katz 4 Keeps, 935B A1A North 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>NEFL Young Life Race for Kids</b> The sixth annual Young Life Race for Kids 5K Glow Run is Saturday, April 2 at 7:30 p.m. at the University of North Florida, 101 UNF Dr., Jacksonville. This fun walk/run will bring families and the entire community together to support our teenagers in the local area by helping fund Young Life's weekly club meetings, sending kids to camp and other special events. The \$35 registration fee includes race shirt and bag. Register at <a href="http://YoungLife5KRun.itsyourrace.com">YoungLife5KRun.itsyourrace.com</a> or visit <a href="http://www.northstjohnscounty.younglife.org">www.northstjohnscounty.younglife.org</a>. There will be a post-race celebration with food trucks and fun for everyone after the race.</p> <p><b>Spring Harvest Festival</b> The inaugural "Celebrate Hastings" Spring Harvest Festival from 10 a.m. to 2 p.m. on Saturday, April 2 at Al Wilke Park, 6150 S. Main St. This free event will feature a gospel sing off, a car show, local food and gift vendors, and historical exhibits. A Kids Zone will also be open for young children and will include a bounce house, pony rides, a petting zoo, games, face painting, and animal balloons. Children must obtain a \$2 wristband to access the Kids Zone. All proceeds support the Hastings Friends of the Library's annual Back-to-School Supplies Giveaway. For more information on the Spring Harvest Festival, call the Hastings Branch Library at (904) 827-6970.</p> <p><b>Running the Blues 5K Run &amp; Walk</b> The 26th annual Running the Blues 5K Run &amp; 2.5K Walk takes place Saturday, April 2. Both the 5K run and 2.5K walk start at 9:30 a.m. The races start and finish on Jacksonville Beach in front of the Red Cross Life Saving Station, at the east end of Beach Boulevard. For more information, call (904) 373-8411 or visit <a href="http://www.performance-multisports.com/blues_5k.htm">www.performance-multisports.com/blues_5k.htm</a>.</p>	<p><b>Jacksonville Summer Camp Festival</b> Research summer camp programs and talk to summer camp representatives at the Second Annual Jacksonville Summer Camp Festival Sunday, April 3 from noon to 3 p.m. at Unity Plaza, 220 Riverside Ave., Jacksonville. Enjoy arts and crafts, face painting, a bounce house, food trucks, and register for the Fun 4 First Coast Kids Family Nature Hunt. Admission to the festival is a donation of three canned goods or \$3 per person; kids 18 and under are admitted free. Proceeds will benefit the Fun4FirstCoast-Kids.com Summer Camp Scholarship and a local food bank. For more information, visit <a href="http://www.fun4firstcoastkids.com/Blog/jacksonville-summer-camp-festival">www.fun4firstcoastkids.com/Blog/jacksonville-summer-camp-festival</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 South 3rd St. For more info. call (904) 372-0601.</p> <p><b>Collection Tour</b> Join the Summer Museum of Art and Gardens on Sundays for a guided tour of our permanent collection. The tour is free with the cost of admission. The museum is located at 829 Riverside Ave., Jacksonville.</p> <p><b>For The Love of Driving</b> Volunteer drivers are needed to assist seniors in achieving their mobility goals in St. Johns County. Transportation needs range from trips to the grocery store and classes to spousal hospital visits or social activities. If you are interested, please contact the mobility manager at the Council on Aging, 904-315-6505, or email Katie Arnold at <a href="mailto:karnold@stjohnscoa.com">karnold@stjohnscoa.com</a>.</p> <p><b>Destination Dino</b> Jacksonville Zoo &amp; Gardens presents Destination Dino March 5-July 4. For more information, visit <a href="http://www.jaxzoodinos.org">www.jaxzoodinos.org</a>.</p>

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Monday, April 4	Tuesday, April 5	Wednesday, April 6	Thursday, April 7
<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. For info, call (904) 209-3686.</p> <p><b>Mental Health Recovery Support</b> Support is free to the public and facilitated by Georgia/Florida Certified Peer Specialist Whitney Bolin. By appointment only M-F, contact at (770) 403-4991 or whitneybat76@gmail.com. In addition, she facilitates a MH Recovery Group at Flagler Hospital from 2 to 4 p.m. every Tuesday.</p> <p><b>Habitat for Humanity volunteers</b> Habitat for Humanity of St. Augustine/St. Johns County is currently seeking qualified homeowners. Habitat does not give away homes for free. Instead, homeowners pay an affordable monthly mortgage payment and Habitat helps build them a simple, decent place to live. If you know someone who might benefit from Habitat homeownership, please refer them to the Habitat website. To find out more about how you can donate, volunteer, or qualify visit <a href="http://habitatstjohns.org">habitatstjohns.org</a>.</p> <p><b>Travel Training Program</b> The Council on Aging announces a Travel Training program designed to assist seniors in learning to ride the Sunshine Bus. If you are curious about expanding your transportation options or you would like to increase your confidence as a bus rider, let one of our trained volunteers assist you in navigating routes, reading time tables and making transfers. If you are interested, please contact the mobility manager at the Council on Aging, (904) 315-6505, or email Katie Arnold at <a href="mailto:karnold@stjohnscoa.com">karnold@stjohnscoa.com</a>.</p>	<p><b>Beaches Photography Club</b> The monthly meeting of the Beaches Photography Club is Tuesday, April 5 from 5:30 to 8 p.m. at the Beaches Branch Library, 600 Third St. in Neptune Beach. Meet other photography enthusiasts and learn new skills. All levels welcome. The Beaches Photography Club meets on the first Tuesday of every month. This program is for adults. For more information, call (904) 241-1141.</p> <p><b>SPLASH at PVPC</b> Tuesday evenings, 7 to 8:30 p.m. the Singles Ministry SPLASH (Single People Loving and Serving Him) gather at Ponte Vedra Presbyterian Church, 4510 Palm Valley Road, Ponte Vedra: All single adults in the community welcome for fellowship and discussions on applying the Bible in our everyday lives along with a light dinner provided by KC's Kitchen. Mission and social opportunities as well. For more information, email <a href="mailto:julie@pvpc.com">julie@pvpc.com</a> or call (904) 285-8225.</p> <p><b>Tapas Tuesday</b> The Cummer Museum of Art &amp; Gardens presents Tapas Tuesday sponsored by VyStar Credit Union at the Cummer Café. Every Tuesday from 5 to 7:30 p.m. on the Cummer Café patio, take in the sunset while listening to local musicians with beer, wine, or artfully-inspired tapas for sale at the café. Reserve your table by calling (904) 899-6022. For more information, visit <a href="http://www.cummermuseum.org">www.cummermuseum.org</a>. The Museum is located at 829 Riverside Ave., Jacksonville.</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>Civil War Discussion Group</b> The monthly meeting of the "Understanding The Civil War" Discussion Group will be held Wednesday April 6 at 1 p.m. in the conference room at the St Augustine Beach City Hall, 2200 A1A S., St. Augustine Beach. The topic will be: "Forty Years Prior to the Civil War- Compromises and Other Decisions That Delayed the Inevitable". The meeting is open to the public. For more information, email Charlie Smith at <a href="mailto:smithc32@bellsouth.net">smithc32@bellsouth.net</a>.</p> <p><b>PVBD Chamber Before Hours</b> The St. Johns County Chamber of Commerce Ponte Vedra Beach Division Chamber Before Hours at Balanced Physician Care, 115 Professional Park Drive, Ponte Vedra Beach, is Wednesday April 6 from 8 to 9 a.m. Enjoy your breakfast while networking among members and guests. Chair massages will be available. For more information or to register for the event, visit <a href="http://www.stjohnscountychamber.com">www.stjohnscountychamber.com</a>.</p> <p><b>PV Professionals Networking Group</b> The Ponte Vedra Professionals Networking Group meets every Wednesday 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 your leadership and communication skills. Join us on Wednesdays at The PLAYERS Community Center at 175 Landrum Lane. The meeting starts promptly at 7:30 a.m. and lasts one hour. Want to know more? Contact Lucy Reep at 904-607-3695 or contact-5199@toastmastersclubs.org</p> <p><b>Annual Activity Member</b> Become an Annual Activity Member at The Players Community Senior Center! There are so many reasons to become a member: discounts on fee-based classes, designated events and Coastal Travel, complimentary participation in a wide variety of scheduled activities, to name a few! Please call Darlene Mahany at 280-3233 for all the details.</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 funky soul score and lyrics by Charlie Smalls, The Wiz brought renewed relevance to a timeless classic. The 1975 Broadway production was like nothing Broadway had ever seen, and ultimately won seven Tony Awards, including Best Musical and Best Score. The Theatre is located at 12000 Beach Blvd., 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>'Natural Currents' exhibition</b> "Natural Currents" featuring the recent paintings by John Bunker and the sculptural forms of Brian Frus will be exhibited in the main Gallery of the Cultural Center at Ponte Vedra Beach from Feb. 26 to April 8. The Cultural Center is located at 50 Executive Way, Ponte Vedra Beach. For more information, call (904) 280-0614 or visit <a href="http://www.ccpvb.org">www.ccpvb.org</a>.</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>Live Music at Table 1</b> Table 1 at 330 A1A N will host the Gary Starling Jazz Band live starting at 7:30 p.m.</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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**SHORT TAKES**

**Chapel Concert series**

The Beaches Museum and Lazzara Family Foundation present the return of Selwyn Birchwood to the historic Beaches Museum Chapel on Thursday, March 31 as a kick-off to the 2016 Springing the Blues Festival.

Birchwood is an American blues guitarist, vocalist and songwriter from

Tampa, Florida. Tickets are \$20 in advance; \$25 day of show.

Prior to the concert, dinner by MoJo's BBQ will be available on the Chapel patio for a suggested donation of \$10 (weather permitting). Food and drinks at 6 p.m.; the concert starts at 7 p.m.

For more information, call (904) 241-5657 or visit [www.beachmuseum.org](http://www.beachmuseum.org). To purchase tickets, visit [www.beachmuseum.ticketleap.com/chapel-concert-selwyn-birchwood](http://www.beachmuseum.ticketleap.com/chapel-concert-selwyn-birchwood).

**Labor of Love Family Fest benefiting Alpha-Omega Miracle Home**

The Labor of Love Family Fest, benefiting Alpha-Omega Miracle Home, is Saturday, April 30 from 11:30 a.m. to 5:30 p.m. at Francis Field, 25 W. Castillo Drive, St. Augustine.

The festival will include live music, entertainment, 12 Jumperama inflatables, food trucks, vendors, raffle and giveaways and appearances by the Jacksonville Sharks, the Jacksonville

Jaguars, The St. Augustine Alligator Farm, 105.5 FM & more. Additionally, a number of specialty vehicles are scheduled to be on site such as a Hummer, a helicopter, fire truck and more.

Pre-sale Jumperama wristbands are available for purchase at a discount. Festival-goers should bring blankets or chairs.

For more information, call (904) 823-8588 or visit [www.aomh.org](http://www.aomh.org).

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# fit & Healthy



A SPECIAL SECTION TO

Ponte Vedra 

# Recorder

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March 31, 2016

# COMMON EXERCISE MISTAKES

## & How to Avoid Them

**By Dr. Erika Hamer**  
Special to the Recorder

Exercise is an important ritual that keeps you strong, healthy and ready to meet the challenges of everyday life.

When approached and performed properly, exercise can help protect you from many kinds of health problems, everything from osteoporosis to high blood pressure to depression. It is easy to overdo it, though.

It's important to understand what constitutes a safe and effective approach to exercise and how you can avoid exercise-related injuries or problems.

It is important to always discuss your exercise plans with your health care provider before starting your training program, as they will be able to give recommendations as to what types of activities are best suited for you in your present state of health.

*Dr. Erika Hamer, DC, DIBCN, DIBE, is a chiropractic neurologist and the owner of Ponte Vedra Wellness Center, with offices in Ponte Vedra Beach and Nocatee Town Center. Dr. Hamer also runs Ponte Vedra Training Company, specializing in doctor-supervised training programs customized according to individual goals and physical limitations.*

### Mistake #1: Doing Too Much Too Soon

Doing too much too soon is one of the most common exercise mistakes made by exercise newcomers and veterans alike. Past participation in a regular exercise routine is not necessarily a guarantee that a person will perform the proper volume or intensity of physical activity the next time around. It is easy to be overzealous in the early stages of training, but measured participation and moderate intensity efforts will help keep you safe, healthy and motivated to continue your program. Putting excessive demands on your musculoskeletal system in the early stages of your exercise regimen may lead to injury. For certain activities, especially cardiovascular exercise, the health benefits begin to taper off after 60 minutes. When it comes to exercise, less in some cases is more. It is important to build your fitness gradually and progressively and consider participating in exercise classes or working with a certified fitness expert in order to reduce your chances of exercise-related injuries or problems.

### Mistake #2: Performing Injurious Exercises

Not all exercises are safe. Some exercises may be safe only when they are performed with flawless technique. Technique used and the load involved are two key factors to consider when determining if an exercise – a resistance exercise, specifically – is safe for you. Your fitness status and injury history also play a role in deciding what risk specific activities carry. In general, it's advisable to avoid or modify exercises that cause you pain or discomfort. Reducing the speed of a given exercise may lower your risk for injury, too.

### Mistake #3: Becoming Dehydrated

Maintaining proper hydration and electrolyte levels is an important exercise consideration, and failing to do so is a common exercise mistake that can have significant consequences on both health and performance. According to a study published in the Canadian Journal of Applied Physiology, exercise-induced dehydration reduces aerobic endurance performance and leads to increased body temperature, elevated heart rate and increased perceived exertion. It is important to drink plenty of fluids before, during and after your exercise bout and not wait until you are feeling thirsty before consuming fluids. Staying hydrated during exercise helps lubricate joints, transports nutrients to your cells for energy and health and helps reduce your chances of fatigue, muscle cramps, dizziness and more serious symptoms.

### Mistake #4: Choosing the Wrong Activities

It's important to sample a variety of exercise activities so that you can find the activities that best suit your interests and aptitudes.

A common exercise mistake - and one that can keep you from experiencing the true physical, mental and social health benefits of exercise - is choosing exercise activities that are not sustainable or enjoyable for you. Knowing your physical activity preferences - whether you like to exercise alone or with friends, enjoy team sports or individual athletic pursuits, prefer casual approaches or a competitive environment, etc. - is the key to choosing the activities through which you can get the most out of exercise.

Mixing it up - combining two or three different activities that you enjoy - can be another way to keep your training sessions fresh and invigorating and your motivation high.



# Paddle Pilates makes waves



**By Carrie Resch**  
The Recorder

Stand Up Paddleboard (SUP) Pilates, the latest “floating fitness class” to make waves in Ponte Vedra, launched its second season last week.

The 90-minute core-strengthening class is held at the Guana Lake as well as on the Intracoastal Waterway. Classes are offered through North Guana Outpost and are taught by certified SUP and Pilates instructor Kelly Rowles.

The idea behind these floating fitness classes, practitioners say, is that by using the SUP as a mat, Paddle Pilates activates more stabilizer muscles than one would typically use in a studio. Other benefits include improved balance, strength and stability – all while enjoying the serene setting of the Northeast Florida waterways.

Classes are available for all levels, and class schedules can be found online at [www.northguanaoutpost.com](http://www.northguanaoutpost.com). Private classes are available upon request.

Paddlers should bring water, sunscreen and a towel with them to class. Land instruction will be provided before paddling to a destination to practice Pilates. Provided equipment includes a Stand Up Paddleboard, paddle and an inflatable life vest.

The fee for the initial class is \$35; follow-up classes are \$25. A four-class package is available for \$90. Rates are reduced for those who bring their own equipment.

The next scheduled class is Saturday, April 2 from 11:30 a.m. to 12:30 p.m. at Guana Lake. Classes are also scheduled at the Nocatee Kayak Launch for April 7, 16 and 21 from 11 a.m. to 12:30 p.m. and April 30 from 4 to 5:30 p.m. Class times are subject to change, so participants should check the calendar for the most up-to-date information. To sign up for a class, call (904) 373-0306 or stop by the North Guana Outpost shop, located at 4415 Mickler Road, Ponte Vedra Beach.



# seeing Orange

New fitness center focuses on heart rate, science for optimal fitness results



PHOTO PROVIDED BY ORANGETHEORY FITNESS

Trainers guide participants through a 60-minute workout broken down into intervals of cardiovascular and strength training. Each participant is given a heart rate monitor to wear that they and the trainers can visually monitor via one of the several TV screens located in the fitness studio.

## By Carrie Resch

The Recorder

Jacksonville is seeing orange.

Orangetheory Fitness, a group personal training workout, has fitness studio locations popping up throughout Jacksonville.

Currently, there are four OTF locations in Jacksonville: Mandarin, Hodges Pointe, Ortega and Fleming Island. The first studio opened in May 2014 and there are plans to bring at least two more studios to the area this year.

Trainers guide participants through a 60-minute workout broken down into intervals of cardiovascular and strength training. Each participant is given a heart rate monitor to wear that they and the trainers can visually monitor via one of the several TV screens located in the fitness studio.

"It's a real metabolism booster," said Leslie Baccash. She and her husband, George Baccash, are co-owners of the Hodges Pointe and Fleming Island locations. The couple was living in South Florida, where OTF's corporate offices are located, and wanted to bring the growing phenomenon to Jacksonville. OTF has locations throughout the country and in several other countries as well.

Based on the science of excess post-exercise oxygen consumption (EPOC), the program – which utilizes a

variety of equipment including treadmills, rowing machines, TRX Suspension Training and free weights – is designed to keep individual heart rates in targeted zones. The "grey zone" is the resting zone, the "blue zone" is the warm-up zone, the "green zone" is the fat-burning zone, and the "orange and red zones" are above the fat-burning zone. The program is designed to boost metabolism long after the workout has been completed.

"It's not just about weight loss for everyone – it's about fitness and healthier living," Baccash said, adding that it just depends what you want to do and what your goal is. "We have people that are runners and we have people that are triathletes. Their goal is not to lose weight, because a lot of them are already fit, but it's more of a cross-training tool for them, and then we have people who have come in strictly for weight loss," she said.

Currently, the closest OTF studio to the Beaches area is the Hodges Pointe location at 13500 Beach Blvd., Suite 30, Jacksonville. Weekday classes at that location begin at 5 a.m. with the last class starting at 8:30 p.m. Classes are generally offered throughout the morning, mid-day and evening. The studios are also open every weekend.

The company also prides itself on

**ORANGE** continues on Page 27



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Golfers play a hole with pro golfer Fred Funk at last year's Fred Funk Challenge Tournament. From left: Dave Powers, Derek Prince, Funk, George Powers and Scott Miller.

# Charity tournament offers chance to 'play a hole with a pro'

## 'Fred Funk Challenge' golf tournament to be held April 11

**By Jennifer Logue**  
Editor

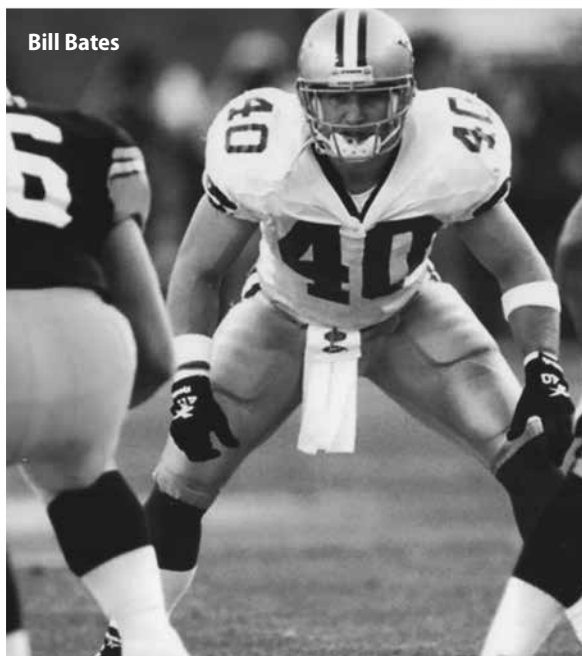
The 2nd Annual Fred Funk Challenge charity golf tournament will be held Monday April 11 at Atlantic Beach Country Club in Atlantic Beach.

Scheduled to begin at 9 a.m. with a shotgun start, the event will feature 18 holes of golf plus a post-tournament luncheon. The registration fee for the tournament is \$250 per player and includes golf, use of the driving range, green and cart fees and the opportunity to play a hole with pro. In addition to Fred Funk, professional athletes participating in the tournament include retired NFL players Bill Bates and Josh Scobee, retired NFL Coach Dan Henning and former major league baseball pitcher Graham Taylor. Each player will also receive a team photo autographed by Funk.

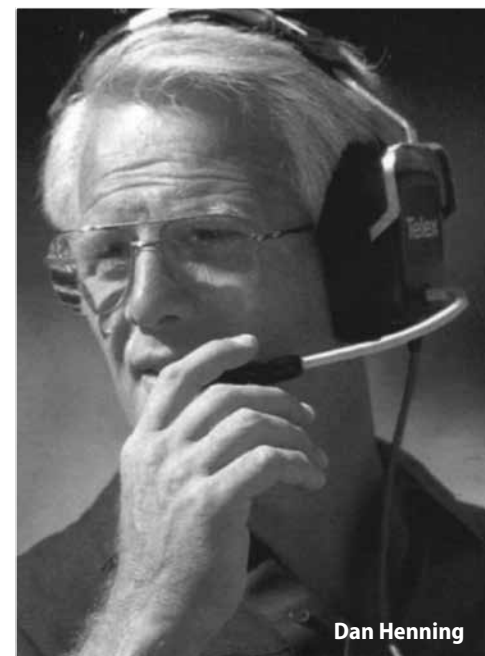
Prizes will be awarded in a number of categories. There will also be prize raffles and an opportunity to win a Cadillac donated by Claude Nolan and a boat from North Florida Yacht Sales for making a par 3 hole in one.

Proceeds from the tournament will benefit Crosswater Community Church's "The Future is Now" campaign to build a new facility for local children and youth. Tournament sponsorship opportunities are also available.

To register for The Fred Funk Challenge or for more information, contact George Powers at (904) 824-9800, [gpowers@crosswaterchurch.net](mailto:gpowers@crosswaterchurch.net) or visit [www.crosswaterchurch.net](http://www.crosswaterchurch.net).



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# High-tech treatments for pain relief

Technology, already critical in many areas of health care, is poised to play an even greater role in medicine, especially in the area of pain management, industry leaders say.

“Instead of pharmaceuticals, you are going to see the emergence of ‘technaceuticals,’ ” said David B. Sutton, CEO of Physician’s Technology LLC and co-inventor of the Willow Curve, a low-level smart laser that treats joint pain.

Such technology is being developed at an opportune time because many people prefer to avoid pain medication when possible. In addition, the CDC recently urged doctors who prescribe opioids to cut down on their use because of the risk that patients can become addicted to these narcotics, as well as the alarming increase in fatal prescription medication overdoses.

“You also have this tsunami of aging baby boomers who have seen technology solving all kinds of problems their entire lives,” Sutton said. “It seems natural to them to look to technology to address more and more of their health

care needs.”

A variety of gadgets are helping to re-invent medicine, from new scanning technology that gives a clearer picture of lung disease to magnetic nanoparticles that stop strokes caused by blood clots.

Sutton said The Willow Curve – which he invented with Dr. Ronald Shapiro – is one example of how technology can work to temporarily ease chronic pain and is an example of a product in the developing field of technaceuticals. Because it’s also a smart computer, the device assesses the condition of the joint and delivers a targeted digital treatment.

A variety of ailments can be treated with technaceuticals, Sutton noted, including arthritis, general joint pain, knee pain, tennis elbow and rotator-cuff injuries.

“This is a way to use technology to temporarily relieve pain, reduce swelling, improve mobility and improve the quality of life,” he said.

Such digital-therapeutic technology could be appealing for consumers who:

- **Want to reduce chemical dependency:** While technology may not replace pain pills completely, it can provide a safe alternative for those who want to reduce their dependency on chemicals and avoid side effects.

- **May not be surgical candidates:** “Some people may not be eligible candidates for surgery and others want more time to decide,” Sutton said. “Technology that helps them temporarily reduce chronic pain puts them in a better position to remain active by temporarily relieving their joint pain while they decide.”

- **Want to manage health care at a lower cost:** Health insurance provides limited reimbursements for many procedures and the cost of co-pays is rising. Treatment that continues over time – such as for prescription medication – can cause expenses to add up. In comparison, an in-home technological device is a one-time expense.

“This technology isn’t meant as a substitute for medical treatment, but can be used in tandem with it,” Sutton said. “As the use of digital-therapeutic technology grows, the nation could potentially see massive savings in health-care costs.”

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# Big Fish Power Yoga to open Nocatee location next month

By Carrie Resch  
The Recorder

Building on the success of its Jacksonville Beach location, Big Fish Power Yoga will open a second studio in Nocatee next month, with a grand opening scheduled for April 16.

The original studio opened in 2010 and was located off Osceola Avenue in Jacksonville Beach. After three successful years in that location, the decision was made to build a new, larger studio in the South Beach Regional Shopping Center. That studio has been open for two years.

Big Fish founder Mary Lyn Jenkins said she has built her studios on the philosophy of community and giving back. That sense of community also played a part in her decision to open the second studio in Nocatee.

“Growing communities need a space for connection,” Jenkins said. “We know that Big Fish has been an incredible space for connecting people, ideas and ultimately moving a culture of service and leadership forward.”

At 1,500 square feet, the new Nocatee location is half the size of the Jacksonville Beach studio. With space for 55 mats, the studio will also include office space along with a boutique offering Big Fish branded merchandise, athletic gear and gifts for men and women.

Jenkins said she is also excited about the opportunity for her team to help



develop leadership in children.

“Ponte Vedra High School is our neighbor and the Nocatee studio will be a great place for these kids to connect in a healthy way, step into programs that will expand their leadership and connect them to each other powerfully,” she said.

The type of yoga practiced at Big Fish is power Vinyasa yoga, an energetic form of yoga that builds strength and endurance. An introductory series will begin as soon as the studio opens. Big Fish’s 200-hour leader teacher training begins in May; the training will be shared between the Nocatee and the Jacksonville Beach studios.

For the little ones this summer, Little Fish Camp at Nocatee will be held June 13-17. Family classes and teen classes will begin in the fall.


Big Fish Yoga memberships are transferable between studios, but each studio will have a different class schedule.

Big Fish Power Yoga’s new Nocatee is located at 641 Crosswater Parkway, Suite C, Ponte Vedra. For more information, visit [www.bigfishpoweryoga.com](http://www.bigfishpoweryoga.com).



PHOTO PROVIDED BY BIG FISH POWER YOGA

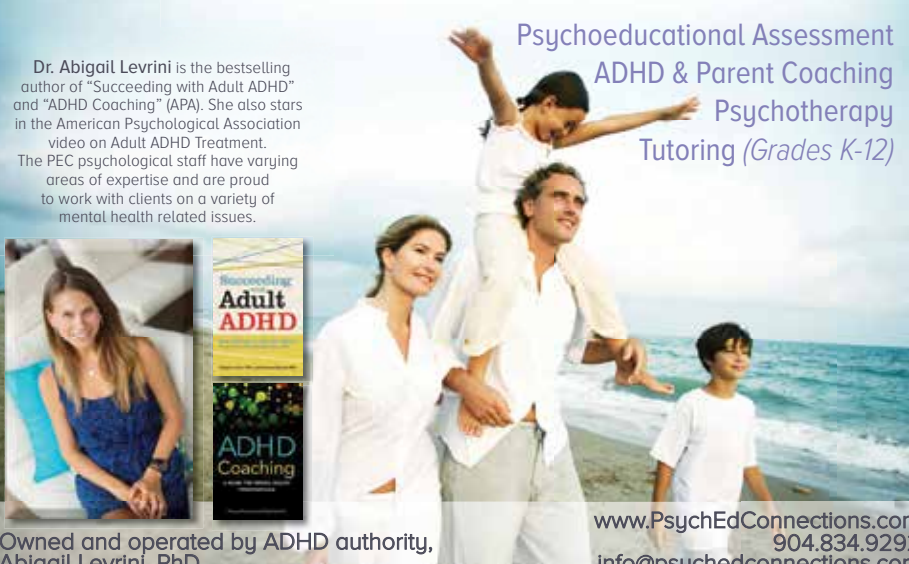
Big Fish Power Yoga team members from left to right: Paul Hines, Rianna Byrd and Blake Ewing at the Jacksonville Beach Big Fish Power Yoga location. The Nocatee location grand opening is scheduled for April 16.



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PHOTOS COURTESY OF ASANA WELLNESS

# ASANA Wellness offers 'one stop shopping' for health and fitness

**By Jennifer Logue**  
Editor

When first-time visitors enter the newly opened ASANA Wellness center in Jacksonville, they see the cardio machines and free weights most expect to see at a typical gym. But that's where the similarity to other fitness centers ends, ASANA staff say.

Unlike other fitness facilities, they say, ASANA brings together physical fitness with medi-

cally supervised health and wellness monitoring to help people achieve optimal fitness.

"We're not just another gym – we are really the first fully integrated medical wellness and fitness center in Jacksonville," Director of Operations Jarrod Saracco said. "We bring everything under one roof. Our tagline is 'being healthy just got easy.'"

The 15,000 square-foot facility is comprised of an 11,000

square-foot health club and fitness center along with a 4,000 square foot medical wellness center that is under the direction of Dr. Jeffrey Ruterbusch. Complete with both indoor and outdoor training areas, ASANA offers 30-, 45- and 60-minute group workout sessions where participants are tracked to monitor their heart rates and maximize metabolic burn.

**ASANA continues on Page 29**



## Baptist neurologist to discuss brain health, cancer at Ponte Vedra Y

The Y Healthy Living Center Ponte Vedra will offer a free presentation on how to maintain brain health through a cancer diagnosis as part of its ongoing "Talk with a Doc" series. The presentation is open to all members of the community.

To be held from noon to 1 p.m. Tuesday April 12 at the Ponte Vedra YMCA located at 170 Landrum Lane, the session will be presented by Dr. Robert Cavaliere, a neuro oncologist at Baptist MD Anderson Cancer Center in Jacksonville.

In addition to covering the anatomy of the brain, Cavaliere will review its key functions and the impact a cancer diagnosis may have on brain health.

A specialist in the management of patients with brain and spine cancer, Cavaliere has written and participated in numerous clinical trials — experiences that have fueled his commitment to improve patients' quality of life as well as care for cancer survivors.

"The field of brain and spine oncology is changing rapidly as we learn more about the disease, leading to new, state-of-the-art therapies and diagnostic tools that were inconceivable when I started to practice medicine," Dr. Cavaliere wrote in his physician's profile.

"Though it is easy to focus on technology, I strongly believe that in order to most effectively care for a person, you must be aware of all facets of the patient experience."

Seating for the presentation is limited; to register online, visit <https://www.eventbrite.com/e/talk-with-a-doc-tickets-22125067673?aff=es2>.

A partnership between Baptist Health and First Coast YMCA, Y Healthy Living Centers bring Baptist health and wellness programs out into the community.

The monthly sessions feature a wide range of clinicians — including primary care physicians, specialists, and nutrition and wellness experts — who discuss everything from the latest medical treatments to ways of reducing stress.

According to Baptist Health, the Ponte Vedra and Mandarin Healthy Living Centers are the first of their kind on the First Coast, with additional centers planned for the future.



PHOTO PROVIDED BY ORANGETHEORY FITNESS

The program, which utilizes a variety of equipment including treadmills, rowing machines, TRX Suspension Training and free weights, is designed to keep individual heart rates in targeted zones.

## Orange

Continued from 22

being community-minded. Each month, OTF does "charity burns" and gives to local charities. This month, OTF is doing a charity burn for Habitat for Humanity at the studio, after which volunteers will go out and help at the actual home. Baccash said they had members who participated in the Fidelity Investments Jacksonville Dragon Boat Festival race and estimates that about 100 members participated in this year's Gate River Run.

"We've got a very engaged group of members," Baccash said. "We call it the OTF family."

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# Ponte Vedra Relay for Life April 2

By Jennifer Logue  
Editor

Local residents who have been impacted by cancer will join forces to raise funds for cancer research this weekend at the American Cancer Society's 2016 Ponte Vedra Relay for Life.

To be held from 11 a.m. to 11 p.m. Saturday at Ponte Vedra High School, the event will feature 13 fundraising relay teams that will take turns walking laps to support cancer research, treatment and prevention.

"Typically, each separate Relay has a theme," said Lynn Nelson, lead organizer for the Ponte Vedra event. "We chose golf as our theme for this year's Relay because we thought it would be a good tie in to the community. There will be some golf components to our event, but it will still be a walking event."

Noting that there are more than 20 Relay for Life events happening on the First Coast this year, Nelson said Saturday's Ponte Vedra event will feature a full day of activities. Opening ceremonies will be followed by a "survivor's lap" and luncheon honoring those who have won the victory over cancer. Numerous sports clinics will be held throughout the day, along with a wide

range of entertainment.

In addition to a dance team from Atlantic Coast Dance Studio, performances will include the Sahara Silk belly dancers, Mr. Relay, the Chuck Kessler Band and Nease High School's Talking Hands signing to music. From 5 to 8 p.m., the event's main stage will feature New York City-based singer-songwriter Caitlin Mahoney, Florida-based musician Nicholas Roberts and Ben Rowan, an ESE/autism site coach who also coaches swimming, diving and girls' lacrosse at Atlantic Coast High School.

In addition to Nelson, the Ponte Vedra Relay for Life's all-volunteer leadership team includes Bob McKee-frey, Tom Mahoney and Nick Athanaseas. Event sponsors and partners include Silver Sponsor Sterling Newton and Bronze Sponsors Vblox, Medcruiters, Village Key, SunTrust and Hilton Garden Inn.

Held in more than 5,200 communities and 20 countries, Relay for Life events raise more than \$400 million each year. In addition to funding cancer research, proceeds help provide free information and services to cancer patients and their caregivers.



PHOTOS COURTESY OF RELAY FOR LIFE



## St. Johns Field of Dreams team to play at The Baseball Grounds of Jacksonville

The Baseball Grounds of Jacksonville will be transformed into a Field of Dreams April 2, when nearly 150 members of the St. Johns County Youth Exceptional Needs Baseball League will play five games from 10 a.m. to 4 p.m.

Held in collaboration with the Jacksonville Suns, the games will enable local children with special needs to experience youth baseball – from wearing a uniform and singing the national anthem to rounding the bases with assistance from volunteer “buddies.”

“This is a tremendous opportunity for our league, our players, their families and our friends as we work with the new Jacksonville Suns owner-

### ST. JOHNS COUNTY YOUTH EXCEPTIONAL NEEDS LEAGUE APRIL 2 GAME SCHEDULE

10-11 a.m.	Tampa Bay Rays vs Detroit Tigers
11:15 a.m. - 12:15 p.m.	Cleveland Indians vs Atlanta Braves
12:30-1:30 p.m.	St Louis Cardinals vs Boston Red Sox
1:45- 2:45 p.m.	SF Giants vs New York Mets
3-4 p.m.	Cincinnati Reds vs Pittsburgh Pirates

ship and leadership teams to provide our players with a very special day,” said George Vancore, Field of Dreams board member and league umpire.

Field of Dreams is a specially designed baseball field that will allow children with physical or developmental disabilities the chance to play baseball. Currently, there are more than 200 such fields across the nation.

“Safety is of the utmost importance for these kids, and the Suns’ field is the perfect setting for these kids to have some fun,” added Gene Kolisnyk, president of Field of Dreams

The local Field of Dreams program began six years ago when a group of volunteers from Creeks Athletic Association joined with St. Johns County and local, businesses, civic and com-

munity groups to fund and build an artificial turf Field of Dreams field at 1401 Shetland Drive in St. Johns. There is no cost to players or their families to participate.

“We are so excited and can’t express our gratitude enough to (Jacksonville Suns Owner Ken) Babby, the entire staff and all of the Suns players for making this day possible,” Kolisnyk added.

The Baseball Grounds of Jacksonville are located at 301 A. Philip Randolph Blvd. in Jacksonville. In keeping with the tradition of Field of Dreams, entry into the games, parking in Lot P and all game-day concessions will be free.

## ASANA

Continued from 26

Working with the medical wellness center’s staff of 10 clinicians, ASANA develops a “personal wellness score” for each member built around what it calls its “6 Pillars” – fitness, nutrition, cardio-metabolic, hormones, environment and well-being.

“Fitness is more than just working out,” Saracco said. “Our staff works with each person individually to see where you are on a cellular level, where you want to go and the best plan of action based on your personal wellness score. There’s no cookie-cutter system that works for everyone.”

Building off its six pillars, ASANA staff also take a holistic approach, considering how factors such as the environment impact a person’s health.

“There are over 84,000 chemicals that create toxicity in the body – and 70 percent of them are unregulated,” Saracco said. “That impacts our bodies’ ability to live well.”

Hormones, meanwhile, can impact your mood, weight and how fast or well one ages. Of particular importance, Saracco added, is ASANA’s cardio monitoring. “Heart disease, stroke



and diabetes are three big killers,” he said.

ASANA Wellness was founded by Dr. Rey Perez. As the owner of three chiropractic pain management centers, Saracco said, Perez became interested in developing a facility that would help prevent many of the diseases and injuries he was seeing in his chiropractic practice.

“The goal was to combine fitness and wellness in one fully integrated facility,” Saracco said.

To that end, ASANA offers chiropractic services in addition to heart-rate tracking. The facility also has its own on-site blood lab testing facility for use in monitoring members’ health.

### Special programs

According to ASANA’s website, it is the only Jacksonville fitness and wellness center to offer a number of fitness programs and offerings.

In addition to offering the STRIVE Smart Strength training system, the facility offers an outdoor Crossfit-style training area with a “Ninja warrior-style” training center.

ASANA is also the only Jacksonville fitness center to offer the ZUU fitness program. Created in Australia and popular in both Asia and Europe, ZUU uses no equipment or weights.

Instead, participants employ what the program calls “primal animal movements” to achieve an intense

workout. From leaping like a frog to crawling like a bear, ZUU works muscle groups that are rarely impacted when using seated gym equipment or free weights.

“When you complete a 30- or 60-minute ZUU workout,” Saracco said, “you can feel the power of your body.”

Yet despite the special programs and intense workouts, he stressed that ASANA Wellness is a fitness center where everyone will feel welcome.

“Whether you’ve never worked out in your life or you’re an experienced Crossfit trainer or a new mom looking to get back in shape,” he said, “you will be comfortable here.”

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### 7 Estate Planning Mistakes To Avoid in 2016

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**Probate Takes Too Long!** On average, it takes several months to two years to settle a Florida probate. For all practical purposes, the estate is frozen during probate, and the heirs wait, wait,...and wait.

**Nursing Home Poverty.** One of the greatest fears of seniors is that they end up in a nursing home, resulting in great loss of personal autonomy, but also at a catastrophic financial price. Nursing homes cost between \$60,000 and \$100,000 a year. Most people pay for nursing home care out of their savings until they run out.

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- Avoid the costs and delays of a Florida probate
- Determine whether you need a Will or Trust
- Create a fast and easy estate plan for your family
- Avoid losing your home and life savings to nursing home costs

**About Your Speaker:** Paul Threatt, an estate planning attorney with Rabalais Law, earned his law degree from Indiana University. Mr. Threatt served as a U.S. Navy JAG Corps Attorney for seven years. Paul is dedicated to helping people protect what they've earned and ensure it passes to their loved ones.



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**5:30-6:30pm**  
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**6:30-7:30pm**  
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Isabelle Rodriguez, Victor Raymos, Jerry Ross and Michael Scine

PHOTO BY SUSAN GRIFFIN

# Collaboration critical to elevating small businesses, Ross tells St. Johns Chamber

**By Jennifer Logue**  
Editor

In 1928, Walt Disney was riding high off the phenomenal success of his cartoon character, Oswald the Lucky Rabbit, when the young cartoonist was dealt a stunning business setback. While in New York on business, Disney discovered that not only did his film distributor own the rights to the Oswald character, but that the company had hired away most of Disney's animation staff. Virtually overnight, Disney's dream had fallen apart.

As he prepared to board the train back to California, however, Disney cabled his brother: "Don't worry. Everything OK." And on the trip across country, he sketched out a new charac-

ter – one that would become known as Mickey Mouse.

Today's entrepreneurs and small business owners can learn from Walt Disney's never-say-die attitude, business expert Jerry Ross told attendees at the St. Johns County Chamber of Commerce's annual breakfast, held March 4 at the Renaissance World Golf Village Resort.

"Don't worry. Everything OK.' Who thinks like that?" asked Ross, president of the National Entrepreneur Center. "We all need to start thinking like that."

Addressing the several hundred local business and community leaders in attendance, Ross noted

**CHAMBER** continues on **Page 33**

## ST. JOHNS CHAMBER OF COMMERCE ANNUAL BREAKFAST HIGHLIGHTS

### Chamber Benefits

St. Johns County Chamber Chair Michael Scine outlined just a few of the benefits of chamber membership, including:

- Increased business presence through event sponsorships
- Advertising opportunities
- Ability to build relationships
- Information
- Education
- Advocacy

### Chamber Accomplishments

President Isabelle Rodriguez reviewed recent chamber accomplishments, including:

- Sale of chamber's former home and move to new offices
- Visitor information center working to analyze and define the visitor experience
- Addition of Lin Jones as new head of Ponte Vedra Beach Division
- New partnership with Ponte Vedra Recorder to increase communications
- Greater advocacy under the direction of Government Relations Manager Bob Porter

*"We speak with so much more volume when we speak as a group."*

**Michael Scine**, Chamber chair





**Ilene Thrasher and John Schaum**



**Lin Jones and Bob Porter**

PHOTOS BY SUSAN GRIFFIN

## Chamber

Continued from 32

that 99 percent of all U.S. businesses have fewer than 100 employees.

“We’re a small business country,” he said. “So anything we can do to move small businesses to the next level is critical to strengthening communities.”

The key to reaching that next level, Ross said, is collaboration. Drawing on his experience with the National Entrepreneur Center, Ross recounted how the center was born after the

September 11 terrorist attacks and consumers’ fear of flying crippled the Orlando tourism industry. With funding and support from the City of Orlando and key business partners – including Disney – the center was founded to help revive the local business economy.

Today, the center coaches thousands of businesses each year through the efforts of a dozen organizations, all of which collaborate and share office space in the center’s Orlando offices.

“At the National Entrepreneurship Center, our mission is helping small

businesses move forward,” Ross said. “If someone doesn’t agree with that mission, they don’t live in my center.”

But collaboration isn’t always easy. “The day we opened with eight businesses, we had eight coffee pots in the breakroom,” Ross recalled. “So we had a funeral that afternoon for seven coffee pots. I told them, ‘If we can’t even share a coffee pot, this will never work.’”

Ross pointed to the St. Johns County Chamber’s recent initiatives – including merging with the Ponte Vedra Beach chamber, moving to new offices, increasing communica-

tion and government advocacy efforts, and implementing a three-year strategic plan – as examples of how businesses can embrace the unity of purpose that transforms “cooperation” into “collaboration.”

He also encouraged chamber members to collaborate with one another, sharing their successes and their setbacks so that others may benefit from the lessons they’ve learned.

“There are people in this room who have already gone through what you’re going through right now,” Ross said. “Business is not a solo sport. It’s a team sport, and you can’t play it alone.”

## SHORT TAKES

### ‘Sunset & Tapas Home Tour’

The sixth annual Legacy Trust PVB Home and Art Tour, presented by The Cultural Center at Ponte Vedra Beach, returns Saturday, April 9. In addition to Saturday’s regular home tour, showcasing five extraordinary homes in Ponte Vedra Beach, the Cultural Center is adding a special home tour Friday, April 8 from 6-9 p.m. “The Sunset & Tapas Home Tour” as a premier fundraiser for The Cultural Center.

The Sunset & Tapas Home Tour will feature two homes that will not be

shown on Saturday’s home tour. You’ll be shuttled to each home where you’ll enjoy a tour, complimentary wine and tapas generously provided by each homeowner. The two featured homes are located in the exclusive community of Marsh Island in TPC and on Ponte Vedra Boulevard.

The Sunset & Tapas Home Tour ticket price includes one admission to the Sunset & Tapas Tour on Friday evening, April 8, and also one admission to the Legacy Trust PVB Home and Art Tour on Saturday, April 9.

Tickets are \$130 per person. Call (904) 280-0614 or visit [www.ccpvb.org](http://www.ccpvb.org) to purchase tickets.

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PHOTO JENNIFER LOGUE/EDITOR  
Valerie Costello, owner of EarthWise Pet Supply in Jacksonville Beach.

## EarthWise Pet Supply to hold grand opening April 9

A year's supply of free pet food and other pet-related prizes will be among the offerings at the grand opening celebration of EarthWise Pet Supply.

To be held from 10 a.m. to 5 p.m. Saturday April 9 at the Jacksonville Beach store located in the South Beach Regional Shopping Center, the daylong event will feature a variety of pet-centered activities, including the opportunity to adopt animals from Friends of Jacksonville Animals, Katz4Keeps and Rescue Junkie. Prize raffles will also be offered, along with a storewide 10 percent discount on all pet food, products and services.

"We hope everyone will come out and join us for our grand opening celebration," said Valerie Costello, who owns the store with her husband, Dan. "We're looking forward to introducing our all-natural pet products and services to the local community."

What sets EarthWise apart from other pet stores, Costello said, is its commitment to offering high-quality pet food, as well as a staff that is educated in pet nutrition and dedicated to helping customers find the perfect food for their pet.

"We believe that what we feed our pets is just as important as what we feed ourselves," Costello said. "Our pet food has no corn, soy, wheat or by-product and contains only the finest meat and poultry free of antibiotics, steroids

**EARTHWISE Pet**  
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and hormones."

Representatives from some of EarthWise's pet food suppliers will be on hand at the grand opening to answer questions and offer free samples.

In addition to pet food and other products, EarthWise also offers pet grooming services as well as self-wash stations stocked with all-natural shampoos and grooming products.

"When we start feeding our pets a diet that is nutritionally appropriate, one that more closely mimics the way they would eat in the wild, the change in a pet can be dramatic," Costello said.

"We love it when customers come back and tell us that after eating our food for a week, their dog has stopped scratching, his coat looks shinier and he has the energy of a puppy again," she said. "Pets are part of our family, and our mission here at EarthWise is to help our pets live the longest, healthiest lives they can."

Located at 3846 3rd St. South in Jacksonville Beach, EarthWise Pet Supply is open Monday through Friday 10 a.m. to 6 p.m., Saturdays 10 a.m. to 5 p.m., and Sunday 1 to 5 p.m. For more information, call (904) 372-7822 or visit [www.earthwisepet.com](http://www.earthwisepet.com).

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PHOTOS JENNIFER LOGUE/EDITOR

Above: Leni and Izze proudly model their new bobs. Left: Leni (left) and Izze Lindsey have been growing their hair for more than two years in order to donate it to Wigs for Kids.

# Sisters donate hair to Wigs for Kids

**By Jennifer Logue**  
Editor

For some parents, convincing their kids to get a haircut can be a challenge. For Sawgrass Country Club resident Lisa Lindsey, however, the challenge was getting them to wait for one.

“They’ve been so patient,” Lindsey said of daughters Izze, 7, and Leni, 5, both students at PVPV-Rawlings Elementary School. “They’ve been waiting a long time.”

Two and a half years, in fact.

That’s how long the Lindsey girls had been growing their hair so that it would be long enough to donate to Wigs for Kids, a nonprofit that provides free custom wigs for children dealing with hair loss, often as the result of cancer or another illness. Last week, the big day finally came, when both sisters had their flowing locks trimmed into chin-length bobs at the Great Clips salon in Ponte Vedra Beach.

“Oh, monkey, you look so cute!”

Lindsey said as hair stylist Britain Bell trimmed Izze’s hair.

“She does!” echoed Leni, sporting her own new bob and a shirt proclaiming “Girls Can Change the World.”

Great Clips has a relationship with Wigs for Kids, Bell said, because of the charity’s commitment to provide hairpieces free of charge to children in need.

“We provide donors with everything they need, including printed donation forms, plastic bags for the hair and preaddressed envelopes,” she said.

Each girl also received a coupon good for \$2 off her next haircut.

## Setting an example

This was Izze’s second hair donation, Lindsey noted.

“When Izze was in kindergarten, her hair was getting really long, so I told her she had a choice,” Lindsey said. “She could get her hair cut and have it thrown in the trash, or she could

donate it and make another little girl’s dream come true.”

After viewing a website showing children in need of hair pieces, Izze decided to donate her hair – and almost immediately began growing it out again for her second donation. Her patience and determination encouraged younger sister Leni to do the same.

Lindsey expressed pride in her daughters for enduring two years of tangles and hair hassles in order to help other children.

“It’s truly a great thing for kids to do,” she said.

The sisters’ generosity also inspired other Great Clips customers waiting for haircuts last week. Ponte Vedra resident Fran Coraggio presented each girl with a guardian angel pin.

“I had cancer,” Coraggio told the girls, “and I lost my hair.”

When asked why she wanted to donate her hair, Leni said simply, “Because some girls don’t have any hair.”

Added Izze: “It’s nice to help people.”



Izze Lindsey displays the hair she will donate to Wigs for Kids as hair stylist Britain Bell looks on.

# Lady Sharks stop Oviedo

**By Jerry Norton**  
For The Recorder

The Lady Sharks lacrosse team celebrated Senior Night with a 16-13 win over the Oviedo Lions Monday evening at the Shark Tank.

The win improved the Sharks overall record to 10 and 4 and 3-0 in district play.

Ponte Vedra took an early 3-0 lead and never relinquished it, although the visitors did draw closer on several occasions.

The Tigers answered the Sharks' first four goals with three of their own at the 16-minute mark of the first half. Then the teams traded goals with Ponte Vedra gaining a slight 9-6 advantage at halftime.

The outstanding play of the Tiger goal keeper kept the visitors in the

game in the first half.

After the break, Ponte Vedra surged to an 11-7 lead but were never able to put the game away.

With 13 minutes left, the Sharks' Jade Gordon scored to put her team up 15-10, the largest Shark lead of the night.

Emma Dotsikas and Ellie Lecker led the Sharks in scoring with four goals each. Brianna Feldman and Jade Gordon each scored twice while Tess Reiman, Jordan Grune, Sarah Thomasson and Ellen Gall each added a single goal.

Prior to the game the Sharks honored their eight seniors, Emma Dotsikas, Brianna Feldman, Jade Gordon, Jordan Grune, Tatiana Lathion, Emma Nelson, Paige Reed and Lenda Thompson.



CHRIS AND JERRY NORTON/FOR THE RECORDER

#21 Sarah Thomasson shoots and scores for the Sharks.

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# Arbor Terrace screening of Glen Campbell documentary resonates with local residents

**By Jennifer Logue**  
Editor

Sandy Rambus knows what it's like to watch a loved one struggle with dementia. The Jacksonville resident has experienced the daily challenges since 2005, when her husband, Carl, was first diagnosed with the disease. So when she learned that Arbor Terrace Ponte Vedra was offering a free screening of the documentary "Glen Campbell: I'll Be Me," she was eager to attend.

"I think it's fabulous that they have this going on and they open it to the public," Rambus said. "The more you learn about this disease, the better."

The Rambuses joined an audience of local residents and senior service providers for the free screening, held at Arbor Terrace's dedicated memory care facility on Palm Valley Rd. Complete with popcorn, candy and a free pizza to take home after the screening, the event offered attendees the chance to gain a new perspective on a disease that currently affects more than 5 million Americans.

"This feature is very near and dear to our hearts," said Ilene Thrasher, senior care counselor for Arbor Terrace Ponte Vedra. "It really helps people understand what it's like to live with someone day after day, moment by moment, as they struggle with this disease."

Georgina Leininger, director of sales and marketing for Guardian Pharmacy, agreed. "For people filling medications, I think documentaries like this really bring home just who it is they're serving," she said. "They're not just filling prescriptions; there's a real person there."

### A music legend

For people of a certain generation, Glen Campbell's music was an integral part of the soundtrack of their lives. The Grammy Award-winning singer of "Gentle on My Mind," "By the Time I Get to Phoenix," "Wichita Lineman" and more was one of the biggest stars of the 1960s and '70s, dominating the music charts, hosting his own television show



Glen Campbell

and appearing in movies such as "True Grit" with John Wayne. But a string of failed marriages and years of alcohol and drug addiction took their toll on his career; the singer credits his fourth wife of more than 30 years, Kim, with turning his personal and professional lives around.

"Glenn Campbell: I'll Be Me" chronicles the singer's more recent history: When the film begins, it is 2011 and Campbell is about to go on tour to promote his latest album, "Ghost on the Canvas." In between rehearsals, he visits the Mayo Clinic in Minnesota, where he receives confirmation of what his family has suspected for some time: The singer has Alzheimer's disease.

"It's really hard," wife Kim Campbell says as tears well in her eyes. "But I just have to maintain as long as I can and keep him happy and healthy."

Despite the diagnosis, Campbell and his band – which includes his three youngest children – decide to move ahead with the tour, and the film chronicles what becomes an extended musical

**DOCUMENTARY** continues on **Page 38**



Local residents and senior care providers watch 'Glen Campbell I'll Be Me' at Arbor Terrace Ponte Vedra.

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## Documentary

Continued from 37

goodbye to his fans.

While the backdrop may be show business, “Glen Campbell: I’ll Be Me” reveals the slow, painful degeneration of dementia and one family’s efforts to help their loved one stay connected to those relationships and interests that make him who he is and his life worth living. For Campbell, that is unquestionably music. As the tour begins, both family members and medical professionals are amazed at how well he can perform despite his advancing disease. Even as a TelePrompTer feeds Campbell the lyrics to his popular hits, he flawlessly performs intricate guitar solos with the same skill and dexterity that made him one of the leading guitarists of the 1960s. As a member of the legendary group of studio session musicians known as “The Wrecking Crew,” Campbell played guitar on countless hits for everyone from The Beach Boys to Frank Sinatra.

As the tour begins, Campbell appears to hold his own on stage. Behind the scenes, however, family members struggle to accommodate the first physical and behavioral signs of the disease. When the singer is booked to appear on The Tonight Show with Jay Leno, they fear Campbell may not be able to make it through the performance.

“We were terrified he wouldn’t be able to get through the song – that he’d just wander off into the audience,” daughter Ashley admits.

Because Campbell chose to publicly disclose his illness, however, the audience is aware of his condition and they embrace all the more his performance of “A Better Place,” the lyrics for which are particularly poignant:

*Some days I’m so confused, Lord  
My past gets in my way*

*I need the ones I love, Lord  
More and more each day  
One thing I know – the world’s been  
good to me  
A better place awaits, you’ll see*

Throughout the documentary, artists pay tribute to Campbell’s musical legacy, including Sir Paul McCartney, who praises the singer during a backstage visit at the Grammy Awards, where Campbell received a Lifetime Achievement Award. The film also includes interviews with artists ranging from Bruce Springsteen and Keith Urban to the Red Hot Chili Peppers’ Chad Smith, who describe their own experiences watching a loved one struggle with dementia and praise Campbell for having the courage to share his journey with the public.

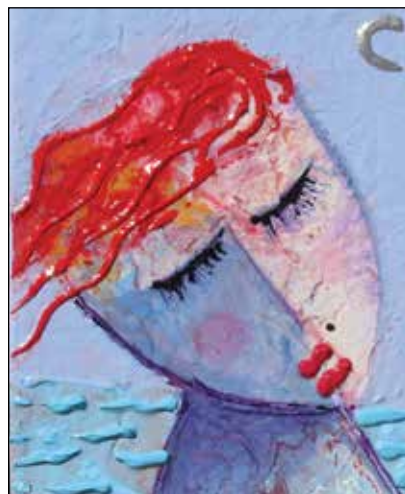
“How many families are going through this?” asks country singer Kathy Mattea, whose mother died of complications from Alzheimer’s disease. “He is opening up such a conversation.”

The cameras follow Campbell and his family as they travel to Washington DC to meet with lawmakers and testify before Congress in support of increased funding for dementia research.

“When I play (banjo) with my dad, it’s getting harder for him to follow along,” Ashley tearfully tells Congress. “It’s getting harder for him to recall my name...one day he will look at me and I will mean absolutely nothing to him.”

As Campbell performs at the Library of Congress, viewers hear from fellow Arkansas native and former President Bill Clinton about Campbell’s contributions to the fight against Alzheimer’s disease.

“He has brought a clarity to this issue,” Clinton says, noting that millions of Americans may one day benefit from Campbell’s advocacy for increased funding for Alzheimer’s research. “That may be a more enduring legacy than all the music he made.”



Enrique Mora



Shawn Meharg

## Stellers Gallery to feature ‘Hue’ art exhibit featuring renowned painters

The Stellers Gallery will exhibit the works of several nationally recognized painters from 6 to 9 p.m. Friday April 29 at 240 A1A North in Ponte Vedra Beach.

Titled “Hue,” the new exhibit will feature the works of painters Michelle Armas, Shawn Meharg, Enrique Mora and Steve Williams.

“Hue is a spring art exhibition and celebration of bold and entertaining, grand and vivid colors designed to enhance the environment and enlighten the viewer with spiritual and personal growth,” Stellers Gallery owner Hillary Tuttle said.

Armas paints by building upon layers, textures and patterns. Graffiti and ethnic woven textiles are featured in her work, which includes a myriad of images based on key life experiences



Steve Williams

that inspire her work. Meharg’s work, Tuttle said, focuses on the making of art which aids him in recalling forgotten moments of his past. The traces of time represented in the paintings are often occurrences or interactions with people or nature as formative snapshots in an elaborate sequence of events, leading to the present.

Mora’s recent body of work is inspired by the immersion of his heritage in the Caribbean and Bahamas. With a new studio in the Miami Design District, he is also involved in the international and cultural scene replete with world-class art museums and an area that reflects his Latin roots.

According to Steve Williams, his new paintings explore the aspects of more than 25 years as an artist. This is the first collection, however, which incorporates his dramatic intentions and explores the theme of maturity and self.

Stellers Gallery is open Monday through Friday from 11 a.m. to 5:30 p.m. and Saturday from 11 a.m. to 3 p.m. For more information, call 904-273-6065 or visit [www.stellersgallery.com](http://www.stellersgallery.com).

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### SHORT TAKES

#### 'A Night at Roys' benefitting The Monique Burr Foundation

The Monique Burr Foundation for Children (MBF) 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.

Backed by research, reviewed and supported by experts and advocates, this program is a comprehensive, developmentally appropriate, effective prevention program to help protect students from bullying,

cyberbullying, digital abuse, and all types of child abuse.

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 in the 3rd Street Village Shopping Plaza at 2400 3rd St. S. Event tickets are \$100 per person and are available to purchase online at [www.anightatroys.com](http://www.anightatroys.com).

Sponsorships opportunities are also available. Contact Tammy Long at [tlong@moniqueburrfoundation.org](mailto:tlong@moniqueburrfoundation.org).



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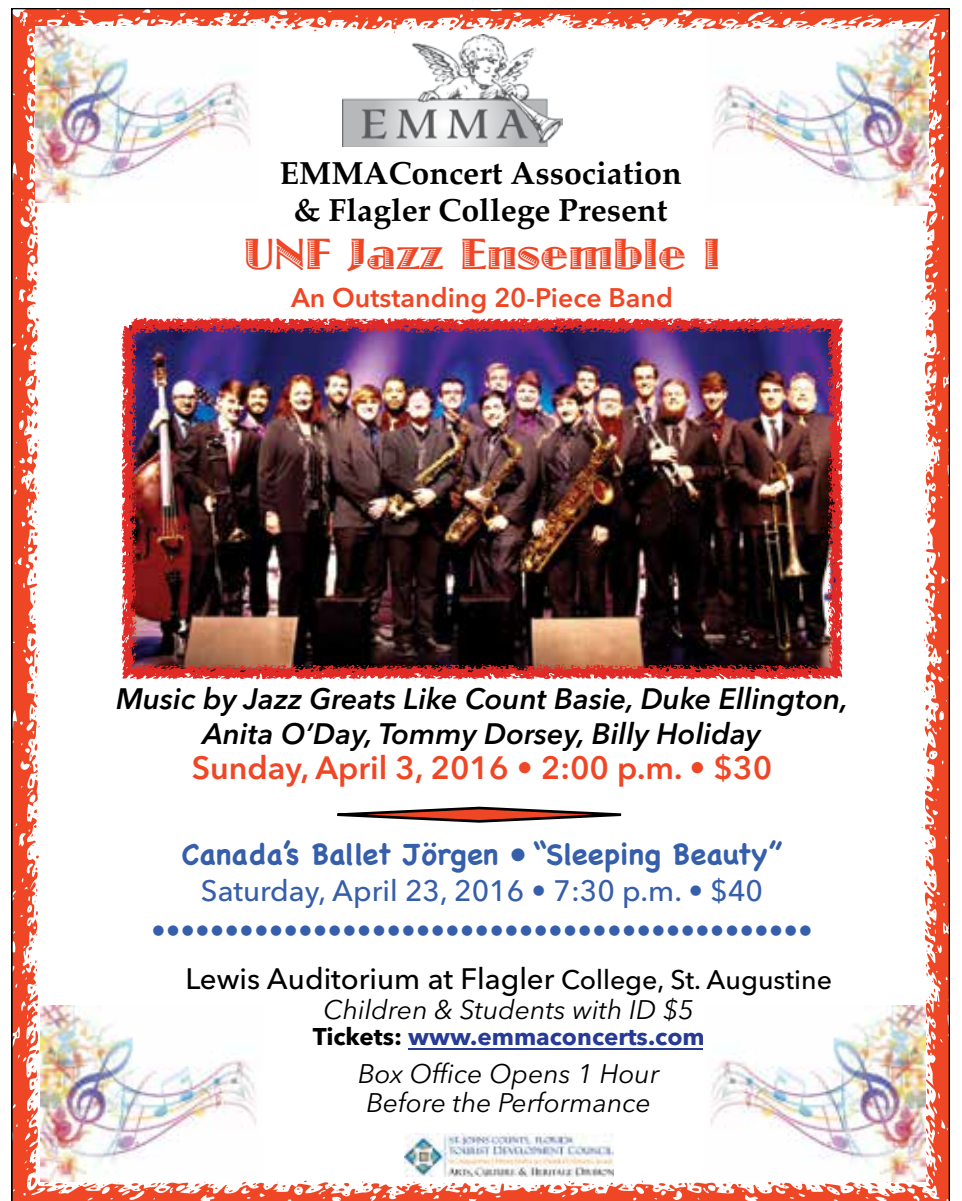
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# Ponte Vedra performance proves The Zombies 'Still Got That Hunger'

By Jennifer Logue  
Editor

It's hard to believe that a band that first topped the charts in 1964 could sound as good or even better today than on their original recordings. But the legendary British rock band The Zombies accomplished that feat during their recent appearance at the Ponte Vedra Concert Hall, taking attendees on a musical journey that traced the band's 55-year history from the early days of the British Invasion through their various solo careers and right up to their latest album, "Still Got That Hunger," released last fall.

Opening act New Natives kick-started the evening with a high-energy, power-pop performance that suffered a bit from a faulty mix, resulting in the group's vocals being overwhelmed by the guitars. Nevertheless, the Valdosta, Ga. band's retro-pop vibe – and lead singer Jeff Haineault's eerie resemblance to rock-and-roll legend Buddy Holly – proved a fitting complement to the main attraction.

Fronted by original founding members Rod Argent on keyboards and vocalist Colin Blunstone, the current incarnation of The Zombies features guitarist Tom Toomey, former Kinks member (and Argent's cousin) Jim Rodford on bass and his son, Steve Rodford, on drums. Taking the stage to the cheers of their devoted fans – many of whom traveled from out of state to be there – The Zombies opened with one of their early 1960s

## CONCERT REVIEW



The Zombies vocalist Colin Blunstone

tracks, "I Love You," and from the first notes it became clear why the band's appeal has not only stood the test of time, but is once again on the ascendant.

Simply put, Colin Blunstone's voice is a musical marvel. After a half-century career, his voice sounds virtually unchanged. If anything, the hushed, ethereal quality heard on the band's early studio hits like "She's Not There" and "Tell Her No" has developed an added depth and power that is perhaps better suited to live performances. Argent's keyboard skills have also improved with the years, punctuating the band's songs with the signature

sound for which they're known.

A highlight of the show was a mini-set from the band's "Odessey & Oracle" album, including "Care of Cell 44," "This Will Be Our Year," "I Want Her, She Wants Me" and the album's chart-topping hit, "Time of the Season." Now considered to be a classic – Rolling Stone included the album on its list of Top 100 albums of all time – "Odessey & Oracle" garnered little critical or commercial attention upon its 1968 debut. The Zombies had already split up, in fact, before it was released and "Time of the Season" eventually made its way up the charts.

Interspersed among the classic hits were six songs from the band's new album, "Still Got That Hunger," with Argent and Blunstone providing commentary and behind-the-scenes glimpses into its development. The song "New York," for example, chronicles the band's first visit to America in December 1964, when The Zombies – still in their teens – found themselves performing a Christmas show alongside seasoned performers such as Patti Labelle and Aretha Franklin.

"We were terrified," Argent admitted. "We thought they were going to look at us and say, 'Who are these young, callow white kids doing some watered-down version of Motown? But they didn't – they took us to their hearts.'"

Another track off the new album, "Maybe Tomorrow," almost didn't get released after Sony objected to the lyr-

ics, which conclude with a reference to The Beatles' "Yesterday." With just days to go before the album's release, a phone call from The Zombies' management to Paul McCartney's managers resolved the dilemma.

"A few days later, they phoned us and said, 'Paul downloaded the song and he loves it. Go ahead and do it,'" Argent said.

The Zombies also performed their only previously recorded song to appear on "Still Got That Hunger" – "I Want You Back Again," which later became a hit for Tom Petty and the Heartbreakers.

"We hadn't performed it live for years," Blunstone quipped, "but we figured if it's good enough for Tom Petty, it's good enough for us."

After entertaining the crowd with solo-career tunes such as Blunstone's UK hits "Caroline Goodbye" and "I Don't Believe in Miracles" and Argent's "Hold Your Head Up," The Zombies closed the show on a high note with crowd favorite "She's Not There" and an encore performance of Argent's "God Gave Rock and Roll To You" that had the audience on its feet. It was a fitting end to evening that in many ways felt more like a performance by a band at the beginning of its career – the irony of which is not lost on The Zombies themselves.

"We were amazed when we got a phone call from Billboard," Argent noted. "They said, 'You're in six of our charts for the first time in 50 years!'"

## Zombies tunes prove therapeutic for stroke survivor

By Jennifer Logue  
Editor

Steve Cammett, 63, traveled from Atlanta to hear The Zombies perform at the Ponte Vedra Concert Hall. Unlike many of those present, however, Cammett's interest in the popular 1960s band only began in earnest within the past year.

About six months ago, Cammett was assisting his 37-year-old son-in-law, Chuck, with physical therapy related to the effects of a massive stroke he suffered in 2013.

"Chuck's physical therapist would often use music during his therapy," Cammett said. "During one session, I noticed Chuck was having trouble holding his head up and so I said, 'Come on Chuck, do you know that (Argent) song 'Hold Your Head Up' and sang a bit of it for him.'"

Cammett showed his son-in-law a YouTube video of the song, which led him to discover that Argent founder, Rod Argent, was also a founding member of The Zombies. He soon began watching YouTube videos of Zombies performances and immersing himself in the band's recordings, including the now-classic "Odessey & Oracle," which Rolling Stone named one of the Top 100 albums of all time.

"I became obsessed," Cammett said. "I started

playing Zombies songs and I'd say, 'Listen to this guy's voice!'"

About a month later, Cammett was amazed when his son-in-law, who had been struggling with his speech, suddenly began singing The Zombies' "She's Not There" virtually word for word after hearing the song only once.

"There's something about singing," Cammett noted. "You use your voice differently than you do when you speak," he said.

Cammett has also used videos of Rod Argent playing keyboard as a motivator for his son-in-law, who has partial use of his right arm.

"I noticed that on his keyboard solos, Rod often plays with just his right hand," he said. "So I jokingly tell Chuck, 'There's no reason you can't learn to play that solo as well as Rod can!'"

While Chuck was unable to make the trip to see The Zombies in person, Cammett recorded several of the band's songs on his cellphone to share with him upon his return to Atlanta.

"After everything Chuck's been through, hearing The Zombies sing 'Hold Your Head Up' and 'She's Not There' just has so much meaning for me," he said. "I can't wait to get home and play these clips for him."



PHOTO COURTESY OF STEVE CAMMETT

Steve Cammett with his son-in-law Chuck, daughter Jessica and grandson Jace.



# Understanding the difference between what your advisor charges and what you pay

You should always ask your advisor how he or she is compensated. Unfortunately, if that is all you ask, you might not be told the whole story. That is because there is often a big difference between what advisors charge and what you pay. Hence, instead of asking, "What's your compensation," you should ask, "What are the total costs that I will incur with this strategy?" For example, when your financial advisor provides you with a professionally advised portfolio of mutual funds, you may incur not one fee, but three. It is vital, therefore, that you receive full disclosure; otherwise, you might end up paying more than you realize. I am not suggesting, in any way, that you should not pay these three fees. Instead, I simply want you to be aware of how it works from a cost standpoint. In other words, let us go for full transparency so you can make an informed decision.



**Harry Pappas**  
Columnist

The first fee is the advisor fee. This annual fee is generally expressed as a percentage of the account value. With some firms, the advisory can be as high as 3 percent per year. Depending on the amount of assets being managed, however, a reasonable asset management fee could be in the area of .50 percent to 1.25 percent per year. (Fee-based programs are generally not designed for excessively traded or inactive accounts and may not be suitable for all investors).

The second fee is the operating expense cost of the mutual fund: In addition to paying your asset management fee, you must also pay for the mutual fund's expenses that your advisor has recommended. The operating expenses are expressed in the fund's

"annual expense ratio." Every mutual fund has an annual expense ratio (a measure of what it costs an investment company to operate a mutual fund, expressed as a percentage of the fund's net asset). According to a report published by the Investment Company Institute (ICI) titled Trends in the Expenses and Fees of Mutual Funds, 2012, the average stock fund expense is 0.77 percent. Included in fund operating expenses are management fees, 12b-1 fees, shareholder mailings and other expenses. (The fund company takes 12b-1 fees out of the fund's assets each year for marketing and distribution expenses, which may include compensating financial advisors or other investment professionals).

Operating expenses are not paid directly as a fee, but they are deducted from the fund's assets, so they reduce investment returns. This fee is "hidden" as it does not appear on client's

statement. To determine your fund's expense, either ask your advisor or look in the fund's prospectus.

The third fee is the operating of the mutual fund: Most investors, and surprisingly even many financial advisors, are not aware of the third fee: the annual variable cost. The largest variable cost of a mutual fund is its trading expense. For instance, when your stock fund buys and sells stocks, they pay commissions for the transaction. Often times, these commission costs are in the tens of millions of dollars. To find this fee and other expenses, we must look in the funds statement of additional information (SAI).

Many studies that examine the average trading costs of mutual funds do not arrive at the same conclusion. For example, Richard Kopecke, an economist at the Center for Retirement Research at Boston College, reviewed

PAPPAS continues on Page 42

## THEME: NAME THE SPORT

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## ACROSS

- Something proclaimed true without proof
- Trigonometry abbr.
- \*\_\_\_\_\_surfing with no board
- Shrek and Fiona, e.g.
- "\_\_\_\_\_ the Games Begin!"
- Core of personnel
- Motion picture
- Baseball stat
- Spock or Mork
- \*Mask and epee
- \*Pistes and moguls
- Santa \_\_\_\_\_winds
- Attention grabber
- \*\_\_\_\_\_wrestling, like in "Over the Top"
- Openmouthed astonishment
- Hollywood's lighting person
- 1970s carpet
- "Cheers" regular
- a.k.a. Pleasant Island
- Queen of Carthage
- \*\_\_\_\_\_racing, on a single-mast vessel
- Slang for safe-cracker
- Altogether
- 1952 Olympics host
- No neatnik
- Candy containing fruit or nut
- Spanish earthen pot
- Porky's home
- Log splitter
- A in IPA
- \*Scored with love
- \*Most popular sport in India
- Battle royal
- Color quality
- Fill with happy spirit
- "... for \_\_\_\_\_ waves of grain..."
- Sixth sense
- \_\_\_\_\_Academy in Annapolis
- Popular newspaper page
- Hi \_\_\_\_\_ monitor
- Market booth

## DOWN

- Remove, as a hat
- Eye rakishly
- Sheepish expression
- Hajj destination
- Inquiring
- Horsefly
- Old-fashioned "over"
- Squirrel away
- Island east of Java
- Norse deity
- Residue
- Japanese monetary unit
- Alligator's cousin
- Indian bread, pl.
- Liquor store pony
- Kind of can
- Echo sounder
- Prized for its horns
- Plural of #18
- Address to a

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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.

- woman
- \*Played on horseback
- Fairies
- Diesel and natural gas, e.g.
- Cereal killer
- \*\_\_\_\_\_ union or \_\_\_\_\_ league
- \*Played by Rory
- John Dillinger's girlfriend, e.g.
- "\_\_\_\_\_ Express" movie
- Portrait painter
- It often precedes "chi"
- Plural of #18
- Theater guide
- "Bravo! Bravo!", e.g.
- Short-term employee
- Major European river
- Sometimes you get what you \_\_\_\_\_
- Porcinos
- Pacific Islands' ceremonial drink
- And others
- Rossini's William \_\_\_\_\_
- Communist Zedong
- Put to work

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# Pappas

Continued from 41

the 100 largest U.S. stock funds held in retirement plans as of December 2007 and found that annual trading costs averaged from 0.11 percent to 1.99 percent. The median was 0.66 percent. Stephen Horan, head of

professional education content and private wealth at CFA Institute, a non-profit association of investment professionals estimates that trading costs for stock funds total 2 to 3 percent of assets annually although conservative reported estimates put these costs closer to 1 percent.

One way that investors can control their investment expense is to employ the services of a separately man-

aged account (SMA). With an SMA, your fee structure will most likely be in the form of a single asset-based fee that generally covers investment management, transactions, ongoing expenses and the advice of your financial advisor. Please note that separately managed account programs can vary therefore additional fees may be charged including but not limited to 12.b.1 fees, minimum quarterly account fees and manager's fee that is separate from the financial advisor fee and is based on the manager's stated fee schedule on the contract billed separately for the outside money manager's advisory services. You should carefully review all Advisory Disclosure Documents associated with the program for a full description of services, fees and expenses and those fees or expenses that may be excluded. Most SMA strategies typically require a minimum account size of \$50,000.

Remember, fees should only be an issue in the absence of value. In other words, lower costs do not imply better performance, while higher costs do not suggest lesser result. The important take-away is for you to understand the arguably confusing fee arrangement of a typical, professionally managed portfolio of mutual funds. Far too often, when financial advisors are asked what the fees are,

they only reference the advisor fee. Now you know better!

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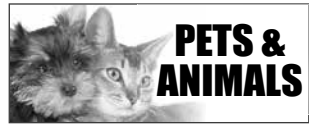
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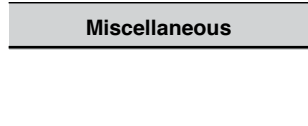
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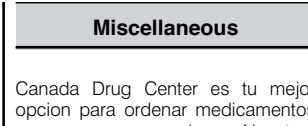
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