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## Here's to Health Care

Community celebrates health with new emergency center, Susan G. Komen thank-you party and more

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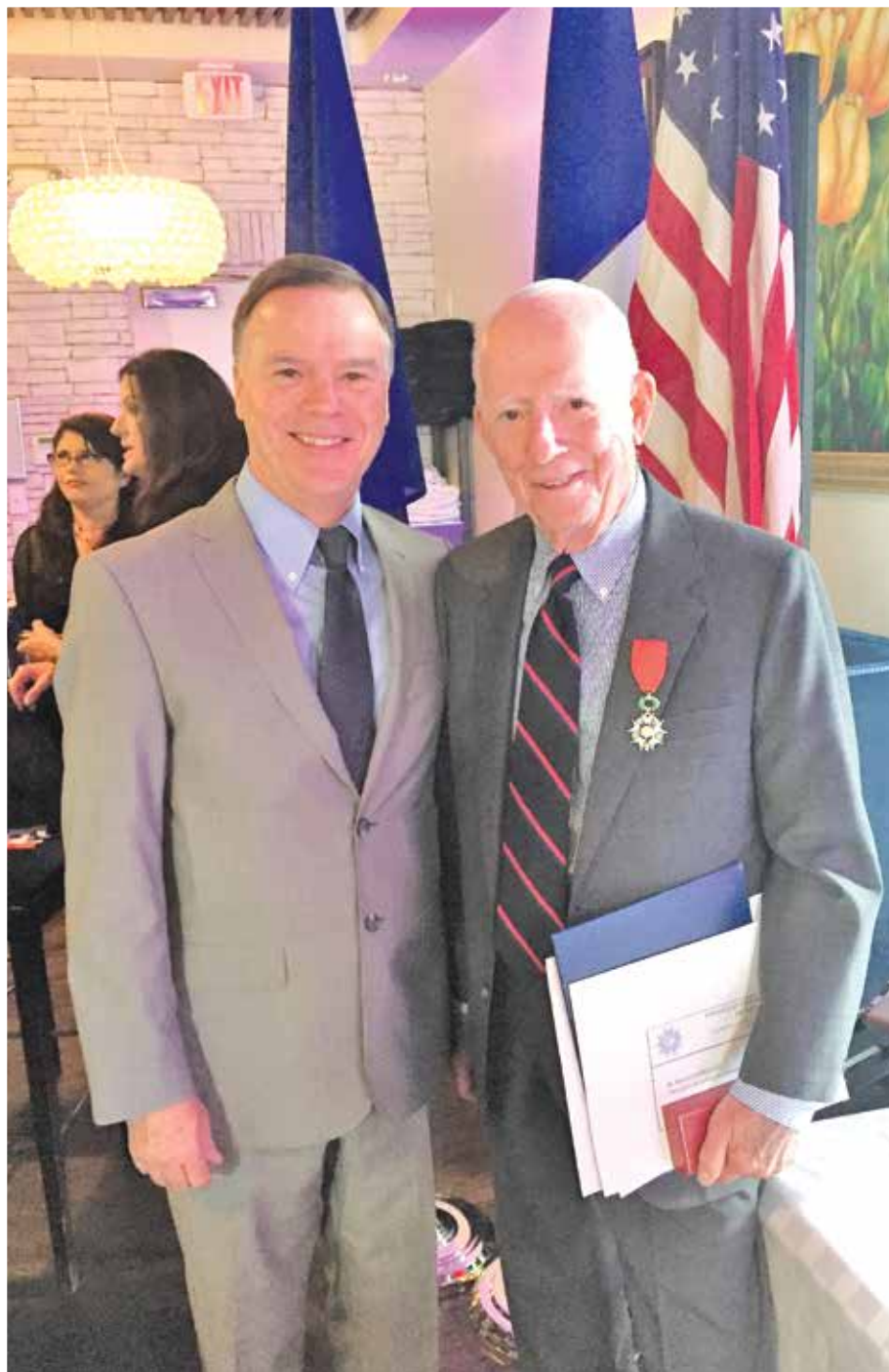


## Sports

Prelude to THE PLAYERS

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# A nation says 'Merci'



France awards Ponte Vedra WWII veteran Legion of Honor



Above, Howard Spencer is seen during World War II. Read about Spencer's honor on page 12.

At left, Tom Spencer (left) accompanied his father, Howard, to the Legion of Honor ceremony in Winter Park, Fla.

Photos submitted by Thomas Spencer

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## Send us your news

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



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## PUZZLE SOLUTIONS

A	S	H	E	S		I	M	P		L	O	U	T						
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3	1	5	4	6	2	9	8	7
8	2	9	5	7	3	4	6	1
6	5	8	2	9	1	3	7	4
1	3	2	7	4	6	8	9	5
9	4	7	3	5	8	1	2	6

Solutions correspond to last week's puzzles.

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### WHAT'S THIS?

Do you know what this is?

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

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

Two readers correctly identified last week's photo as John Craig Clothier in Sawgrass Village. Winner of the random drawing was **Carl Merkling**. Congratulations, Carl!

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

### ADOPT A PET

#### CAT OF THE WEEK

Hi there, my name is Lizzie and I am a 6-year-old female cat who is looking for a new home. I was brought to the pet center by my parents, who gave me up because they didn't want me anymore. I love to be given tons of love and attention. Come visit me today at the pet center! #31102

#### DOG OF THE WEEK

The name's Theodore and I'm a 3-year-old male terrier mix who is looking for a new home. I was brought to the pet center as a stray. I love the idea of going out on long walks on some nice park trails where I can stretch my legs and take in the smells. As this animal was a stray there may be some traits that are unknown at this time. #31292

Any pet being introduced to a new home will need time to adjust to a new environment. Please reinforce house training and behavioral training and be mindful of interacting with other pets.

## St. Johns County Pet Center

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

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# Peace, love and Ponte Vedra Beach

## Rotary's Mineral City Celebration rocks a 1960s theme

By Carrie Resch

Love beads, tie-dye shirts, go-go boots, miniskirts... An explosion of color and psychedelic vibes graced the grounds of the Ponte Vedra Concert Hall for the Rotary Club of Ponte Vedra's Mineral City Celebration event on April 16.

This year's theme for the annual fundraising event was "Peace Love & Rotary" — a sort of "Woodstock for philanthropists" concept.

"The event was a tremendous success," said event chair and Rotary Club President-elect Michael Bruce. More than 500 guests were in attendance, and Bruce said that the event has received rave reviews, with attendees sharing and talking about the celebration on a variety of social media platforms.

Attendees spanned the generations — from Rotarians who remembered the original Woodstock to high school volunteers who belong to Interact, the Rotary high school club. Members of

Rotaract — the service organization's young professionals group — also served as volunteers at the event.

Held both inside the Ponte Vedra Concert Hall and outside under huge white tents, the celebration included indoor entertainment by BeatleBeat, a Beatles tribute band that performed two sets — one dressed in matching black Ed Sullivan suits with mop-top hair and the next in full Sgt. Pepper's colorful garb.

"They knocked the roof off the place," Bruce said. "They were fantastically appropriate to the event and to the music and the style."

Outside, DJ Philip Greene played the top hits from the 1960s. "He was very entertaining and he kept the outdoor portion of the event jumping," Bruce said.

The night's events included a silent auction and raffle, go-go dancers, a cigar bar, vintage 60s-era cars, a photo booth and food catered by Four Rivers. Brian Sexton, senior correspondent for the Jacksonville Jaguars, emceed the event and conducted the live auction. The raffle grand prize — a trip to Hawaii — was won by Emily Rhodin.

**CELEBRATION** continues on **Page 4**



Photo courtesy of the Rotary Club of Ponte Vedra

Jacksonville Beach Mayor Charlie Latham and wife Kathryn with husband and wife Rebecca Bruce and Michael Bruce, Mineral City Celebration event chair. Visit [www.pontevedrarecorder.com](http://www.pontevedrarecorder.com) to view more photos from the event.

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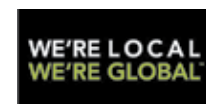
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# Sawgrass Beach Club celebrates re-opening

Multimillion-dollar renovation emphasizes family-friendly amenities

By Jennifer Logue

Hundreds of people celebrated the grand reopening of the Sawgrass Beach Club Sunday, marking the end of a nine-month, multimillion-dollar renovation that officials say will provide the type of amenities today's members desire.

In addition to a ribbon cutting ceremony, the celebration featured bands, complimentary food and beverages and the chance to tour the newly renovated facility.

"It was our way of showing appreciation to our members for waiting this long," said Janet Collins, director of membership services for Sawgrass Country Club. "The feedback we've gotten from members has been terrific. They're very excited and really love it."

In addition to an all-new interior design featuring new furniture and fixtures throughout the indoor dining and bar areas, the renovation included tearing out the club's family pool and replacing it with a more modern, resort-style



The Sawgrass Beach Club has reopened after a multimillion-dollar renovation. Visit [www.pontevedrerecorder.com](http://www.pontevedrerecorder.com) to view more photos of the new club.

pool. New decks were also added by the club's popular Sand Bar bistro and Pavilion.

General Manager Barry McDonald noted that the recent renovations build upon several other significant improvements made to the club in recent years, including opening a new fitness center and major renovations to the golf course.

"The renovation was about renewing the club's most valuable asset," McDonald

said. "But it was also about positioning Sawgrass Beach Club for Ponte Vedra and younger families and recognizing how our current members are using the club."

As more families with young children have moved to Ponte Vedra to be close to the beach and take advantage of great schools, he said, the club's casual Sand Bar and Pavilion have become the most active part of the property.

"With casual food and casual dress, the Pavilion just offer a really family-friendly environment," he said, adding that the club offers a host of family activities such as \$3 burger nights, taco

nights and a weekly fish fry.

"We've done a good job of evolving to meet the growing trend of young families looking to join clubs," Collins said. "And offering new amenities and activities is one way of responding to that trend."

**By members, for members**

Club officials stressed that the renovations were completed with input and involvement from its members, who own and operate the club. Volunteer co-chairs Kristen Ely and Bob Fairley helped provide input and oversight of the project on behalf of the club's 1,450 members.

"Our board was very involved in the renovations, approving various projects," Collins said. "They also offered input through surveys and other channels."

Contrary to popular opinion, members do not have to live in Sawgrass Country Club in order to belong to the club. Currently, only about 35 percent of its members live in the community.

"Our members are our greatest asset," McDonald said. "They support the club, they own the club and they are very proud of it."

He also noted that while most of the clubs in the Ponte Vedra Beach area are for-profit businesses, Sawgrass Beach Club is a nonprofit organization.

"Our club is owned and operated by the members for the benefit of the members," McDonald said. "Our bottom line is our members' satisfaction."

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## Celebration

Continued from 3

There was also a hula hooping contest that drew participants young and old, in full 1960s attire. "The hula hooping was maybe the biggest surprise," Bruce said. "We bought 10 multi-colored hula hoops. The youngest kids there started it off, and when they showed how much fun they were having, we had every generation trying their best to swivel their hips to the rock and roll."

### Rock of the Community Award

Beaches resident Ed Burr was the honoree of the evening, receiving the Ponte Vedra Beach Rotary Foundation "Rock of the Community Award" for his dedication to the First Coast. Burr founded the Monique Burr Foundation, a nonprofit child protection and child advocacy organization in 1997 to honor his late wife, Monique Burr. The foundation was the primary beneficiary of this year's celebration.

A video of Burr's accomplishments

was shown, which included recognition and thanks from Gov. Rick Scott, former state legislator and Florida State University President John Thrasher, Mayor Lenny Curry, friends and neighbors.

"Mr. Burr and his family were visibly moved by the presentation," Bruce said.

In addition to the Monique Burr Foundation, the Mineral City Celebration benefited more than a dozen local charities, including Seamark Ranch. Past beneficiaries have included the Ponte Vedra Memory Care Center, BEAM, Mission House, YMCA, Daniel Kids Foundation, the Cultural Center at Ponte Vedra Beach and many more.

With more than 1.2 million members in 300 countries, Rotary is one of the largest service organization's in the world.

Chartered in June 1983, the Rotary Club of Ponte Vedra Beach has raised more than \$1 million for Beaches-area charitable organizations. Its 115 members promote and provide community service and enjoy active fellowship. The club meets Thursday mornings at the Marsh Landing Country Club.



# Nocatee Town Center welcomes two new businesses



Photos by Jasmine Marshall

Nocatee residents welcomed two new businesses this week – the latest to open in the burgeoning Nocatee Town Center. Dunkin' Donuts and Pieology both opened their doors on Crosswater Boulevard on Monday, expanding the number of dining options in the Nocatee Town Center area. Last week, master developer The PARC Group announced that a Starbucks and Tijuana Flats would soon be coming to Town Center as well. The Nocatee Town Center Dunkin' Donuts, above, opened for business Monday.



Pieology owners Ted and Jean Cheng

## Bringing country to the coast

### Roscolusa Songwriters Festival returns to Ponte Vedra this weekend

By Carrie Resch

Behind every song, there lies a story. And for every song, there is a songwriter who channeled their experiences onto paper.

When those songs are picked up and performed by hit artists, it's not often music lovers get to hear from the songwriters themselves, but attendees at this weekend's Roscolusa Songwriters Festival will get to do just that.

The popular music festival returns to Nocatee Town Center this Saturday April 23 from 5 to 10 p.m. Now in its fifth year, the festival is finally becoming a recognizable name in annual music festivals, according to festival founder and Ponte Vedra native Kim Paige.

"We've had just a lot of really good promotion this year, with people helping share and just really getting our name out," Paige said. "It really feels this year like people are starting to know what Roscolusa is."

Seven performers will be at Roscolusa this year, including Paige, Cassio Monroe, Bruce Wallace, Jesse Rice, Kay Gianna, Phil Barton and Rick Ferrell. Event headliners Cassio Monroe are a duo currently touring with YouTube sensation Grant Landis.

"They're an up-and-coming band," Paige said. "They played our first year when we were just a backyard concert; they've grown so much and they are going to be our headlining band this year."



Photos provided

Roscolusa Songwriters Festival returns to Ponte Vedra Saturday April 23 with seven singer/songwriter performers who will share the story behind their songs. The concert takes place from 5 to 10 p.m. at the Nocatee Town Center Field.

Songwriter Ferrell will perform some of the hit songs he wrote for some of the biggest names in country music, including "Something Like That" (the barbecue stain on my white t-shirt song) and "Where Would You Be" by Martina McBride. He also has written songs for the Swon Brothers, who are currently on tour with Carrie Underwood. Ferrell had a big hit in Canada last year and was nominated for the Canadian Music Award.

Paige is excited to share her music with the attendees as well, noting that she's been on a long journey to find her sound and finally feels like she's captured it. She recorded an album that hasn't been released yet and will be passing out free CDs to fans.

"I want to share (my music) with my home town and the Roscolusians — people who have supported live music in Ponte Vedra for years," said Paige, who now calls Nashville home.

In 2012, Paige had the idea for her and her fellow musicians to perform in her hometown as part of a songwriters' retreat. The first festival had only 150 people in attendance and took place in a private lot located off Roscoe Boulevard, hence the name Roscolusa.

The concert event grew exponentially over the years and had to be moved to a larger venue at Nocatee Town Center Field. Concert attendance is now in the thousands.

Proceeds from Roscolusa benefit the Tom Coughlin Jay Fund, a nonprofit organization that assists families with children battling cancer. Paige said that she has always been a huge supporter of the Tom Coughlin Jay Fund, even writing a song for the foundation called "Life is Beautiful" which she performs at some of the organization's events.

In lieu of food trucks, this year the festival has partnered with Bono's Pit Bar-B-Q, who are also supporters of the Tom Coughlin Jay Fund. The event will also feature craft vendors selling

everything from hand-crafted leather bags to honey, soaps and jams.

In previous years, general admission was free for Nocatee residents only, but this year, general admission will be free for all concert-goers. Benefactor tickets with special perks are also available. Benefactor tickets are \$100 and include two free drink tickets, complimentary food, a private stage viewing area, access to air conditioned facilities and more.

Gates open at 5 p.m.; music begins at 5:45 p.m. and goes until 10 p.m. Concert-goers are encouraged to bring chairs or blankets.

Nocatee Town Center Field is located at 100 Marketside Ave. in Ponte Vedra. For more information or to purchase tickets, visit [www.roscolusa.com](http://www.roscolusa.com).

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*Ed Burr is president and CEO of GreenPointe Holdings, LLC, headquartered in Jacksonville. Prior to leading GreenPointe, Burr founded the LandMar Group LLC in 1987. He is perhaps best known, however, as a noted Northeast Florida community leader, having served on numerous business, civic and community organizations throughout the years. He was recently honored for that leadership at the Rotary Club of Ponte Vedra's Mineral City Celebration event, where he was recognized for his dedication to child advocacy. In 1997, Burr founded the Monique Burr Foundation, a nonprofit child protection and child advocacy organization, to honor his late wife, Monique Burr. He has since remarried, and he and his wife, Billie Jo Burr, are Beaches residents. Burr has two sons from his first marriage and two stepchildren. —By Carrie Resch, The Recorder*

## Ed Burr

### What are your chief responsibilities as CEO of GreenPointe Holdings?

GreenPointe Holdings oversees a couple of subsidiaries. The most significant one is GreenPointe Communities. We are primarily a master-plan community developer throughout the state of Florida. I oversee a staff of vice presidents and managers who are spread throughout the state, and I am responsible for the financial propriety, regulations and success of the company. We have 14 different communities and almost 16,000 lots throughout the state. We're proud of the job that we do.

### What do you find to be the most challenging part of your job?

This industry is a challenging industry, but every industry has its challenges. We certainly face challenges in dealing with long-term forecasting and long-term economic impacts that are out of our control. Short-term, we face challenges with permitting and entitlement issues that we have to confront.

### The most rewarding?

The most rewarding part is when you ride through communities that you dreamed at one time on paper and see people living the lifestyle you dreamed. You see kids on bicycles and curtains in the windows, children on the soccer field and swimming in the swimming pool. When you see people enjoying their home, that's a special reward. What you dreamed was possible, and they're realizing the dream along with you.

### How was the Monique Burr Foundation started?

The Monique Burr Foundation really found its roots in my wife, Monique, who was killed tragically in a car wreck in 1996. She was only 36 at the time of her death, but she had already accomplished a lot in the area of children. She was committed to children — particularly to the area of prevention and intervention of child abuse. In the sadness of her loss, as friends and loved ones gathered together, we thought of what we could do. We thought that trying to let her legacy live on would be the most important thing we could do. The foundation was formed in 1997, a year to the day that she was killed.

### What are some of the foundation's main programs?

We focus on child abuse and bullying prevention education in the elementary schools through the MBF Child Safety Matters program. We provide it free to all the elementary schools in Florida. This year, we will reach over 600,000 young students through the program, which is state-of-the-art in the country. When you read the statistics of sexual abuse and when you read the impact and statistics of bullying, you understand how vital that education is. Our program



Photo by Carrie Resch

helps to train young kids who are the most vulnerable. We think we can change those children's lives and change generations to come because when you break the cycle of abuse, you break it for generations that follow.

### What do you think your late wife would think of the work the foundation is doing?

The foundation has done a lot through its history. I think today she would look proudly on what's happened. We touch a lot of children's lives.

### Are there other civic and charitable activities in which you're involved?

I'm the current chairman of the Jacksonville

Civic Council and a current board member and past chair of the Jacksonville Chamber of Commerce. I'm also currently vice chair of the Jacksonville Electric Authority and serve on the board of trustees of Florida State University.

### What do you enjoy doing outside of work?

I've got two boys ages 22 and 25, and fortunately we have a lot of hobbies in common. We love winter sports, including skiing, and my oldest son snowboards. We also love fishing — that's my oldest son's passion — and my youngest son's passion is golf. So between my two boys, I'm pretty lucky. One loves fishing and the other one loves golf.



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Thursday, April 21	Friday, April 22	Saturday, April 23	Sunday, April 24
<p><b>PV Memory Care Center open house</b> An open house and informational presentation on dementia behaviors will take place April 21 from 4:30 to 7 p.m. at the Ponte Vedra Memory Care Center, 1048 A1A N., Ponte Vedra Beach. To RSVP, call Debbie at (904) 209-3660.</p> <p><b>North Beaches' Art Walk</b> The North Beaches' Art Walk will be held from 5 p.m. to 9 p.m. at the Atlantic and Neptune Beaches Town Center. For more information, call First Street Gallery at (904) 241-6928 or Archway Framing and Gallery at (904) 249-2222 or visit <a href="http://www.nbaw.org">www.nbaw.org</a>.</p> <p><b>Grief support group</b> A grief support group meets on the third Thursday of every month in the library of the Family Life Center at St. Paul's Catholic Church, 578 First Ave. N., Jacksonville Beach. The group is for men and women who are grieving the death of a family member or friend. The next meeting will be on Thursday April 21 at 7 p.m. For more information, call Kathy at (904) 553-8933 or Catherine at (904) 247-0665.</p> <p><b>John Craig grand opening</b> John Craig Clothier will host the grand opening celebration of its new store in Sawgrass Village at 280 Village Main St., #950. A cocktail party with wine, cocktails and hors d'oeuvres will be held April 21 from 5:30 to 7:30 p.m. Trunk shows and daily drawings will take place Friday April 22 and Saturday April 23. For more information, call (904) 686-1501 or visit <a href="http://www.johnrcraigclothier.com">www.johnrcraigclothier.com</a>.</p> <p><b>Symphony in 60</b> The Jacksonville Symphony Orchestra presents "Symphony in 60" Thursday April 21 at 6 p.m. at the Times-Union Center for the Performing Arts, 300 Water St., Jacksonville. Join conductor Courtney Lewis and the musicians of the Symphony for a 60-minute concert. Admission includes a pre-concert happy hour with free drinks and hors d'oeuvres. After the concert, join Lewis and the musicians for a post-concert party with more food and drinks. For more information or to purchase tickets, call (904) 354-5547 or visit <a href="http://www.myjaxsymphony.org">www.myjaxsymphony.org</a>.</p>	<p><b>Rascal Flatts concert</b> The St. Augustine Amphitheatre presents Rascal Flatts with guest Jana Kramer in concert April 22. Tickets range from \$59.50 to \$135. Gates open at 7 p.m.; show starts at 8 p.m. The St. Augustine Amphitheatre is located at 1340C A1A S., St. Augustine. For more information or to purchase tickets, visit the St. Augustine Amphitheatre or Ponte Vedra Concert Hall box offices or visit <a href="http://www.staugamphitheatre.com">www.staugamphitheatre.com</a>.</p> <p><b>EDC Quarterly Breakfast</b> The EDC Quarterly Breakfast and 2016 Legislative Update is April 22 from 8 to 9:30 a.m. at The Renaissance World Golf Village Resort, 500 S. Legacy Trail, St. Augustine. The elected officials panel includes State Sen. Travis Hutson, State Rep. Cyndi Stevenson, State Rep. Paul Renner and Board of County Commissioners Chairman Jeb Smith. Receive a report on state and local legislative activity from our delegation members. The cost is \$30 for members; \$40 for non-members. For more information or to register for the event, visit <a href="http://www.stjohnscountychamber.com">www.stjohnscountychamber.com</a>.</p> <p><b>Beethoven and Bruckner</b> The Jacksonville Symphony Orchestra presents "Beethoven and Bruckner" Friday April 22 and Saturday April 23 at 8 p.m. Join conductor Courtney Lewis and pianist Shai Wosner for a performance of Beethoven's "Piano Concerto No. 3 in C Minor, Op. 37" and Bruckner's "Symphony No. 6 in A Major." For more information or to purchase tickets, call (904) 354-5547 or visit <a href="http://www.myjaxsymphony.org">www.myjaxsymphony.org</a>.</p> <p><b>'Peter Pan' at Christ Episcopal Church</b> Christ Episcopal Church presents a new adaptation of J.M. Barrie's classic "Peter Pan" written and directed by Jason Woods. Follow beloved characters Peter Pan and Captain Hook in this timeless story, featuring new songs, captivating music and one very large crocodile. Performances are April 21-23 at 7:30 p.m., with a matinee performance April 24 at 3 p.m. Christ Episcopal Church is located at 400 San Juan Dr. in Ponte Vedra. For more information, call (904) 285-6127. Purchase tickets online at <a href="http://www.readyforeverland.com">www.readyforeverland.com</a>.</p>	<p><b>Roscolusa Songwriters Festival</b> The Roscolusa Songwriters Festival returns to Ponte Vedra Saturday April 23 from 5 to 10 p.m. at Nocatee Town Center field, located at 100 Marketside Ave. The festival will feature seven singer/songwriters who will share the story behind their hit songs. General admission is free; benefactor tickets are available. A portion of the proceeds benefit the Tom Coughlin Jay Fund. For more information, visit <a href="http://www.roscolusa.com">www.roscolusa.com</a>.</p> <p><b>Arts in the Park</b> The 13th annual Arts in the Park, a fine arts and crafts festival with over 60 juried local, regional and national artists, will be held April 23 from 10 a.m. to 6 p.m. at Johansen Park, 1300 Seminole Road, Atlantic Beach. For more information, call (904) 247-5828 or visit <a href="http://www.coab.us/index.aspx?NID=500">www.coab.us/index.aspx?NID=500</a></p> <p><b>EMMA Concert Association concert</b> EMMA Concert Association and Flagler College present Canada's Ballet Jorgen in a performance of "Sleeping Beauty" on Saturday April 23 from 7:30 to 9 p.m. at Lewis Auditorium, 14 Granada St., St. Augustine. Tickets are \$40 (\$5 for students) and may be purchased in advance at <a href="http://www.emmaconcerts.com">www.emmaconcerts.com</a>, by phone at (904) 797-2800, or at the door. The box office opens one hour before the performance.</p> <p><b>Race to the Taste</b> The St. Augustine Amphitheatre and Anastasia State Park present Race to the Taste, a 5K run/walk preceding the Taste of St. Augustine culinary event. Race to the Taste starts at 10:30 a.m. All participants receive two free entries into The Taste of St. Augustine. The race is rock-and-roll themed; dressing up is encouraged. For more information, call (904) 829-3295 or visit <a href="http://www.epicbh.org">www.epicbh.org</a>.</p> <p><b>A Taste of St. Augustine</b> Over 30 restaurants will be represented at the A Taste of St. Augustine culinary event April 23 from 11 a.m. to 5 p.m. at the St. Augustine Amphitheatre, 1340C A1A S., St. Augustine. Admission is \$5 per person; kids are admitted free. Taste tickets are \$1 per ticket. For more information, call (904) 829-3295 or visit <a href="http://www.epicbh.org">www.epicbh.org</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 Third St. For more info, call (904) 372-0601.</p> <p><b>Travel Training Program</b> The Council on Aging's Travel Training program is designed to assist seniors in learning to ride the Sunshine Bus. Residents interested in expanding their transportation options or who would like to increase their confidence as a bus rider can receive assistance from trained volunteers in navigating routes, reading time tables and making transfers. Contact the mobility manager at the Council on Aging at (904) 315-6505 or email Katie Arnold at <a href="mailto:karnold@stjohnscoa.com">karnold@stjohnscoa.com</a>.</p> <p><b>Collection Tour</b> Join the Cummer Museum of Art and Gardens on Sundays for a guided tour of its permanent collection. The tour is free with the cost of admission. The museum is located at 829 Riverside Ave., Jacksonville.</p> <p><b>'The Wiz' at Alhambra Theatre</b> Alhambra Theatre &amp; Dining presents "The Wiz: The Super Soul Musical," March 23-April 24. The musical is a retelling of Frank Baum's "Wonderful Wizard of Oz" set in the context of African-American culture with an infectious soul score and lyrics by Charlie Smalls. The theatre is located at 12000 Beach Blvd. in Jacksonville. For more information or to purchase tickets, call (904) 641-1212 or visit <a href="http://www.alhambrajax.com">www.alhambrajax.com</a>.</p> <p><b>Annual Activity Member</b> Become an Annual Activity Member at The Players Community Senior Center. Membership includes discounts on fee-based classes, designated events and Coastal Travel along with complimentary participation in a wide variety of scheduled activities. Call Darlene Mahany at (904) 280-3233 for more information.</p>

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Monday, April 25	Tuesday, April 26	Wednesday, April 27	Thursday, April 28
<p><b>Spring Chapel Concert series finale</b> The Beaches Museum and Lazzara Family Foundation present trumpeter Marcus Parsley at the historic Beaches Museum Chapel on Monday April 25. A Jacksonville native, Parsley arrived in New York City in 2002 where he became known for his lush tone and deep soulfulness in the jazz and R &amp; B circles. Tickets are \$20 in advance, \$25 day of show. Tickets are on sale now at the museum or online at <a href="http://www.beachmuseum.org">www.beachmuseum.org</a>. 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 will begin at 6 p.m., followed by the concert at 7 p.m. For more information, call (904) 241-5657. The Beaches Museum &amp; History Park is located at 381 Beach Blvd., Jacksonville Beach.</p> <p><b>Caregiver Support Group</b> The Players Caregiver Support Group meets every Monday from noon to 1 p.m. at The Players Senior Center, 175 Landrum Lane in Ponte Vedra Beach. Kimberly Weir of Heartland Hospice facilitates a weekly discussion of current concerns and issues of caregivers. For more information, call (904) 280-3233.</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>Mental Health Recovery Support</b> Free mental health support is available to the public facilitated by Georgia/Florida Certified Peer Specialist Whitney Bolin. Sessions are by appointment only Monday through Friday; call (770) 403-4991 or email <a href="mailto:whitneybat76@gmail.com">whitneybat76@gmail.com</a>. Bolin also facilitates a mental health recovery group at Flagler Hospital from 2 to 4 p.m. every Tuesday.</p>	<p><b>Ponte Vedra Beach Library book sale</b> The Friends of the Ponte Vedra Beach Branch Library semi-annual book sale is April 26-30 at the Ponte Vedra Beach Branch Library, 101 Library Blvd. A membership preview night will be held April 26 from 4:30 to 7:30 p.m. The book sale will take place April 27 from 10 a.m. to 7:30 p.m., April 28 and 29 from 10 a.m. to 5:30 p.m. and April 30 from 10 a.m. to 4 p.m. for the bag day sale.</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., Ponte Vedra Beach.</p> <p><b>Sunset Rotary Club weekly meeting</b> The Rotary Club of Ponte Vedra Beach Sunset meets Tuesdays from 6 to 7:15 p.m. at the Hilton Garden Inn. Community leaders are welcome to attend. For more information, call club President Ron Mott at (904) 460-7092 or email <a href="mailto:hojron@aol.com">hojron@aol.com</a>.</p> <p><b>Arbor Terrace Life Enrichment Group</b> The Life Enrichment Group Day Program takes place every Tuesday and Thursday from 9 a.m. to 2 p.m. at Arbor Terrace Ponte Vedra, 5125 Palm Valley Road, Ponte Vedra Beach. The group is designed for those with memory changes who would like to stay active mentally, physically and socially. For more information, call (904) 497-4346 or visit <a href="http://www.at-pontevedra.com">www.at-pontevedra.com</a>.</p> <p><b>Better Breathers Club</b> Baptist Beaches will offer a Better Breathers Club in Jacksonville Beach. The meetings will be held once a month on the fourth Tuesday of every month at 1:30 p.m. in the Baptist Beaches Pulmonary Rehab Education classroom in the Wilson Epstein Building. If you plan to attend, please email <a href="mailto:sara.holloway@bmcjax.com">sara.holloway@bmcjax.com</a> or call (904) 627-1461 to RSVP.</p> <p><b>Ponte Vedra Beach Library Book Club</b> The Ponte Vedra Beach Branch Library will discuss the book "Swans of Fifth Avenue" by Melanie Benjamin Tuesday April 26 from 3 to 4 p.m. at the library. Everyone is welcome to attend. For more information, call (904) 827-6950.</p>	<p><b>PV Professionals Networking Group</b> The Ponte Vedra Professionals Networking Group meets Wednesdays from noon to 1 p.m. at Mulligans, 43 PGA Tour Blvd., 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. The group meets Wednesdays at The Players Community Center, 175 Landrum Lane, Ponte Vedra. The meeting starts promptly at 7:30 a.m. and lasts one hour. Contact Lucy Reep at (904) 607-3695 or <a href="mailto:contact-5199@toastmastersclubs.org">contact-5199@toastmastersclubs.org</a> for more information.</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. For more information on volunteering, donating or qualifying for a Habitat home, visit <a href="http://habitatstjohns.org">habitatstjohns.org</a>.</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. Contact the mobility manager at the Council on Aging, (904) 315-6505, or email Katie Arnold at <a href="mailto:kar-nold@stjohnscoa.com">kar-nold@stjohnscoa.com</a>.</p> <p><b>'Almost AHBA' at Alhambra Theatre</b> "Almost AHBA" recreates the magic and nostalgia of ABBA in a costumed, choreographed and audience-interactive show. The show will have a limited engagement opening April 27 and run through May 1 at Alhambra Theatre &amp; Dining, 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>Tommy Emmanuel concerts</b> Tommy Emmanuel with guests The Lowhills will perform two concerts, April 28 and 29, at the Ponte Vedra Concert Hall. Tickets are \$49.50 for the first 11 rows, \$39.50 for all remaining rows. Doors open at 7 p.m.; show starts at 8 p.m. For more information or to purchase tickets, visit the Ponte Vedra Concert Hall or St. Augustine Amphitheatre box offices or visit <a href="http://www.pvconcerthall.com">www.pvconcerthall.com</a>.</p> <p><b>Marcia's Place trunk show</b> Marcia's Place will hold an Annette Gortz trunk show April 28-30. Marcia's Place is located in the Sawgrass Village Shopping Center at 200 Front St., Suite 620. For more information, call (904) 280-9212 or visit <a href="http://www.marciasplacepontevedra.com">www.marciasplacepontevedra.com</a>.</p> <p><b>Savvy Job Hunters Ministry workshop</b> Christ Episcopal Church's Savvy Job Hunters Ministry workshop will be held Thursday April 28 from 9 a.m. to noon in the Christ Episcopal Church's Parish Center Conference Room, 400 San Juan Drive, Ponte Vedra Beach. There will be two workshop presentations: "Starting Your Own Small Business" and "Tips on How to Apply to Positions through Online Systems, Particularly with Mayo Clinic." Reserve your workshop seat by contacting Cindy Corritore at <a href="mailto:ccorritore@christepiscopalchurch.org">ccorritore@christepiscopalchurch.org</a>, or call the Pastoral Care Office at (904) 285-7390, ext. 231.</p> <p><b>Free Bridge Lessons</b> Free beginning bridge lessons are available at the Jacksonville School of Bridge, 3353 Washburn Rd. in Jacksonville Beach on Tuesdays and Thursdays. Lessons start 9:30 a.m. and end at 10:15 a.m. This is followed by an actual game at 10:30 a.m. and ends by 2:15 p.m. Contact Burt O'Dell at (352) 428-1075 for more information.</p> <p><b>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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*April 2016*

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*Thursday, April 28th - Sunday, May 1st*  
Zurich Classic  
TPC Louisiana, LA  
Enjoy the signature dish & drink of the Zurich Classic while watching in NINETEEN.  
5:00 - 9:00 PM

*Tuesday, May 3rd*  
THE PLAYERS Spirits Class and Tasting  
Get excited for THE PLAYERS Championship with these featured cocktails.  
6:00 - 7:30 PM \$20.00++

For complete information on our dining and social events, visit our website at <http://www.tpc.com/sawgrass-dining>.  
For more information or to make a reservation in NINETEEN or for a Social Event, please contact the dining room at 904.273.3238.



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**Seymour's**, the beach's only used book store, presents its **Semi-Annual Book Sale**  
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Membership Preview Night—Tues., April 26th • 4:30pm–7:30pm  
Wed., April 27th • 10:00am–7:30pm  
Thurs. and Fri., April 28 & 29 • 10:00am–5:30pm  
**BAG DAY ON APRIL 30TH • 10:00AM–4:00PM**

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### Bartram Bash at Alpine Groves Park

St. Johns County Parks and Recreation will host the 12th Annual Bartram Bash and Earth Day Celebration from 9 a.m. to 4 p.m. April 23 at Alpine Groves Park, 2060 SR 13 in St. Johns. This family friendly environmentally themed event

is also a birthday celebration for William Bartram, the first American-born naturalist. In addition to guest speakers, food trucks and more than 20 environmentally themed booths, the event will feature performances by This Frontier Needs Heroes, Marcellus Hall and Flagship Romance.

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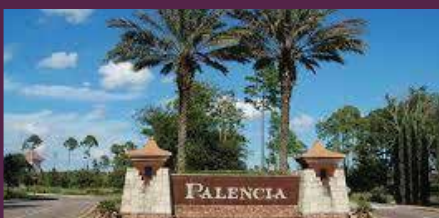
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# Flavor Palette shop holds its ribbon cutting

Chef Tommy McDonough officially cut the ribbon opening his new Ponte Vedra Beach sandwich shop, Flavor Palette, last week.

Members of the St. Johns County Chamber of Commerce welcomed McDonough and his family to their new restaurant, located in the Ponte Vedra Pointe Shopping Center at 880 A1A N, Suite 9. In addition to Ponte Vedra Beach Division Director Lin Jones, chamber officials on hand included Lucia Miller, the chamber's visitor center coordinator.

Guests enjoyed a variety of samplings of Flavor Palette's menu offerings, including its homemade gelatos.

"I just want to make people happy and I do that by giving them true flavor to enjoy," McDonough told guests.

Flavor Palette's customer base has already grown since its recent soft opening, he noted, and said the restaurant is looking forward to introducing its homemade soups, salads and signature sandwiches to local residents.



Aided by his family and members of the St. Johns County Chamber of Commerce Ponte Vedra Division, Chef Tommy McDonough cuts the ribbon on his new restaurant, Flavor Palette.

Photo by Susan Griffin

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# A nation says 'Merci'

## France awards Ponte Vedra veteran Legion of Honor

By Jennifer Logue

Howard Spencer recalls walking out of a movie theater in Sharon, Pennsylvania nearly 75 years ago, when a friend ran up to him and said, "Something terrible's happened."

The date was Dec. 7, 1941 and word was spreading across the nation that the Japanese had attacked Pearl Harbor. The next day, Spencer enlisted in the U.S. Army. Spencer would spend the next four years serving his country — first by training to be a fighter pilot and then training other pilots before flying bombing missions over Europe.

Spencer, now 95, never forgot his wartime experiences and the lessons it taught him. And neither, it seems, has one of the nations whose freedom he helped secure. Last week, Spencer was one of 14 World War II veterans to be named a Knight in the Legion of Honor — France's highest commendation. Philippe Létriliart, the consul general of France in Miami, presented Spencer with the award at a ceremony held at a French restaurant in Winter Park, Fla.

"In order to be considered for the honor, you had to have fought the Germans on French soil," said Spencer's son, Tom, who accompanied him to the ceremony.

But the members of the 405th Fighter Group did more than just fight the Germans in France, Howard Spencer stressed. "We kicked them out of France!" he said decisively.

Receiving the Legion of Honor prompted Spencer to recall his wartime days and the men he served alongside.

"I've asked myself, 'What does this (honor) mean?'" he said. "When I reminisce about the war, I think of the

people who didn't make it. We went out every day knowing the risks. But we thought we were the best in the world; if you're not a fighter pilot, you can't understand."

### Fighting for freedom

After completing a yearlong pilot training program and training other World War II pilots, Spencer was shipped overseas to England in 1943. He later was stationed at an air base in France before traveling across the continent, supporting General Patton's march toward Germany. As part of the 405th, he flew a P47 Thunderbolt, which carried a 500-pound bomb and four 50-caliber machine guns on each wing.

"Our role was to destroy things," he said simply. "German tanks, German trucks, soldiers...anything that got in the way or complicated Patton's route across Europe."

Because the 405th provided ground support, they flew quite close to the ground, Spencer said, rarely flying above 5,000 feet. As a result, they took a lot of enemy fire without ever having the option of bailing out because there wouldn't have been sufficient time for a parachute to open.

While the pilots knew their job was dangerous, Spencer said they developed a confidence that saw them through their missions. That confidence was tested on one particular mission, though, when Spencer was assigned to blow up a freight train.

"It was rather exciting, because it was going to blow up," he recalled. "But as we attacked, the sides of the boxcars opened to reveal rows and rows of 20 millimeter canons."



Consul General of France Philippe Létriliart presents Howard Spencer with the Legion of Honor.

The Germans opened fire and Spencer's plane sustained considerable damage, rendering it nearly inoperable. Spencer climbed to 5,000 feet and went through the plane's emergency procedures twice, but the engine wouldn't turn over.

"I finally said to the Man Upstairs, 'I need your help,'" he said.

To his surprise, Spencer received an answer. "A voice said, 'Check the fuel transfer pump.' I thought, 'That's impossible, I've already checked it twice and that didn't work.' But I did it and immediately the engine started.

"That sort of changed my belief about religion," he continued. "After that, I felt reassured that things would go right."

Returning home from the war with the rank of major, Spencer enjoyed a long and successful business career. He and his late wife of 62 years, Casey,

traveled the world with their four children, as his career took the family to Australia, Holland and Hong Kong among other places.

"I attribute my business success to the thought processes I developed during the war," he said. "If you're going to go out and get shot at, you become confident that you're just going to keep going. One of the biggest things I learned in combat is there's always a way."

A Sawgrass Players Club resident since 1988, Spencer goes to the gym at the Ponte Vedra Inn and Club every day and works hard to stay physically and mentally fit.

"I'm very happy with where I am," he said. "As I enter my 96th year, I've enjoyed my life on this soil and I'm planning ahead for the future — maybe not 10 years, but for what I'll be doing in 2022."

### SHORT TAKES

#### 'Race to the Taste' and A Taste of St. Augustine

The St. Augustine Amphitheatre and Anastasia State Park present Race to the Taste, a 5K run/walk preceding the Taste of St. Augustine culinary event. Race to the Taste starts at 10:30 a.m. April 23. All participants receive two free entries into The Taste of St. Augustine. The race is rock-and-roll themed; dressing up is encouraged. For more information, call (904) 829-3295 or visit [www.epicbh.org](http://www.epicbh.org). More than 30 restaurants will be represented at the A Taste of St. Augustine event, to be held April 23 from 11 a.m. to 5 p.m. at the St. Augustine Amphitheatre, 1340C A1A S., St. Augustine. Admission is \$5 per person; kids are admitted free. Taste tickets are \$1 per ticket. For more information, call (904) 829-3295 or visit [www.epicbh.org](http://www.epicbh.org).

#### 'Feel the Wheels' to benefit tag!, a new children's museum

The 5th Annual "Feel the Wheels" event will be held at St. Augustine Outlets from 10 a.m. to 4 p.m. April 23.

All proceeds from the event will benefit tag! Children's Museum of St. Augustine — a new museum scheduled to break ground at the new St. Augustine Shipyard in late 2016.

Presented by The Junior Service League of St. Augustine, Feel the Wheels is a one-day event that allows children to see, touch and explore big trucks and vehicles on display such as construction trucks, emergency responders, tractor trailers, utility trucks, boats and more. Tickets are \$5 per child 2 and up and adults are free.

For more information, visit [www.staugoutlets.com](http://www.staugoutlets.com).

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# Antiques & More Consignment to hold grand opening April 23

By Jennifer Logue

Bird cages, brooches, vintage clothing and furniture are just a few of the items that will be available at the grand opening celebration of Antiques & More Consignment Saturday.

To be held from 11 a.m. to 4 p.m. at the Jacksonville Beach antique mall located at 11270 Beach Blvd., the day-long event will feature 16 food trucks and 100 door prizes donated by the mall's 20-plus vendors.

"We have something for everyone," owner Bobbie Eunice said. "We have everything from antiques from the late 1800s through today."

The 10,000 square-foot store also features merchandise for sale and on consignment in a wide range of prices.


In addition to affordable treasures, Eunice said, the store currently has on consignment a set of four portraits by

ANTIQUES continues on Page 14



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# Republican Club essay contest winners stress personal responsibility, strong values

By Jennifer Logue

The importance of personal responsibility, limited government and strong values were among the themes stressed by the winners of the Republican Club of Greater St. Augustine's 3rd annual scholarship essay contest.

Four seniors from St. Johns County high schools were honored last week as the Republican Club presented them with awards recognizing their prize-winning essays addressing the topic "What is the importance of conservative values to young people?" Receiving awards from Scholarship Committee Chair Pat Greenfield were first place winner Dalton Edgell, 17, from Pedro Menendez High School (\$1,050 scholarship); second place winner Jackson Davies, 18, from St. Augustine High School (\$750 scholarship); third place winner Bailey Cantrell, 18, from Bartram Trail High School (\$500 scholarship); and fourth place winner Kelly Aponte, 17, from St. Augustine High School (\$300 scholarship).

"This is our third essay contest and we had many fine entries — so many that it was difficult to select just four scholarship recipients," club member Frank Larizza said. "With young people like these, the future is in good hands."

As the students read their prize-winning essays to Republican Club members, each related the concept of conservative values to their own lives. First place winner Dalton Edgell, for example, wrote that his commitment to conservative principles prompted him to found the Teenage Republicans Club at his high school and to put the American flag in the courtyard. He also stressed how conservative values motivated people to work hard.

"Young people need to have the incentive to work for what they earn," Edgell wrote. "It is important to understand the concept of 'you get out what you put in.'"

Kelly Aponte noted that when she rear-ended another car, she accepted responsibility and paid for the damages herself. "I was raised in family where personal responsibility, financial responsibility and patriotism were held to a high standard," she said. "Young people today should always take responsibility for their actions."

The students' essays also stressed their belief that conservative principles formed the bedrock of America by strengthening the family, bolstering the economy and promoting true racial equality.



Photo by Jennifer Logue

Winners of the 3rd Annual Republican Club of Greater St. Augustine Scholarship Essay Contest include (from left) Dalton Edgell (first place), Kelly Aponte (fourth place), Jackson Davies (second place) and Bailey Cantrell (third place). Visit [www.pontevedrarecorder.com](http://www.pontevedrarecorder.com) to view more photos from the event.

"It is important to understand that if everyone deserves equal treatment, then there should be no specific differences between different ethnicities and races," Edgell wrote. "After all, despite our race we are all Americans."

Bailey Cantrell wrote that it was the job of conservatives to uphold the U.S. Constitution while keeping it relevant to their everyday lives. "I firmly believe in the values on which our country was built."

Jackson Davies agreed. "Conservative values are what built this country and made it great," he said. "It is up to the young people of America to take on

America's problems."

The students' essays won praise from those in attendance. Bill Bacon said that as a grandparent, he has been concerned about the direction in which our country is heading and the fact that so many young people seemed swayed by socialism and promises of "free" education and health care that in reality will be paid for by somebody else.

"I'm so impressed and so heartened by your ability to understand what conservatism is all about," he told the scholarship recipients. "Now, tell your friends — spread it around!"

## LETTER TO THE EDITOR

Dear Editor,

There have been several articles in newspapers recently concerning the Florida public school system. The issue brought to the court is stated to be a 1998 constitutional amendment that says "it is the paramount duty of the state to make adequate provision for education of all children residing within its borders."

The Judge George Reynolds may have recognized what a "can of worms" he is dealing with. With the judge's comments as this was a "difficult Issue." For example, the state has yet to legally define the meaning of or definition of a "public education" nor has it defined "education opportunity." The public and taxpayers have very high expectations for the public education system. Some years ago and continuing, Florida's public schools have made an effort to incorporate within its programs children that were once housed in institutional settings. Most often, public schools lack staffing and training to adequately meet the needs of this population. Some examples would be mental illness and brain damage syndromes. One example for

your thoughts was a child committed to the Georgia Retardation Center (Atlanta). He was hydrocephalic (fluid on the brain) and had brittle bone disease. He required almost constant and careful care, both physically and socially. While his disabilities were constant, he had a good mind and leadership skills recognized by others around him. As he grew to a young adult he learned accounting and later was hired in that field as a young adult. A success story with a lot of support and effort to provide the opportunities for achievement.

Most successful businesses have a business plan that sets goals and outlines the financial resources knowledge, skills and requirements to reach their stated goals. When businesses overreach in expansion or in new areas, they often find themselves beyond their capability unless good planning has proceeded that effort.

The State of Florida and its public schools have accepted the challenge to meet every child's educational needs and often other ancillary responsibilities beyond their traditional ones. I wish the judge the wisdom and the resources to bring about an ideal solution. There seems to be no "magic wand" available.

Henry C. Warner



Photo courtesy of Antiques & More

Antiques & More wedding room

## Antiques

Continued from 13

celebrated artist Ann Manry Kenyon, whose portraits range from \$13,000 up to \$50,000.

Another special feature of the store is its "wedding room," Eunice

noted. "We have an entire area filled with wedding merchandise, including wedding dresses from the 1930s to the present, flower girl dresses — we even have hand-made silk bouquets with rhinestone brooches attached."

For more information on Antiques & More Consignment's grand opening, call (904) 619-1769.



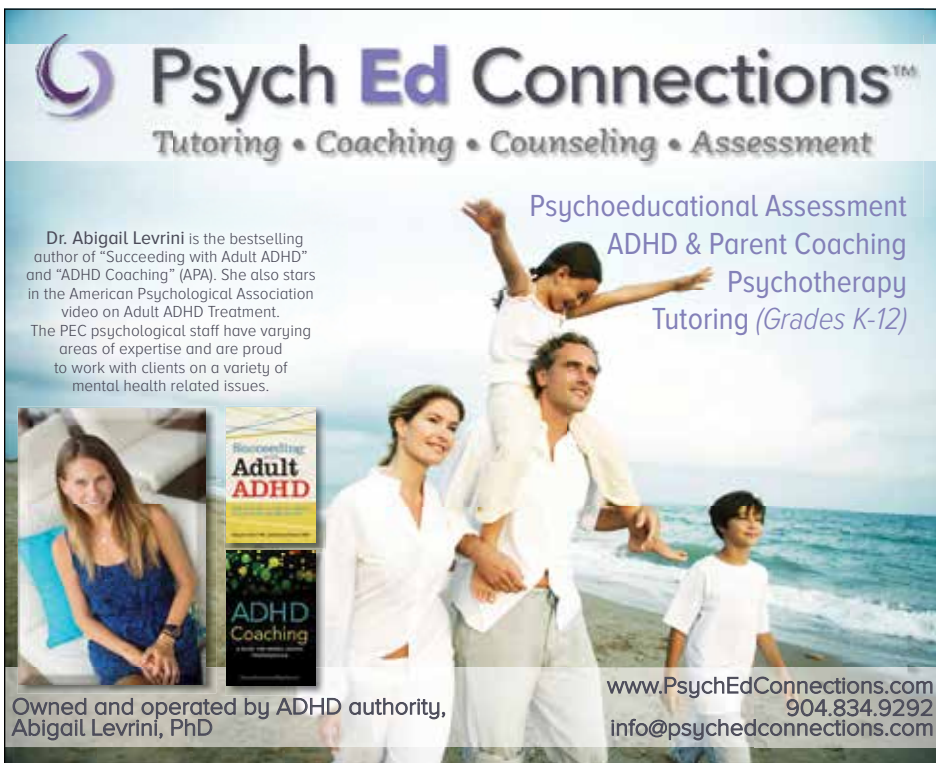


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Photos courtesy of Baptist Health  
Ribbon cutting with Baptist Health staff members (from left to right) Wolfe; Robert Hill, chairman of Baptist Health board of directors; Darin Roark, BSN, MBA, RN, administrator of emergency services for Baptist Health; Andrew Strange, RN, manager of the new Baptist Emergency Town Center; Hugh Greene, president and CEO of Baptist Health; Michael Aubin, hospital president of Wolfson Children's Hospital; Skip Frantz, chair of the Wolfson Children's Hospital board of directors; Michael Mayo, hospital president of Baptist Medical Center Jacksonville; Candice Ramesar, RN, BSN, MHA, director of pediatric emergency services for Baptist Health and Brandi Gilchrist, MD, medical director of the new Baptist Emergency Town Center.

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# Emergency center opens at St. Johns Town Center

By Carrie Resch

When an emergency arises, seconds count.

That's the premise behind the new pediatric and adult emergency center Baptist Health recently opened at the St. Johns Town Center: bringing the emergency room out of hospitals and closer to the community.

Located at 4085 Town Center Parkway, the new 16-bed emergency center known as Baptist Emergency Town Center includes two emergency rooms housed under one roof — Baptist Emergency Center and the Wolfson Children's Emergency Center. Each center will have eight exam rooms, with the Wolfson's center featuring rooms designed specifically to meet the unique needs of children.

"We chose the St. Johns Town Center area because it's quickly becoming the center of town," said Darin Roark, administrator of Emergency Services for Baptist Health. "It is a very busy area and the population around the Town Center is also growing significantly."

The 17,030 square foot facility is situated on 1.76 acres and offers the same 24/7 emergency care of a hospital emergency room, including a full-service laboratory, CT scanner, ultrasound and X-ray. Should the need arise to transfer a patient to the





Darin Roark, administrator of emergency services for Baptist Health speaking at the Baptist Emergency Town Center ribbon cutting.

## Center

Continued from 16

hospital, Baptist Health has partnered with Century Ambulance Service. An on-site ambulance is present for emergency transportation.

Staff at the Wolfson Children's Emergency Center includes physicians, specially trained pediatric nurses, a respiratory therapist and radiology technicians trained to handle all types of illness and injuries occurring in

children, whether minor or life-threatening.

"We hope folks will consider it as a destination for times when emergency care is needed which is why we've built it to have the same services that you would find in an emergency room, except under one roof, closer to home," Roark said.

Baptist Health has already broken ground on another freestanding emergency room to be located near I-295 and Dunn Avenue to serve the area of northwest Jacksonville.



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# Gabriel House of Care celebrates 5th anniversary

By Jennifer Logue

Gabriel House of Care marked its fifth anniversary Saturday with a gala that celebrated the nonprofit organization's mission of providing comfort, care and assistance to people receiving cancer and organ transplant treatments.

Held at the TPC Sawgrass Clubhouse, the gala attracted more than 320 supporters and volunteers for a fun and festive evening that included a cocktail reception, dinner and dancing along with live and silent auctions to benefit Gabriel House's programs. A special highlight of the festivities was the evening's Cuban theme in honor of Gabriel House's leading benefactors, Jorge and Leslie Bacardi of Bacardi rum and spirits fame.

In 2008, after struggling all his life with a rare lung disease, Jorge Bacardi received a life-saving double-lung transplant at the Mayo Clinic in Jacksonville. He left Mayo determined to aid other individuals and families going through transplants and cancer treatments.

At Saturday's event, Bacardi said both Gabriel House and the anniversary gala grew out of his desire to honor the donor "angel" who saved his life.

"Tonight is all about honoring the donor," Bacardi said. "Nothing I do could ever repay the generosity of Christopher Mark Gregory. It's a gift you cannot repay."

Gregory was a 19-year-old college student attending Loyola University in New Orleans when he suffered a fatal brain aneurysm. At the gala, numerous attendees noted how Gregory's generosity inspired them to become involved with Gabriel House.

"There's a spirit here in this room tonight," Gabriel House board member Maruchi Schumacher said. "You can feel Christopher's spirit — it really has united everybody."

Also in attendance was Gregory's mother, who noted that less than a week before his sudden death her son had talked about being an organ donor.

"It's overwhelming to see what the

Bacardis have set up to continue my son's legacy," Grace Gregory said. "We only had Chris for 19 years, but the gift he gave has now touched so many lives, it's very rewarding."

Since opening in April 2011, Gabriel House has served approximately 3,800 patients and caregivers, providing affordable lodging and supportive programs to adult organ transplant and cancer patients. The 37,000 square-foot facility features 30 rooms that can accommodate an average of 100 guests per night. Guests typically stay for anywhere from six weeks to more than a year. A nominal nightly charge is augmented by private donations, as Gabriel House receives no state or federal funding support.

While at Gabriel House, guests have access to a library, reflection room, great rooms with large-screen TVs, a large communal kitchen, laundry facilities and a fitness room.

"These past five years have been amazing watching this small house grow into much more than a just a lodging facility," Executive Director Valerie Callahan said. "When these patients and caregivers walk through our doors, they are dealing with a wide range of emotions including fear, anxiety and depression. We know this can be overwhelming for them, which is why we've taken our lodging program to the next level through our Community of Healing initiative."

While staying at Gabriel House, patients have access to myriad integrative and complementary programs, including stress reduction, art therapy, yoga, and cooking and nutrition classes designed specifically for individuals with compromised immune systems. Local volunteers and community organizations also provide meals for Gabriel House residents through its "Chef's Night In" program.

For Grace Gregory, knowing that so many families have benefited from Gabriel House's programs has helped her family in dealing with the loss of their son.

"It's wonderful to see what's come out of the sorrow of losing our child."



Photos by Jennifer Logue

Jorge and Leslie Bacardi



Rosemary Mann, Betty Lemons, Ann Duke and Sharon Marrs

Winnie Walsh, Father Frank Iacona and Susie Hagerty



Paul Grainger and Allison Ortega

# Crosswater Community Church helps open health clinic in Haiti

By Jennifer Logue

The rundown former school in Port-au-Prince, Haiti didn't look like much.

Abandoned since the 2010 earthquake that devastated the country, the 5,000 square-foot building was dirty, dilapidated and lacked running water and stable electricity.

Over the course of four days in early April, however, seven local residents associated with Crosswater Community Church made enough repairs and improvements to the facility for it to become the home a new health clinic run by the nonprofit Children's Health Ministries. Led by Crosswater's Senior Pastor Jack Millwood and Adult Pastor George Powers, the Crosswater team included two doctors and several congregation members, who employed their construction and electrical skills to create a permanent home for CHM's efforts to aid infants, children and expectant mothers in one of the world's poorest nations.

In addition to cleaning, painting and making general repairs to the facilities, the Crosswater team installed a 1.8kw solar panel system and water tank on the roof.

"By the time we left, the whole clinic had plenty of electricity and running water with flushing toilets," Crosswater volunteer Blake Deal said. "My main role was to be the 'contractor,' and we had Mike Lore, a local electrician, wiring everything up."

Through the financial support of Crosswater Community Church — which has made several previous mission trips to Haiti and allocates a portion of its monthly missions budget to pay the lease on the building — CHM will now be able to provide basic health, medical and nutrition services to the island nation's women and children.

"We're just glad God has given us this opportunity to minister to the people of Haiti," Pastor George Powers said.

## Saving lives

A chance encounter with an employee at The Columbia Restaurant in St. Augustine led to Crosswater's connection to Haiti.

"After surviving the great recession and rebuilding my life, I felt very grateful and just wanted to give back in some way," Crosswater member Blake Deal said. "One of the bartenders (at the Columbia) heard me talking about wanting to do some good down in Haiti while I was having drinks with a friend."

The bartender noted that her daughter and a friend, Holly Harmon, had worked as child trauma counselors in the country and that Harmon had moved there permanently to aid the local people. She put Deal in touch with



Photos courtesy of Crosswater Community Church and Blake Deal  
Pastors and volunteers from Crosswater Community Church helped open a health clinic while on a mission trip to Haiti.

Harmon and in November 2014, Deal, Powers and two others made their first trip to Haiti to explore ways in which the Crosswater congregation could be of service.

It was on that trip that the Crosswater crew met retired Minnesota nurse Mickey McRoberts, who had moved to Haiti and was using her retirement savings to operate Children's Health Ministries with her daughter, Liz Peterson.

"Mickey was rapidly depleting her savings," Deal said. "She told us that if we could help she could extend services up into the rural areas by running 'mobile clinics' when we came."

The group returned to Ponte Vedra, raised money and returned to Haiti in spring and fall 2016 to operate mobile health clinics. Working alongside McRoberts and local volunteers, the Crosswater contingent of doctors, nurses and congregation members with a heart for service ministered to local pregnant women and infants, providing general medical care and minor surgical procedures for as many as 600 children in a week.

"People would walk for hours just to get to the clinic," Powers noted. "We know of at least a dozen cases where infants would have died were it not for the care we provided."

When the medical team identifies children who are malnourished, they are put on the clinic's nutrition program that includes "Medika Mamba," a Haitian food product designed specifically to treat acute malnutrition.

Medications, infant formula and other supplies are all purchased through donations. In addition, the Crosswater Community Church congregation has supported the mission trips by prepar-

ing special "birthing kits" for the mission teams to bring to Haiti.

"Most births in Haiti don't occur in hospitals — most don't even have a midwife present," Powers said. "One of the biggest things we do is provide birthing kits that give women the basic tools to use in delivering their baby safely at home."

In addition to antiseptic wipes and other basic medical supplies, the kit comes with birthing instructions, infant diapers, a onesie and a sterile pad on which to lay the newborn baby.

"To date, we've distributed over 300 birthing kits to expectant mothers in Haiti," Powers said.

## A growing ministry

Crosswater members who have participated in the Haiti mission trips say the experience of aiding others amid such poverty and devastation is both moving and rewarding.

"I was really overcome with emotion, seeing the fear on the children's

faces as we weighed them and tried to help them," said Powers, noting that most of the children don't speak English. "You look in their eyes and it's like they're crying out, 'Help me.' But a smile and a gesture can speak volumes. Hearts communicate to hearts."

Dr. Scott Covington — one of Crosswater's medical volunteers — has even become chair of the Children's Health Ministries board of directors. "Haiti is the poorest country in the Western hemisphere — one of out every six children dies of malnutrition and the average adult income is less than \$2 a day," he said. "As to our involvement, James was very clear: 'Suppose there are brothers or sisters who need clothes and don't have enough to eat. What good is there in your saying to them God bless you! Keep warm and eat well!'"

Powers said that Crosswater plans to continue making regular mission trips to Haiti, and is considering offering a summer trip so that youth could participate. Participants are responsible for paying for their own expenses, which Deal estimated at \$1,500 for lodging, transportation and funds to assist with the clinic's operations.

Deal also noted that he believes many people may be under the impression that Haiti is receiving significant volunteer support already and therefore more assistance isn't needed.

"I don't know where all these other people are, but when we are down there we rarely see other people helping," he said. "So if (people) aren't going to Haiti because they think the place is full of people helping, I can tell you for sure that it's not! There is plenty of room for additional help."

Individuals interested in making a donation or learning more about Crosswater's Haiti mission trips may visit <http://crosswaterchurch.net/childrens-health-ministries>. One hundred percent of all donations go directly to aiding the children of Haiti.

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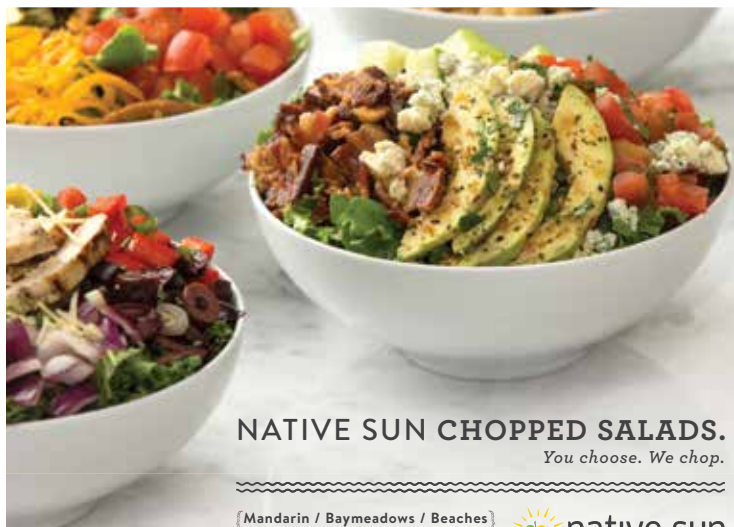
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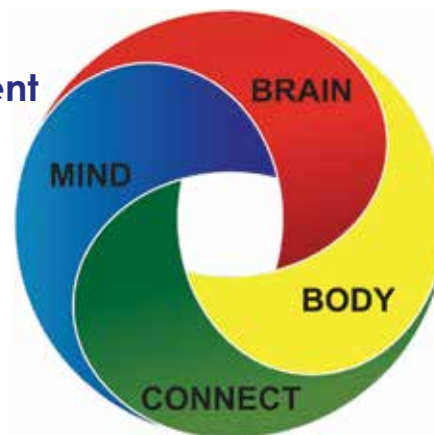
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**State launches new tool to keep adults on schedule for good health**

In an effort to encourage Florida adults to keep up to date with their health screenings and vaccinations, the Florida Department of Health recently released the Florida Health Preventive Screening and Immunization Schedule and Record.

With versions available for both men and women, the new tool provides a patient-centered schedule and record for health screenings and immunizations that are recommended for adults age 19 and older.

"As adults we often focus on the health screenings, tests and vaccines for our children and forget that we need

them too," said state Surgeon General and Secretary of Health Dr. John Armstrong. "This new checklist gives adults ownership of recommended health screenings and immunizations."

Available for download at *florida-health.gov*, the printable Immunization Schedule and Record can be used to keep track of health services and screenings. Adults are also encouraged to discuss their schedule for health screenings and immunization with their health care professional.

Following the recommended schedule for health screenings, officials say, can identify heart health risks, prevent cancer and make earlier diagnoses of cancer to save lives.



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## Komen North Florida honors Ride for the Cure supporters

By Jasmine Marshall

Susan G. Komen North Florida hosted a party April 12 to thank its sponsors, top fundraisers and survivors for their support during the Inaugural Ride for the Cure.

Held at the Mandarin Bonefish Grill, the event honored the more than 100 bicyclists who participated in the March ride, which raised \$16,000 for the organization.

"We can't give out plaques or anything of that nature to so many people, of course. But we do want to show our gratitude and our appreciation," said Delores Wise, executive director of Susan G. Komen North Florida. "We have an event like this after each ride as a way to show that we're grateful for the support."

It was support that many in attendance were happy to show.

"The rides are always a ton of fun," said Tiffany Mayer, business development manager for AmeriSpec. "When else can you ride a bicycle in a hot pink feather boa and tutu? It's all for a good cause."

The party kept with the organization's signature pink theme, with pink balloons floating above every table and a specially crafted assort-



Photo by Jasmine Marshall

Tiffany Mayer, AmeriSpec business development manager; Delores Wise, executive director of Susan G. Komen North Florida; and Director of Development and Mission Initiatives Cindy Kruty.

ment of pink foods not regularly included on the restaurant menu, including steak tartare, raspberry pickled radish salad and strawberry shortcake.

While guests were treated to the hors d'oeuvres, the next event wasn't far from their minds, as the

upcoming fundraiser quickly became a topic of conversation.

The 22nd Annual North Florida Race for the Cure, Komen North Florida's largest fundraiser, will take place in a new location this year on Oct. 15.

"This year, it'll be held at the St. John's Town Center," Director of

Development and Mission Initiatives Cindy Kruty said. "It'll be much bigger and much better so it's very exciting."

To learn more about Susan G. Komen North Florida and to find out how to register for upcoming fundraising events, visit [www.komen-northflorida.org](http://www.komen-northflorida.org).

## Attack of the pollen? Allergies aren't the bees' knees

Is your car covered in pollen and sneezes are getting the best of you? Spring is upon us and allergy season is at its peak.

Below are some simple steps to reducing exposure and symptoms of spring allergies.

### Shake it off!

The first step in improving symptoms is decreasing exposure to the particles that are causing the problem. How? All of the pollen in the air settles in our clothes and hair and ends up on pillows and linens. Wear hats and sunglasses when you are outside.

When you get home, rinse off and change clothes. Also, remember that sneezing is our body's way of clearing out our respiratory passages! Nasal washes such as a neti pot or saline rinse can help keep mucus membranes pollen-free.

Make sure to wash your hair

before bed and change sheets frequently. This helps reduce the time that we are exposed to the nasty little pollen invaders in the first place.

### A clean home is an allergen-free home

Keep on top of spring cleaning and consider buying a portable air purifier to place in your bedroom. Think of the time we spend sleeping.

We want to make sure our surrounding environment is low in dust and allergens to give our bodies a break at night.

Limit the time that the windows are open during the peak afternoon hours when pollen is dancing in the air.

### Local honey, truth or myth?

You might have heard that eating raw local honey helps introduce

pollen from our immediate area into our body to send a message to our immune system to recognize these critters and decrease our allergic response to them.

One study found that consuming local honey does not decrease spring allergies, because the sticky heavy pollen collected from the bees' knees is different than the light pollen floating in the air.

However, some clients swear by this approach. The decision is yours.

### Decreasing our allergic response

Studies have found that limiting stress, reducing food sensitivities and prioritizing our health helps strengthen our immune system and decreases our body's frustrating response to allergens.

In addition, some supplements such as quercetin and vitamin C may help by reducing the amount of histamine our bodies produce in

response to an allergen.

### Nettles

Stinging nettle (*Urtica dioica*) has a long medical history and one of its star qualities is its ability to reduce allergic rhinitis if taken prior to spring for allergy prevention. Researchers think this may be due to nettles' antihistamine properties. The leaf and stem can be taken as a dried tea or in capsulated form.

This is one to remember to start taking next year before spring approaches!

**Analisa Jahna, N.D. holds a doctorate degree in Naturopathic Medicine and specializes in women's health, weight management, auto-immune conditions and pediatrics, focusing on nutrition, botanical medicine and lifestyle coaching to educate and simplify health. Her office is located in Ponte Vedra Beach. For more information, call (904) 654-0118 or email [analisa@citrinenaturalhealth.com](mailto:analisa@citrinenaturalhealth.com).**

# Florida Blue recognizes Baptist Health for high-quality maternity care

Baptist Health area hospitals have been designated by Florida Blue as one of the first hospitals to receive the Blue Distinction® Center+ for Maternity Care designation, a new designation under the Blue Distinction Specialty Care program.

Blue Distinction Centers+ for Maternity Care, an expansion of the national Blue Distinction Specialty Care program, includes hospitals recognized for delivering high-quality, affordable specialty care safely and effectively, based on objective measures developed with input from the medical community.

To receive a Blue Distinction Centers+ for Maternity Care designation, a hospital must also meet requirements for cost efficiency. Hospitals recognized for these designations were assessed using a combination of publicly available quality information and cost measures derived from BCBS

companies' medical claims.

"Baptist Health is very fortunate to have received this recognition which speaks to the high-quality care and service we provide to the women and children within our community and abroad," said Cicely Brooks, director of perinatal and pediatric services for Baptist Health. "We pride ourselves on providing the most comprehensive services to ensure maternal and fetal well-being."

Nearly 4 million babies are born in the U.S. annually, making childbirth the most common cause of hospitalization. The new Blue Distinction Centers+ for Maternity Care program evaluates hospitals on several quality measures, including the percentage of newborns that fall into the category of early elective delivery, an ongoing concern in the medical community. Compared with babies born 39 weeks or later, early-term infants

face higher risks of infant death and respiratory ailments such as respiratory distress syndrome, pneumonia and respiratory failure. These babies also have a higher rate of admission to neonatal intensive care units.

Since 2006, the Blue Distinction Specialty Care program has helped patients find quality providers for their specialty care needs in the areas of bariatric surgery, cardiac care, complex and rare cancers, knee and hip replacements, spine surgery and transplants.

Research shows that, compared to other facilities, those designated as Blue Distinction Centers demonstrate better quality and improved outcomes for patients. On average, Blue Distinction Centers+ are also 20 percent more cost-efficient than non-Blue Distinction Center+ designated health care facilities.

## Tips for enjoying golf and avoiding injury

By Dr. Erika Hamer  
Special to the Recorder

Golf has long been heralded as one of the best ways to exercise the body and relax the mind. As in any sport, however, injuries can occur if you don't take the proper precautions.

Golf can be especially hard on the spine, often triggering back disorders. That's why keeping one's spines up to par is so important.

### Focus on posture

Proper posture — both on and off the course — is key to avoiding golf-related injuries and improving your game. For instance, a level backswing is dependent on proper posture. A backswing is actually two motions in one: the up/down movement of the arms and the rotation of the body, both directly dependent on spinal health.

That's why a healthy spine is so vital to a golfer's game. If the spine is out of alignment, the swing will be out of alignment.

Low-back injuries are particularly common among golfers. Why does golf generate — and aggravate — low-back pain?

According to researchers, the answer is two-fold: poor mechanics and today's more demanding swing. Stiff hip and back muscles are often the root causes of flawed mechanics. Also, older golfers may have back conditions that the swing aggravates: The disks between the spinal vertebrae get less elastic with the years, and therefore are less able to distribute the stresses that the swing

puts on the back.

### Warm up — and stretch!

Warming up is essential when it comes to staying in the game. Despite overwhelming evidence supporting the need to warm up, however, most golfers remain cold to the idea. Few amateur players adequately warm up before practicing or playing a round of golf. If you don't stretch prior to golfing, you are asking your body to play golf with an added handicap. Muscles that are warm and stretched properly prior to teeing off are supple and loose, which enables your body to perform to its full potential.

Why is stretching so important? Because jolting stiff muscles into action triggers muscle strain and vertebral subluxation. Additional benefits related to stretching and warming up are outlined in the Professional Golf Association (PGA) Tour Golf Academy Student Instruction Manual:

- Greater swing flexibility and motion, allowing for a solid follow-through without straining any muscles
- Improved muscle endurance
- Fewer aches, pain — and lessened chance of injury
- Increased enjoyment of the game

There are countless stretching exercises from which to choose. Start with a series of simple arm, neck and leg stretches. The key is to move slowly and deliberately, easing





# St. Johns Eye Associates brings new treatment to First Coast

A new treatment for dry eye disease is now available to local residents through St. Johns Eye Associates.

LipiFlow is a new FDA-cleared treat-

ment for dry eye disease associated with Meibomian Gland Dysfunction (MGD). MGD is the leading cause of most forms of dry eye disease.

Dry eye disease is a progressive condition that was once thought to affect only older adults. MGD affects people of all ages, however, and is

influenced by many factors, including use of digital devices and computer-intensive work environments. Research shows that fluctuating vision — having blurrier vision at certain times of the day — is one of the most common patient complaints. Other symptoms include irritated, gritty, scratchy, or burning eyes; a feeling of something in the eyes; excess watering; and blurred vision. Without treatment, experts say, dry eye disease progresses over time and ultimately can affect vision and quality of life.

Promoted as being fast and painless, LipiFlow can substantially improve the quality of life for dry eye sufferers, providing comfort to more than 85 percent of dry eye patients. What's more, patients can use their FSA/HSA dollars towards LipiFlow.

"Dry eye is one of the most common complaints I hear from patients, and it's one that shouldn't be ignored," said Dr. Sharokh Kapadia of St. Johns Eye Associates.

For more information about dry eye disease or LipiFlow technology, or to schedule a treatment, contact St. Johns Eye Associates at (904) 825-4525 (Nocatee), (904) 287-9137 (St. Johns) or visit [www.stjohnseyeassociates.com](http://www.stjohnseyeassociates.com).

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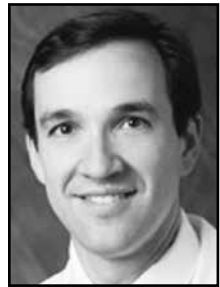
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# How to keep your heart healthy during pregnancy

**By Dr. Anthony Magnano**  
Special to the Recorder

With Mother's Day approaching, it's a time to consider not only the heart health of mothers but also of



**Dr. Anthony Magnano**  
Heart of the Matter

mothers-to-be. It is important for pregnant women to take care of their hearts because their circulatory systems are working overtime. In fact, the heart pumps 30 to 50 percent more blood than normal during

pregnancy.

The key to a healthy pregnancy is regular prenatal care, but there are a few ways to keep your heart in shape during this exciting time.

## Diet

Diet and exercise still remain the most important factors in taking control of your heart health. Most women need to increase their calorie intake during pregnancy, but ideally this should be done in a nutritious way.

Look for foods that are high in fiber, omega-3 fatty acids and vitamins.

Nuts, berries, oatmeal and beans are all good options. One type of diet to consider is Mediterranean, which includes many high-fiber nuts and whole grains.

In general, pregnant women should avoid foods high in sugar and fat because it can have negative short- and long-term effects. Limit salty foods, which can increase blood pressure, and caffeine, which can trigger irregular heartbeats. Some foods that are normally considered heart-healthy, like sprouts or store-made salads, should be avoided because they pose risks to the pregnancy.

Looking long-term, Australian researchers at the University of Adelaide found that children whose mothers ate junk food during pregnancy were more likely to crave a high-fat, high-sugar diet.

## Exercise

Exercising during pregnancy can be very beneficial, according to research from the American Pregnancy Association. It can lower blood pressure and in some cases improve sleep, increase energy and lessen pregnancy-related problems. Low-impact, moderate-intensity activities like walking, swimming and yoga are the best options. Limit

high-impact aerobic activities that pose a risk of falling or abdominal injury, like contact sports or horseback riding.

When exercising, make sure to take frequent breaks and drink extra fluids.

Don't push yourself if you get

short of breath or feel uncomfortable. It's a good idea to discuss your

HEART continues on Page 26

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## Heart

Continued from 25

exercise program with your doctor before you start one.

### Heart conditions

As more women choose to have children in their late 30s and early 40s, the percentage of pregnancies complicated by heart-related conditions has increased to about 1 to 4 percent, according to a Cleveland

Medical Clinic study. Pregnancy can make previously existing heart conditions worse or cause them to produce symptoms for the first time.

If you have heart disease and are considering a pregnancy, talk to your doctor or cardiologist about what steps you should take. Heart medications may have to be changed or stopped. Once pregnant, you should alert your cardiologist, and you may be connected with a high-risk OB-GYN.

For some women, a heart condition can emerge during the pregnancy — especially during the last trimester when more demands are put on the heart.

Hypertension is the most likely condition to develop. If you experience palpitations, chest pain or tightness, or other symptoms of heart disease, call your doctor immediately. Pregnancy with a heart condition can be managed, but it requires extra precautions and monitoring.

Overall, pregnancy is a time to go back to the basics.

A sensible diet and easy exercise are better than a strict regimen or complicated workouts. Simple, healthy choices can have great rewards for your heart, your well-being and your baby.

**Dr. Anthony Magnano is a Ponte Vedra resident and cardiac electrophysiologist at St. Vincent's Medical Center Riverside. For more information on Dr. Magnano and his specialty treating Atrial fibrillation, visit [AfibJax.com](http://AfibJax.com).**

# Planning underway for SenioRITAS tennis tournament for cancer research, treatment

Planning is now underway for the 17th Annual SenioRITAS Tennis Tournament. To be held Oct. 21-23, 2016 at Sawgrass Country Club, the charity weekend tournament raises funds for breast cancer research, education and patient programs. Under the direction of tournament chairmen Karen Aaro and Chuck Jantz, the event committee is working on plans for the festivities, which attract more than 300 women age 40 and over. All tournament proceeds go to the Mayo Clinic and Baptist Medical Center Beaches for their breast cancer treatment, education and patient services. To date, the SenioRITAS Tennis Tournament has raised more than \$1.5 million for the fight against breast cancer.

Photo courtesy of SenioRITAS



## Golf

Continued from 23

into each stretch and completing it fully. Also seek advice from your health care professional or athletic coach for suggestions on what stretches are best for you.

### Cancel the cart

Here's a simple way to dramatically improve your fitness level: Choose to walk the course, rather than rent a cart.

Walking elevates aerobic activity, increases stamina and boosts immunity, maximizing athletic perfor-

mance and warding off injury.

### Blame the bag

Although golfers tend to blame back-related problems on suboptimal swings, many golf-related injuries have nothing to do with the actual game. Golf bags, by themselves, have substantial bulk and weight. Add to that the maximum number of clubs allowed during course play — a mix of 14 irons and woods along with a dozen or so balls and assorted accessories.

The result? Enough weight to cause serious injury. Prevent bag-related injuries by asking your doctor to outline proper lifting techniques.

In addition, never carry your bag from hole to hole. Instead, invest in a portable, hand-pull cart.

### Stop for soreness

Whoever said "no pain, no gain" was far off course. If you experience pain during an activity, whether on or off the golf course, stop! Pain is your body's way of letting you know that there is a problem. It's like the "check engine" light on your car's dashboard. Rather than "playing through" pain, stop and seek medical advice to stave off more serious injury later on.

Golf is a game. It is also exercise. The No. 1 rule when embarking on

a new exercise program is to seek advice from a qualified health care professional. To go from a sedentary to active lifestyle takes time and patience.

Even if you are already actively involved in another sport, you may need to consider some modifications to your golf game until your body is fully up to par.

**Dr. Erika Hamer is a chiropractic neurologist and 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.**

# Prelude to THE PLAYERS

## Officials hope new improvements will surpass last year's tournament

By Jennifer Logue

As Ponte Vedra gears up for THE PLAYERS Championship next month, officials are hoping that a slew of improvements and new spectator offerings will help them achieve what some believe may be impossible: surpassing last year's tournament.

"We're going to have a tough time topping last year's finish and last year's weather," THE PLAYERS Championship Executive Director Matt Rapp said. "Many people have called it the best finish ever in a professional golf tournament."

Rapp was referring to 2015 champion Rickie Fowler's dramatic victory that saw him make four birdies and an eagle on his last six holes. As part of the preparations for this year's championship — to be held May 10-15 — Fowler took local media on a tour of the TPC Sawgrass Stadium Course last week and walked them through his climactic finish at the 16th, 17th and 18th holes.

"It's gonna be fun to relive the memories again when I'm back here for the (2016) tournament," Fowler said,



Photo by Susan Griffin  
Rickie Fowler relives his dramatic 2015 PLAYERS Championship win.

noting that he was looking forward to eating at TacoLu while in town for THE PLAYERS.

"That's my spot to feel like a local," Fowler quipped.

### Built with fans in mind

Building on last year's success, officials said, THE PLAYERS has made a variety of improvements designed to enhance the spectator experience. In addition to adding a new paved cart path to the popular 4th hole, the 4th tee box has been lowered four feet in order offer better views. Double-decker viewing stands at the legendary 17th hole "island green" are also expected to be popular with fans.

"That's going to be a game changer for us," Rapp said.

The Stadium Course is unique, Rapp noted, in that it was "built with the fans in mind."

"Most golf courses are built as golf courses," he said. "This course was built to host large crowds where you can see any golfer on any hole, so it has inherent advantages no other course has."

It's also a challenging course. "This course tests every club in your bag, so players really need to bring their A game," he said. "You don't see too many repeat champions here like you do at other courses."

On the culinary front, THE PLAYERS

has added a variety of new restaurants to its lineup, including Mojo Kitchen and Ponte Vedra Beach's popular new eatery Trasca & Co. The new William Hill Wine Lounge on the 8th green, meanwhile, will serve up a selection of premium wines for PLAYERS spectators.

For fans who want to stock up on PLAYERS merchandise, officials said, this year's tournament will feature both an expanded merchandise center behind the 17th hole and a new location at the 18th landing. And for those fans who can't wait until tournament week to get their goods, online shopping is available in advance at *ThePlayersChampionship.com*.

### Parking changes

This year's tournament will also feature a number of changes designed to ease traffic and parking issues. In addition to creating new walk paths, all of the ingress roads to the parking lots have been paved, officials said — an improvement they anticipate will expedite entry and exit from the lots.

THE PLAYERS continues on Page 29

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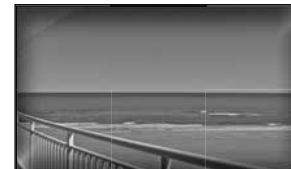
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Homesite • \$720,000  
Michael Curet



PONTE VEDRA BEACH  
3BR/3BA • \$615,000  
Jayne Young/Gwinn Volen



PONTE VEDRA BEACH  
3BR/2.5BA • \$550,000  
Suzie Connolly



NOCATEE  
4BR/3.5BA • \$375,000  
Sally Sergeant



MARSH LANDING CC  
5BR/5BA/HB • \$2,695,000  
Susan Fort or Tyler Ackland



AVALON  
3BR/2.5BA • \$1,600,000  
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3BR/3BA • \$330,000  
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# Lady Sharks playoff bound

By Jerry Norton

The Ponte Vedra Sharks softball team qualified for the regional playoffs with an impressive 6-4 win over Orange Park last week. The Sharks surprised the Raiders with a surge of power that produced a six-run advantage at the end of two innings.

The trouble started for the hosts in the Shark first with a pair of doubles by Quinlan Richmond and Maddie Sypniewski. Farley Callaghan followed with an RBI single to plate Sypniewski, then Claudia Cotto stroked the third double of the inning, driving in Callaghan with the third run. Elizabeth Fox delivered Cotto with the fourth double of the inning for the Sharks.

In the second inning the Sharks shifted their attack from doubles to home runs — the back-to-back variety — off the bats of Lauren Struble and Michelle Leone. It was Struble's first dinger of the year.

Orange Park could do nothing against Ponte Vedra's pitcher Michelle Holder for the first five innings. They reached her for three runs in the sixth and another in the seventh but by then it was too little, too late. Holder allowed four runs on seven hits. She struck out seven and issued just one walk in seven innings.

Later in the week, Ponte Vedra met Clay for the district title but the Shark power that was so evident in their two previous games was absent. The Blue Devils blanked Ponte Vedra 6-0, allowing them no hits. Nonetheless the Sharks advance to regional play as division runner-up.

## SHORT TAKES

### Just Tri It! 2016 Kids Triathlon

The Just Tri It! 2016 Kids Triathlon will be held at 8 a.m. Sunday May 15 at the Solomon Calhoun Center, 1300 Duval St. in St. Augustine. Children ages 5 through 14 can participate in this non-competitive event. The first 250 children to pick up their race packets will get a Just Tri It! t-shirt and every child that completes the race will get a medal for their accomplishment. The last day to register is Saturday May 14, from 11 a.m. to 3 p.m. For more information, visit [www.sjcf.us/Recreation/Youth/JustTriIt.aspx](http://www.sjcf.us/Recreation/Youth/JustTriIt.aspx).



Photo courtesy of THE PLAYERS Championship

The Wine Lounge presented by William Hill Estate

## THE PLAYERS

Continued from 27


Unlike in years past, parking passes will not be sold at Publix; all passes for the 2016 PLAYERS must be purchased online and in advance. Officials encouraged spectators to make their PLAYERS plans early and get their passes online now — noting that free parking will be available to carpool groups of four people or more. Shuttles will also once again operate from downtown to THE PLAYERS in an effort to ease

traffic on A1A.

### Time to shine

Rapp thanked the thousands of volunteers who help make THE PLAYERS Championship happen each year, noting that since the tournament moved to Ponte Vedra Beach in 1977, it has donated some \$75 million to local charities while also highlighting the community to the world.

“When does Northeast Florida get to showcase itself better than PLAYERS week?” Rapp asked. “Nothing else on the First Coast gets as much exposure and stands for excellence as THE PLAYERS does.”



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Sharks photos by Chris and Jerry Norton  
#17 Devin Naidoo looks to clear the ball for Ponte Vedra.

# Shark stickmen advance

By Jerry Norton

The Ponte Vedra boys' lacrosse team improved its record to 20-0 and in the process advanced to the second play-in round of the state tournament with a 21-2 win over Providence on Friday at the Stallions' home field.

The game got away from the Stallions before it was four minutes old. They found themselves on the short end of the 6-0 score and matters went down hill quickly after that. Ponte Vedra ended the first quarter leading 16-1 and led at the half 18-1.

Coach Tom West emptied his bench in the second half in an effort to keep the score down while allowing his reserves to see playoff action. The move was successful in both respects as Ponte Vedra scored just three more times and most of the Shark squad saw plenty of playing time.

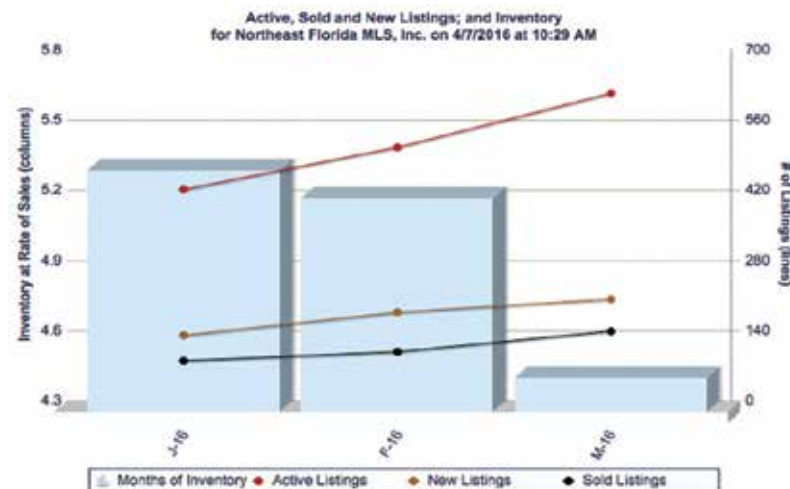
As is typical with the Sharks, many players got their name in the scorebook. Matt Keeler with four goals and one assist and Jack Burke with four goals led the Shark attack. Reid Smith finished with three goals and three assists while Devin Hoffman had three goals and one assist. Jack Woeste picked up two goals and Andrew O'Dare, CD James, Clay Welch and Austin Silva scored one each. Hal Swan added a goal and an assist while Marshall Few and Jude Kuhn had a pair of assists. Ben Buchanan picked up an assist to finish the Ponte Vedra scoring.

With the win Ponte Vedra advanced to the next round of playoffs.

## Michael Hannon's 1<sup>st</sup> Quarter 2016 Greater Ponte Vedra Real Estate Market Report

Residential real estate activity in the Greater Ponte Vedra area during the 1<sup>st</sup> Quarter of 2016 demonstrated a positive profile with an impressive absorption rate of 4.43 months of current inventory. Condominiums under \$400,000 and single family homes under \$400,000 were the 2 high demand sectors at a combined average of 2.44 months of inventory at current rate of absorption.

Total residential market activity is a benchmark commonly used by real estate economist to measure supply / demand as they relate to pricing influence, growth potential and residential real estate opportunity.



### Current Inventory Profile Greater Ponte Vedra

#### Single Family Homes (-) \$400,000

167 homes available, range \$128,900 to \$399,900 2.90 months inventory @ current rate of absorption, market demand causing upward pressure on price.

#### Single Family Homes + \$400,000

488 homes available, range \$400,960 to \$9.2 m, 5.16 months inventory @ current rate of absorption, price stable with slight upward pressure.

#### Condominiums (-) \$400,000

69 units available, range \$79,900 to \$389,900. 1.97 months inventory @ current rate of absorption, market demand causing upward pressure on price.

#### Condominiums + \$400,000

31 units available, range \$410,000 to \$1.95 m 9.25 months inventory @ current rate of absorption, spotty downward pressure on price in the upper quadrant of category.

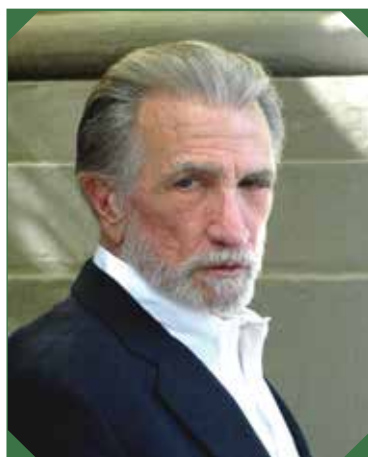
#### Lots (-) \$250,000

7 units available, range \$139,900 to \$249,900 6.66 months inventory @ current rate of absorption, price stable.

#### Lots + \$250,000

82 units available, range \$254,900 to \$ 6.595 m 7 4 months inventory @ current rate of absorption investor intense bracket, pricing values selective on location.

Disclaimer: This report includes NEFAR/flexmls statistical data for Ponte Vedra Beach, Ponte Vedra and Ponte Vedra Nocatee. Information provided is a real estate trends perspective using NEFAR / flexmls statistical information as of 4/6/16. This report does not project real estate values and should not be used for that purpose. Property information is not guaranteed. © 2016 MLS and FBS. Data population for a recent period is subject to adjustments and on going corrections in the first 10 days after closing of a given quarter as mlsflex is reliant on 3rd party member corrections to the previous month activity.



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## ARMADA NOTEBOOK

# Jacksonville

## opens NASL home schedule with 2-1 win over Miami

By Mike Bonts  
Special to the Recorder

First half goals by Junior Sandoval and Pascal Millien propelled Jacksonville (1-0-1, 3) to a 2-1 North American Soccer Club (NASL) win over Miami in the Armada's home opener at Community First Park at the Baseball Grounds of Jacksonville.

"(Our fans) are great here," said first year Armada head coach Tony Meola. "They were loud tonight as always. I think that will continue to grow as we get through to the summer. Hopefully we get some more wins and we build something here. They really helped us tonight."

The visitors couldn't capitalize on early opportunities. Their first came just nine minutes into the match. Dario Cvitanich found a streaking Jamie Chavez, but Armada goalkeeper Miguel Gallardo made one of his acrobatic saves, a scene he would repeat several times in the match.

In the 17th minute, Cvi-

tanich then headed home the ball for what looked like a score, but an offside call nullified the strike. Three minutes later Sandoval found the top right corner of the box that Miami FC keeper Daniel Vega couldn't handle.

"I saw the opening, took the shot and I was lucky enough for it to go in," Sandoval said. "It feels good to get this first win. Now we're going on the road again and hopefully get three points down (in Fort Lauderdale)."

Cvitanich tied the match on a header in the 26th minute after getting a feed from defender Adailton.

"I was proud of them in the first half because the reality was it wasn't going well in the first half but they rolled up their sleeves for 10 minutes when they had to," Meola said. "That's also important in soccer to do, so I'm really proud of the effort."

Jacksonville won the ball in the air nearly 61 percent of the time and also held a 54-46 percent possession advantage.



Photo courtesy of Jacksonville Armada

Jacksonville goalkeeper Miguel Gallardo makes one of his acrobatic saves, a scene he would repeat several times in the match.



With the 2-1 win over Miami, the Armada moved to fourth on the NASL table and to the top of the Coastal Cup standings.

Photo courtesy of Miami FC

# Shark nine blanked by Creekside

By Jerry Norton

In a tune-up for the district playoffs, the Ponte Vedra Sharks baseball team lost its final game of the regular season last week to the Creekside Knights 3-0.

Ponte Vedra's Justin Vega pitched five scoreless innings before giving way to Zach Chappell in the sixth in a scoreless ball game. Chappell had problems with his location and walked the first three Knights he faced.

With the bases loaded and no one out, Shark coach Tom Stanton went to his bullpen

bringing in lefty Jack Hahnemann.

The next batter hit a solid line drive back to the mound where Hahnemann grabbed it and threw to first to double up the Creekside base runner. Hahnemann then buckled the knees of the next batter with a 6-12 curve ball to retire the side. It was a magnificent inning for the junior reliever but the Sharks needed to score some runs and had just two innings to do that.

They failed to score in the sixth but threatened with singles by Eric Aleman and

Quinton Brehm.

Three straight singles by the visitors in the seventh off Hahnemann plus a sacrifice fly pushed three runs across in the top of the seventh.

The Sharks needed a rally in their half of the seventh and Kevin Mauro started matters with a single to right. Tanner Hay then worked a walk and the Sharks suddenly had the tying run at the plate.

Unfortunately, a strike out and two lazy fly balls to left ended the rally, sending the Sharks into the playoffs on a disappointing note.



The Sharks' Sandon Witt lines a base hit against Creekside

**THEME: MOTHER'S DAY**

1	2	3	4	5		6	7	8		9	10	11	12	
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	57	58	59					60				61	62	63
64						65	66			67				
68						69				70				
71						72				73				

**ACROSS**

- Christmas help, pl.
- Mele Kalikimaka wreath
- Oxen connector
- Poppy seed derivative
- Plus
- Emerald, e.g.
- Christmas wish?
- Last letter
- The least bit
- \*TV's smothering Goldberg
- Stay for this long?
- Biology class abbr.
- Bloodsucking hopper
- Leonardo da Vinci's "Vitruvian \_\_\_\_\_"
- American Society for Clinical Investigation
- Preserve, like mortician does
- Rush job notation
- Castle building supply
- Spurious wing
- Christian of haute-couture
- \*Taken from mom before breakfast in bed
- Month of Purim
- China Grass
- Cher or Mariah Carey
- Google alternative
- Conundrum
- Church section

**DOWN**

- Little piggy
- Blatant promotion
- Ambulance squad, acr.
- \*Mother, in German
- \*Popular Mother's Day gift
- Human trunk
- Honey Boo \_\_\_\_
- 78 playing cards
- Maroon 5 2014 hit
- Shakespearean "fuss"
- Follow as a consequence
- Jury colleague
- Cut down in March?
- Clay pigeon shooting
- Place to rest in peace
- D'Artagnan's weapon of choice
- Type of missile, acr.
- More pure
- Turkey's ancient port
- \*Like the mom in "Married with Children"
- Compass bearing
- Like utopia
- Sasquatch's Asian cousin
- Verbal exam
- Broflovski of "South Park"
- Right-angle

**SUDOKU**

		1	4	8									
7	3			1					5				9
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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.

- |                                  |  |
|----------------------------------|--|
| building extension               | unravel                                |
| 15. * ____ Mama, tropical drink  | 45. Purchaser                          |
| 20. Rodeo rope                   | 49. Draft pick                         |
| 22. Diminutive                   | 51. Speaks like an actress             |
| 24. " ____ Nemo"                 | 54. City-like                          |
| 25. *Mother, in Italian          | 56. "Million Dollar Baby" Oscar-winner |
| 26. Hailing from the East        | 57. Wry face                           |
| 27. *Ashley and Wynonna's mother | 58. Craving                            |
| 29. *Paper Mother's Day gift     | 59. Russian autocrat                   |
| 31. Spill the beans              | 60. *It can swell during pregnancy     |
| 32. Tax evader's fear            | 61. Gaelic                             |
| 33. Latin American plain         | 62. Casanova, e.g.                     |
| 34. *Bart's mom                  | 63. Let it stand, to proofreader       |
| 36. Arrogant snob                | 64. Medicinal amt.                     |
| 38. Deity, in Sanskrit           | 66. Percy Bysshe Shelley's poem        |
| 42. Synonym of                   |  |

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