

Celebrating 50 years of the

PONTE VEDRA



Recorder

April 25, 2019
Volume 47, No. 120
75 cents

Not your average newspaper, not your average reader

PonteVedraRecorder.com



Here's to
Healthcare

Pages 15-34



DISTRICT CHAMPS

The Ponte Vedra High School boys and girls lacrosse teams both won their respective district titles last week. *Flip to page 44 for more.*



Photos by Jeff Heinemann/www.theimagecaddy.com and PVHS Athletics



Business Weekly
featuring Local
Luxury Listings

Pages 35-40



PVHS names new
head football coach

Page 44

CAR OF THE WEEK

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Hugh Osteen
Florida Market Manager
hugh@opcfla.com
(843) 858-0128

Susan Griffin
Publisher
susan@opcfla.com
(904) 686-3938

Jon Blauvelt
Editor
jonb@opcfla.com
(904) 686-3939

Paris Moulden
Page Designer/Reporter
paris@opcfla.com
(904) 285-8831, ext. 3943

Amber Lake
Reporter
amber@opcfla.com
(904) 285, 8831, ext. 3945

Ed Johnson
Senior Account Executive
ed@opcfla.com
(904) 285-8831, ext. 3940

Kristin Flanagan
Account Executive
(904) 285-8831, ext. 3950

Suzanne Kirby
Account Executive
Suzanne@opcfla.com

April Snyder
Sales Assistant
aprils@opcfla.com
(904) 285-8831, ext. 3937

Bob Bueno
Circulation Manager
bbueno@opcfla.com
904-463-0962

Subscription Rates, Bulk Mail:
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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. Email submissions to pvrecorder@opcfla.com or bring them by our office at **1102 A1A N., Unit 108, Ponte Vedra Beach**. Submissions may be published in the paper, on our website or on our social media platforms.

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Also, check out the **Ponte Vedra Recorder** channel on YouTube.

WHAT'S THIS?



Do you know what this is?

Email your answer to jonb@opcfla.com by Monday 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.

One reader correctly identified last week's photo as the sign for A1A Self Storage. That person is **Linda Reed**. Congratulations, Linda — you may pick up your prize at the Recorder office during normal business hours.



ADOPT A PET

CAT OF THE WEEK

Jubilee is a 2-year-old, short-haired, grey tortoiseshell cat who came to the Pet Center as a stray. She is spayed and shy at first, but a loving cat who loves to be cuddled. Visit Jubilee today at the Pet Center. #49216



DOG OF THE WEEK

Houdini is a 2-year-old yellow Labrador retriever mix who came to the Pet Center as a stray. He is a smaller, energetic and neutered male who is ready to go. He is sponsored by the Friends of the Pet Center so there will be no adoption fee. Come see Houdini today. #49291



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

St. Johns County Pet Center

Cat adoptions 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 Road in St. Augustine, off U.S. 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.

PUZZLE SOLUTIONS

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7	3	5	4	6	2	8	9	1			

Solutions correspond to last week's puzzles.

Discover something **NEW!**

AFRICAN FOREST

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Waterfront Retreat

Located on a freshwater lagoon this home offers the best of both indoor and outdoor living. Designed for entertaining and enjoying the Florida weather, the backyard features a summer kitchen, two fire pits, and pool.
4 bedrooms, 4.5 baths \$1,216,000



Build Your Dream Home on Ponte Vedra Blvd!

One of the last remaining 150 ft pristine oceanfront lots in the sought after estate section of Ponte Vedra Blvd. This incredible lot sits comfortably protected at 27 ft elevation and a perfect distance from the shoreline. **\$2,500,000**



Intracoastal Waterfront Condo

Mariana San Pablo 2nd story condo featuring an open floor plan, luxury amenities, and a private balcony with water views.
2 bedrooms, 2.5 baths \$475,000



The Perfect Beach Escape

Las Mirandas / Oceanfront Condo Located between The Lodge and the Cabana Beach Club, this second-story condo gives elevated views of the beach while maintaining the unit's privacy and security. Includes a large covered balcony and ground floor storage.
3 bedrooms & 3 bathrooms \$1,625,000



Elizabeth Hudgins, REALTOR®

904.553.2032 cell

904.280.0486 office direct

elizabeth@elizabethhudgins.com

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COLLECTION



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\$400,000 | MLS 988115

Barbara Maple | 904.280.2829

BarbaraMaple@WatsonRealtyCorp.com



DOLPHIN COVE

13 Seatrout St., Ponte Vedra Beach, FL

\$439,000 | MLS 989287

Nancy Herbkersman | 904.271.1933

NancyH@WatsonRealtyCorp.com



SAWGRASS CC

57 Fishermans Cove Rd., Ponte Vedra Beach, FL

\$489,000 | MLS 989883

Murray Beard | 904.465.2784

MurrayBeard@WatsonRealtyCorp.com



VILANO BEACH

309 4th St., St. Augustine, FL

\$569,900 | MLS 988030

Patti Mohr | 904.813.4430

PattiMohr@WatsonRealtyCorp.com



THE ENCLAVE AT PVB

261 Sanctuary Estates Ln., Ponte Vedra Beach, FL

\$676,950 | MLS 989764

Gwen Templeton | 904.652.9003

GwenTempleton@WatsonRealtyCorp.com



COASTAL OAKS AT NOCATEE

270 Old Bluff Dr., Ponte Vedra, FL

\$711,000 | MLS 988337

Kay Kennedy | 904.631.4184

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Construction at Mickler's Landing Beach looks to improve access for beachgoers

By Amber Lake

Beginning in March, the construction project at Mickler's Landing Beach promises to add a few extra amenities to the busy access.

According to Billy Zeits, the interim director of St. Johns County Parks and Recreation, the project will widen the walkway, remodel the showers and bathrooms, landscape the area, repave the parking lot and install a shade pavilion. In addition, Zeits said he is anticipating the project to increase the number of parking spaces.

"We know how in demand that parking lot is," Zeits said. "It's been the goal to improve how people access the beach."

Zeits added, however, that until the parking lot construction begins, he won't know for sure if they will be able to increase the number of spaces. The county is working to improve emergency vehicle access in addition to resurfacing the parking lot.

Zeits said he sees the shade pavilion as a place where beachgoers can dry off before getting in their cars or wait for the shuttle service when it's running.



Photo by Amber Lake

CONSTRUCTION continues on **Page 7**

Construction at Mickler's Landing Beach will result in extra amenities to the busy access, according to the county.

Outpost lawsuit settled between Ponte Vedra Corporation and St. Johns County

By Amber Lake

An amicable end to the Outpost lawsuit between Ponte Vedra Corporation (PVC) and St. Johns County was reached April 16, with all five county commissioners voting in favor for the settlement agreement.

The settlement came after a 2016 suit regarding the rezoning of the 99-acre parcel of land owned by the Ponte Vedra Corporation, a subsidiary of GATE Petroleum. The parcel is commonly referred to as the "Outpost," which lies adjacent to the Guana Tolomato Matanzas National Estuarine Research Reserve. PVC has plans for a 66-home residential community there called "Vista Tranquilla."

PVC argued in the lawsuit that the boundaries of the Outpost had been ambiguously labeled as Conservation by the county's Future Land Use Comprehensive Plan and should be subject to change.

In the recent settlement, PVC agreed to



Photo courtesy of Lucas Peters: Aerial Photography Jacksonville

The Outpost property is located at the end of Neck Road and adjacent to the Guana Tolomato Matanzas National Estuarine Research Reserve.

keep the wetlands and a small portion of the uplands classified as conservation. The company will still seek a land use change for a portion of the land for "low density" residential development.

The local environmental advocacy group, Save Guana Now, claimed the lawsuit was only intended to bypass the public hearing process that comes with formally applying for a land use designa-

tion change. PVC has denied these claims.

Following a dismissal from the circuit court regarding PVC's motion for a Partial Summary Judgment in December 2018, PVC recently moved to settle the rest of the lawsuit. According to Misty Skipper, vice president of marketing and communications for GATE, the company plans on filing the applications for the land use change and anticipates the public hearings to be held later this year.

"We're pleased that the Ponte Vedra Corporation and the county have dismissed what's left of the lawsuit, and that their settlement agreement contains no concessions or compromises from the county," said Nicole Crosby, founder of Save Guana Now. "We welcome public hearings, however, we still remain hopeful that PVC will consider a resolution that is appropriate to the conservation designation of the land."

OUTPOST continues on **Page 7**

SJCSD students in 6th to 12th grade to receive maximum value for district final exams following cancellation

By Jon Blauvelt

Following the St. Johns County School District (SJCSD)'s decision to cancel district-created and teacher-created final exams due to technical issues, Superintendent Tim Forson announced on Tuesday that students in sixth through 12th grade will receive the maximum value possible for the exams in the affected courses.

"I feel it is important 'to do no harm' to student final grades for this year," Forson said in a letter sent to parents on Tuesday. "There are students who were counting

on this opportunity to earn percentage points that could make a difference in their grades. We will give students the full benefit of the doubt and the maximum exam score (100 percent) will be provided in the affected courses."

Forson clarified that third-quarter and fourth-quarter grades each maintain a weight of 45 percent to the final grade. The district final exam, he said, maintains a weight of 10 percent, and the maximum points will be given. As a result, he said the district final exam portion of the grade will have the greatest impact for students who are within a point or two of

the next higher letter grade.

In a letter sent to parents on Thursday, April 18, Forson said the district experienced "significant issues with the administration of the computer-based tests" during the first week of testing. The superintendent said he felt the district needed to cancel the district computer-based and paper-based exams to "remove the frustration of inconsistent test administration and protect instructional time."

Elementary students' grades will not be impacted by the cancellation of these exams, noted Forson in his letter on Tuesday. In addition, the decision to cancel

the exams does not apply to iReady, Florida Standards Assessment (FSA), state End of Course (EOC) exams, Advanced Placement, International Baccalaureate, Dual Enrollment or Cambridge AICE. Forson said these assessments are not completed on the same testing platform as the district exams.

"I am sorry for this change so late in the school year, but feel it is the right decision for both students and teachers," Forson said in his letter on Tuesday. "Thank you for your support and I look forward to a positive close to the 2018-2019 school year."

PVHS Interact Club hosts Rotary Club for meeting

By Jon Blauvelt

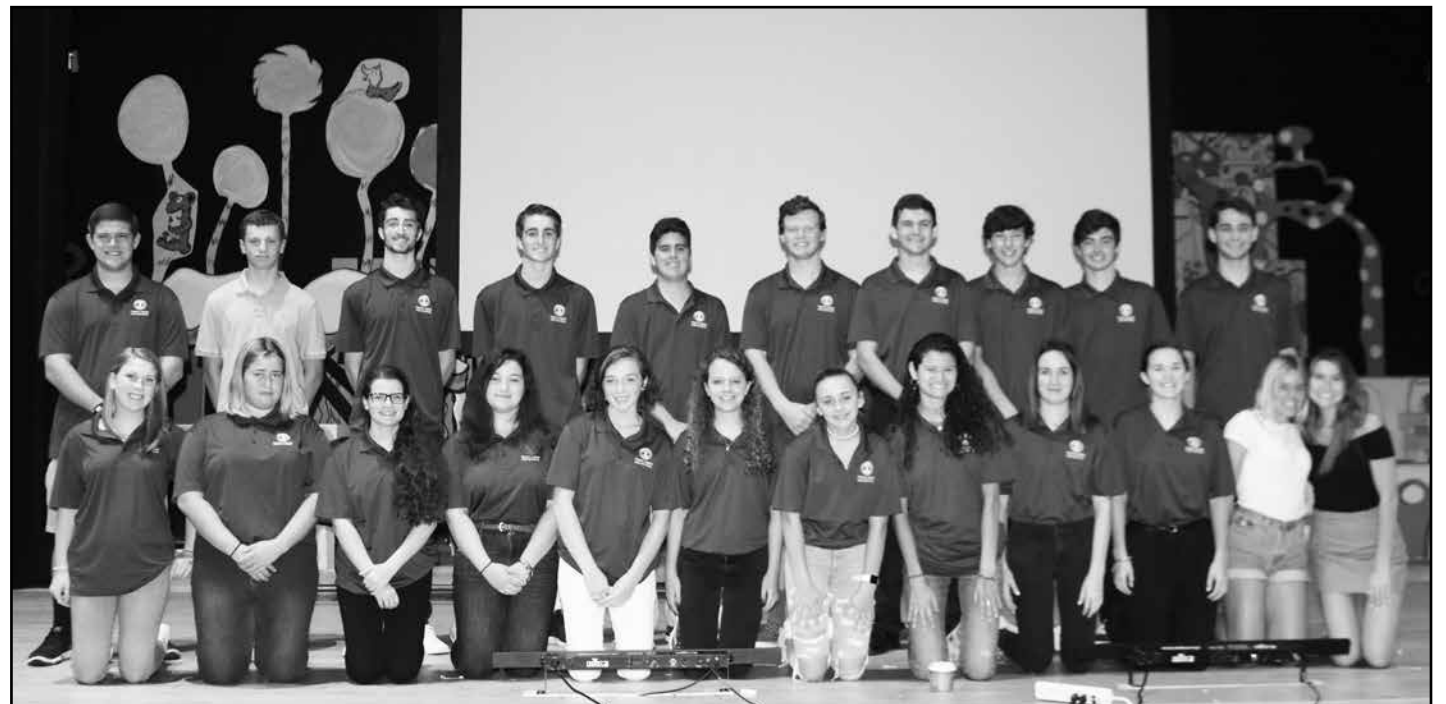
Ponte Vedra High School's Interact Club hosted the Rotary Club of Ponte Vedra Beach for its weekly meeting on Thursday, April 18, to share its recent efforts and plans.

After both clubs enjoyed breakfast and networking together, Interact Club President Tim Conroy provided a presentation about the club's service projects. The club completes a different project each month and has so far volunteered at Mission House and helped clean up trash on A1A, among several other activities.

Conroy also unveiled the club's officers for the next school year. They will be Abby Mabe, president; Gabriela Dayhoff, vice president; Connor Hickey, secretary; Jessica Mechlowitz, treasurer; Chris Nelson, communications director; and Ryan Kopriski, historian.

At the conclusion of the meeting, Rotary Club President Vickie Cavey presented Interact Club sponsor Samantha Rorabaugh with a gift to thank her for her efforts.

Interact clubs bring together young people ages 12 to 18 to develop leadership skills while discovering the power of Service Above Self. The Rotary Club of Ponte Vedra Beach is the sponsor of Ponte Vedra High School's Interact Club.



The Ponte Vedra High School Interact Club gathers on April 18 following a meeting with the Rotary Club of Ponte Vedra Beach.



The Interact Club's officers for 2019-2020 gather. Pictured are Abby Mabe, president; Gabriela Dayhoff, vice president; Connor Hickey, secretary; Jessica Mechlowitz, treasurer; Chris Nelson, communications director; and Ryan Kopriski, historian.



Interact Club Sponsor Samantha Rorabaugh and Rotary Club President Vickie Cavey

Photos by Jon Blauvelt

Lynn Layton is the president and CEO of the Monique Burr Foundation for Children and a longtime resident of Ponte Vedra.

Lynn Layton

Can you please briefly tell us about your background?

I'm from Lakeland, Georgia. I went to college at Valdosta State, where I received a degree in criminal justice with a minor in sociology. I moved to Jacksonville in 1985, and I was a banker for 25 years. I left the banking world and started a consulting business and did that for a while. When the market tanked in 2008, I applied for this job I've been here ever since.

For those who are unfamiliar, what's the story of the Monique Burr Foundation?

It's a love story really. Monique was a strong, passionate advocate for kids. She was fierce when it came to whatever it took to protect children. She and Ed had been married for 10 years. They were on their 10-year wedding anniversary trip in California when they were in an accident. Monique was killed instantly, and Ed was badly hurt. It was just devastating. A year to the day of when she was killed, Ed started the Monique Burr Foundation for Children. His mission was to make this a legacy for her allowing us to continue her work and share it with their sons. Austin is on our board now, and I expect Garrison to join soon. It's been a long time, and obviously the foundation has grown tremendously, but Monique is still a very real part of what we do.

How has the nonprofit grown since you've been in your position?

When I started, the foundation was primarily based on the First Coast. They were reaching about 16,000 students a year, with a program focused on child sexual abuse called Good Touch Bad Touch. At that point in time, it was a true foundation — it raised money and gave away grants — and it also had a program that they taught in the local school system. Fast forward to today, we have reached a little over 3 million children in Florida. We have programs in 18 other states and the Cayman Islands. We have the only comprehensive, evidence-based prevention education program in the country for the prevention of child abuse and bullying for children.

What are some of the specific programs offered by the foundation?

Overall, our commitment, our mission, our focus, our goal, is to train as many children as possible with prevention education. That goal is necessary because 95 percent of abuse is preventable through education. Currently, we have MBF Child Safety Matters for kindergarten through fifth grade, MBF Teen Safety Matters for sixth through eighth grade and we're launching in late spring or early fall MBF Teen Safety Matters for high school. The programs advance each year so that the appropriate topics are covered for that particular age group of a child. We also include bullying, cyber-bullying and digital safety in our programs, because the research says that if a child is victimized in one way, they are much more likely to be victimized in another. So, it's much more important to teach a child what to do, how to stay safe, regardless of the situation they may be in. Our programs focus on two things: five safety rules and teaching kids how to identify safe adults. Our newest program is MBF Athletes Safety Matters, which we developed as a result of what happened with USA Gymnastics. And now it is available for all youth athletes. The program is very age appropriate and very fun.



Photo by Jon Blauvelt

One of MBF's biggest fundraising events, A Night at Roy's, is coming up on Tuesday. What makes that event so special?

There is something magical about that night. I can't put my finger on it. People come to that event, and they see people they haven't seen since last year's event. There's a joy and a magic about seeing old friends. The weather is always great. The music is fantastic. We have incredible sponsors. It's like a reunion. Chef Roy Yamaguchi comes every year from Hawaii. The staff at Roy's is phenomenal. Everybody comes together for one purpose. It is such a joy to be able to look across the crowd and to see people who are having fun and supporting MBF. They're people who genuinely understand why we do what we do, and they show up every year. It's more than just an event.

How can people help MBF and get involved?

They can help us with our events. We have two events every year, A Night at Roy's and the Champions for Child Safety ProAm in December. Both of those events are very volunteer-intensive. We can always use help around the office. People can also help by sharing our

posts on social media and spreading the word; helping to make sure our program is in their child or grandchild's school; and learning prevention themselves. We have four professional development courses that are free, one-hour classes online. If they become educated, then they have a much better chance of protecting kids, and that's what we're all about. We also have a scholarship, Somer Sunshine Scholarship, that allows anyone to take the Darkness to Light's Stewards of Children training at no cost.

What do you enjoy most about living in Ponte Vedra?

I love the area because it feels like home. We have everything here. We have the beach, which is my happy place, and the Intracoastal Waterway, which has so much life with boats, dolphin, manatee, etc. It's all right here. People travel to go see that stuff, and we have it right here. It really is a special place.

Visit www.mbfpreventioneducation.org for more information on the Monique Burr Foundation for Children.

Edited by Jon Blauvelt

Construction

Continued from 4

The walkway construction is currently active, although Zeits said the project had to be stalled for a bit while they worked out the best approach to deal with erosion issues.

“Because we don’t know the type of damage the walkover could sustain and the coastal construction control line is further back from basically where the water line is, we went for a wider and little bit shorter walkover to accommodate the public,” Zeits said. “We could build it out all the way to where it used to be but it’s going to get damaged right away. ... So, we are trying to take a pragmatic and thoughtful approach.”

While beachgoers have been able to enjoy the access during the construction of the walkway, there will be times when the Mickler’s lot will be closed for construction purposes.

“(During) the project there may be periodic closures,” Zeits said. “Which the county will announce. We really appreciate everyone’s patience while we work through the project. We always encourage people to be patient when looking for parking and be patient when coming off the beach because we know that it is a really busy parking lot.”

Zeits said the county plans on announcing the date of completion for the project next week.

Outpost

Continued from 4

According to the settlement agreement, PVC does have the option to withdraw the application at any time during

the approval process.

In a statement released by PVC, however, Drew Frick, president of GATE Lands, said that he “looks forward to the process and public discussion.” Exactly when the hearings will happen has yet to be announced, although advocates for

Save Guana Now said they have been a long time coming.

As far back as June 2014, PVC first discussed plans for a subdivision and the land use change at the Outpost. Now that the lawsuit has ended, the process to develop it can continue once again.

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North Island at Marsh Landing

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Thursday, April 25	Friday, April 26	Saturday, April 27	Sunday, April 28
<p>Savvy Job Hunters Ministry workshop Learn about working for the federal government with Steve Toomey, Employment Coach for the Florida Employment Support Program, who will be presenting an overview of federal employment. The presentation is on April 25 from 9 a.m. until noon at the Christ Episcopal Church Parish Center Conference Room. Landstar System Inc. will be the featured employer and will present job opportunities and application procedures. Buddy Webster of LEADERS Professional Recruiting will be reviewing resumes, so bring several copies just in case. Email pottesen66@gmail.com for more information. Christ Episcopal Church is located at 400 San Juan Dr. in Ponte Vedra Beach.</p> <p>Lightner After Hours: Celebrating Degas' Circle While Edgar Degas did not commonly paint "en plein air," his circle of friends certainly did. Join The Lightner Museum and The Saint Augustine Art Associations' circle of friends during this month's free social event on April 25 from 6 to 8 p.m. Guests will enjoy an early evening of cocktails, light hors d'oeuvres and music by Ramona. Equally fun is a special opportunity to watch registered plein air artists painting live-happenings in our historic mezzanine area of the museum. The Degas exhibition is open during the free Lightner After Hours with a \$5 admission ticket in the museum gift shop that evening. The Lightner Museum is located at 75 King St. in St. Augustine.</p> <p>Boardwalk Talk: Jacksonville and the Roots of Southern Rock The Beaches Museum will present author, Michael Ray Fitzgerald at the historic Beaches Museum Chapel on April 25 at 6 p.m. Fitzgerald will discuss Jacksonville's rich musical heritage and the roots of Southern Rock. This talk coincides with the exhibit currently displayed at the Beaches Museum "Sand, Soul, & Rock N' Roll." The event is free to Beaches Museum members with a suggested \$5 donation for nonmembers. For more information, contact the Museum at (904) 241-5657. The Beaches Museum is located at 381 Beach Blvd. in Jacksonville Beach.</p>	<p>Veterans In-Need luncheon Hosted and served by volunteers in the We Can Be Heroes Foundation, a veterans luncheon will be held on April 26 at Clara White Mission and include submarine sandwiches from Angie's Subs, packaged chips, fruit cups and beverage. Volunteers will also provide next meal take-away to homeless and at-risk veterans. The luncheon will run from 11 a.m. to 1 p.m. Donations are always welcome. For more information or to volunteer, call (904) 705-6439 or email beth@wcbhfoundation.org. Clara White Mission is located at 613 W. Ashley St. in Jacksonville.</p> <p>JaxParks movie night: 'Ralph Breaks the Internet' Come out to Riverside Park and enjoy a movie with family and friends as JaxParks features 'Ralph Breaks the Internet' on April 26 at 8 p.m. In order to save Vanellope's video game, 'Sugar Rush,' Ralph must hack into the world wide web to find a replacement part for the game. Riverside Park is located at 753 Park St. in Jacksonville.</p> <p>Low Country Boil Join Christ Episcopal Church and enjoy a good, old-fashioned Low Country Boil on April 26. Live music, dancing, fun activities for the kids, delicious low country boil (made with and without shrimp), banana pudding and plenty of cold beer, wine and soft drinks. Tickets are \$10 for adults and \$5 per child with a \$30 per family max. The boil will be held from 6 to 9 p.m. Purchase Tickets at christepiscopalchurch.org or in the church office. Carpooling is suggested as parking is limited. Christ Episcopal Church is located at 400 San Juan Dr. in Ponte Vedra Beach.</p> <p>Catty Shack night feeding Enjoy a 45-minute guided tour of the Catty Shack on April 26. Gates open at 6 p.m. and close at 7 p.m. At 7:30 p.m., watch Catty Shack connoisseurs feed the animals as they hand out as much as 600 pounds of meat. The facility is mostly packed dirt or grass and is accessible to wheelchairs and strollers. Photography is permitted. For more information, contact (904) 757-3603 or email curt@cattyslack.com. The Catty Shack Ranch is located at 1860 Starratt Road in Jacksonville.</p>	<p>Comedy for a Cause The Rotary Club of Ponte Vedra Beach Sunset is raising funds to support many local Northeast charities by hosting "Comedy for a Cause" on April 27 at the University of North Florida Robinson Theater. Join award-winning comedian Danny Johnson and his friends for a night of unlimited laughter. The show runs from 6:30 to 10 p.m., with the night starting off with a silent auction, a 50/50 raffle, complimentary hors d'oeuvres and a cash bar. Proceeds will benefit the Ponte Vedra Beach Sunset Rotary Club's key beneficiaries, including the Peace of Heart Community and various Northeast Florida charities, The Rotary Foundation and End Polio Now. For tickets and more information, email rotary@comedy4acause.org. The UNF Robinson Theater is located at 1 UNF Dr., Building 14A in Jacksonville.</p> <p>Fletcher All-Class Block Party The Beaches Museum will host the annual Fletcher All-Class Block Party will be held on April 27 from 6 to 10 p.m. The event is the Beaches Museum's second largest fundraiser and celebrates the Beaches community's high school, Duncan U. Fletcher. This year's theme is "Homecoming at the Beaches" and will feature a display on Fletcher's Homecoming kings and queens and other recognitions of homecoming traditions. For more information or to purchase tickets, call 904-241-5657 or visit www.beaches-museum.org. The Beaches Museum is located at 381 Beach Blvd. in Jacksonville Beach.</p> <p>Berkshire Hathaway Shredding event Join Berkshire Hathaway's Shredding event at Mill Creek Dentistry on April 27 from 9:30 a.m. to noon. Everyone is welcome to bring personal documents to be securely shredded for free by UltraShred Technologies. Please bring a non-perishable food donation, as well. Peanut butter (16-18 oz. plastic jars), canned beans (15 oz. cans of legumes – navy, kidney, pinto, etc.) and canned vegetables (15 oz. cans) are needed. Donations will go to a local food pantry and Pie in the Sky community alliance in St. Johns County. Contact Tracy Glochau at (904) 874-2640 for more information. Mill Creek Dentistry is located at 149 Tuscan Way in St. Augustine.</p>	<p>Sundays at Surfer the Bar Every Sunday, join Big Fish Power Yoga for a free Music & Flow class at Surfer the Bar. The class is held upstairs at the bar and runs from 10 to 11 a.m. every week. Bring friends and family and enjoy brunch and mimosas downstairs following class. Register under classes on bigfishpoweryoga.com. Surfer the Bar is located at 200 First St. in Jacksonville Beach.</p> <p>Swing Dance Sundays Swing Dance Sundays is a weekly event with free lessons starting at 7 p.m. at The Volstead. Attendees can either bring a partner or come alone. The Volstead is located at 115 West Adams St. in Jacksonville.</p> <p>23rd annual 'Taste of St. Augustine' The 23rd annual "Taste of St. Augustine" is back on April 28 at the St. Augustine Amphitheatre. "The Taste of St. Augustine" is the city's premiere outdoor food festival, that serves up exciting "tastes" from over 20 of St. Augustine's famous restaurants, such as Dog Rose Brewery, Fried Chicken Kitchen, Le Pavillon, Meehan's Irish Pub, OC Whites Seafood & Spirits and plenty more. Restaurants will compete for the prestigious TOSTA (Taste of St. Augustine) awards, with categories including Best Family Dining, Best Ethnic, Best Upscale, and Best Dessert, as well as the ever popular "People's Choice" voted on by patrons of the event. Admission is \$5 with food and beverage tickets on sale for \$1 each. For more information, call (904) 829-3295. The St. Augustine Amphitheater is located at 1340C A1A S. in St. Augustine.</p> <p>'Game of Thrones' viewing party at Hoptinger Bier Garden Calling all 'Game of Thrones' fans, Winter is here! Hoptinger Bier Garden & Sausage House will be hosting a Game of Thrones viewing party every Sunday night for the final season! Join every Sunday from 9 p.m. to close for food and drink specials, such as \$3 bar snacks, \$3 wines, \$6 dragon wings and a weekly \$5 contest cocktail, where each purchase of this cocktail will come with a raffle ticket to win a prize at the end of the night. Hoptinger Bier Garden & Sausage House is located at 333 First St N. in Jacksonville Beach.</p>

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Monday, April 29	Tuesday, April 30	Wednesday, May 1	Thursday, May 2
<p>First Coast Surfrider chapter meeting First Coast Surfrider will hold its monthly chapter meeting where community members can learn how to get involved, stay updated with the chapter's local and national news and meet other like-minded ocean enthusiasts. The meeting will be held in one of the large conference rooms at the Ponte Vedra Branch Library on April 29 from 6:30 to 7:45 p.m. The Ponte Vedra Branch Library is located at 101 Library Blvd. in Ponte Vedra Beach.</p> <p>Jewelry beading class Join instructor Shirley Nacey at River House to make bracelets and necklaces with unique and intriguing beads to enhance one's style or as a gift to a family member or friend. Classes are held every Monday until April 29. Class hours are 1 to 3 p.m. Cost is \$40 for River House members and \$50 for non-members. Please call (904) 209-3655 to make a reservation. River House is located at 179 Marine St. in St. Augustine.</p> <p>Sensual Wine Discovery Kara Joseph, founder of Wine Inspired, will be at Restaurant Orsay on April 29 from 6 to 9 p.m. to guide wine lovers on a unique journey to expand their minds and palate. The wines will not only be tasted, learned from and enjoyed, but they will be expertly paired with food. Tickets and more information can be found on www.bewineinspired.com. Restaurant Orsay is located at 3630 Park St. in Jacksonville.</p> <p>2019 Trinity Episcopal Parish Annual Charity Golf Classic Trinity Episcopal Parish will be hosting its annual charity golf classic at the Palencia Club on April 29 from 7:30 a.m. to 2 p.m. All Golf Classic proceeds go to support Trinity's outreach programs, such as Project SOS, Dining with Dignity, Young Life, Habitat for Humanity and more. The format is Captain's Choice Scramble and the registration fee is \$100 per person, which includes golf, registration gift, breakfast, lunch, competition awards and golf cart goodie bags. There will also be raffle drawings for golf equipment and other valuable prizes. Visit www.trinityepiscopalparish.org for more information. The Palencia Club is located at 600 Palencia Club Dr. in St. Augustine.</p>	<p>Palm Valley farmers market The Palm Valley farmer's market will be held every Tuesday from 1 to 4 p.m. at the Community Center. The Farmers Market features produce, seafood, jams, baked goods and more. For more information, visit their Facebook page, Palm Valley Farmers Market. Palm Valley Farmers Market is located at 148 Canal Blvd. in Ponte Vedra Beach.</p> <p>'A Night at Roy's' with the Monique Burr Foundation Enjoy tropical libations, fine wines, live music, a live and silent auction and delicious Hawaiian-influenced cuisine by world-renowned chef, Roy Yamaguchi, for the Monique Burr Foundation's annual fundraiser on April 30. Funds raised will help the Monique Burr Foundation teach children and teens how to keep safe from bullying, cyberbullying, child abuse (sexual, physical, emotional, and neglect) and through its Prevention Education Programs. The fundraiser is from 6 to 9 p.m. at Roy's Restaurant. For tickets and more information, visit www.ANightatRoys.com. Roy's Restaurant is located at 2400 3rd St. S. in Jacksonville Beach.</p> <p>Pop-up Exhibit See four artists display their works at the Ponte Vedra Cultural Center's first, "Pop-up Exhibit" on April 30 from 6 to 8:30 p.m. The exhibit will showcase works by Jim Draper, Enrique Mora, and twins, Heather Blanton and Holly Blanton. The event will feature live music, hors d'oeuvres and a wine tasting. Art will be available for purchase with a percentage of proceeds going towards supporting the Cultural Center. Tickets are \$25 for members and \$30 for the public. For more information, call (904) 280-0614. The Ponte Vedra Cultural Center is located at 50 Executive Way in Ponte Vedra Beach.</p> <p>First Coast Card Club playing date The First Coast Card Club will host a playing date at the Anastasia Island Library on April 30 at 1 p.m. The event is free to attend with walk-ins and guests welcome. Refreshments will be provided. Contact the club organizer at (904) 829-0643 to RSVP or for more information. The Anastasia Island Library is located at 124 Sea Grove Main St. in St. Augustine Beach.</p>	<p>Greenhouse Yoga Join Maggie's Herb Farm every Wednesday and Friday morning from 10 to 11:30 a.m. for a mindful Kripalu flow yoga practice in the greenhouse at Maggie's Herb Farm. Practice yoga surrounded by beautiful greenery, butterflies, herbs, hummingbirds and free-range chickens. Attendees are encouraged to bring their yoga mat, towel and water bottle. Pre-registration is not required. Maggie's Herb Farm is located at 11400 Country Road 13 N. in St. Augustine.</p> <p>Dave Matthews Band at VyStar Veterans Memorial Arena Nineties American rockband Dave Matthews Band will be "crashing into" the VyStar Veterans Memorial Arena on May 1 at 8 p.m. Enjoy the rocking nostalgia of the 90's as DMB plays hits from past albums, as well as their newest album from 2018, "Come Tomorrow." For tickets and more information, visit www.TicketMaster.com. The VyStar Veterans Memorial Arena is located at 300 A Philip Randolph Blvd. in Jacksonville.</p> <p>First Wednesday Artwalk Time to folk things up at the First Wednesday Art Walk! On May 1, Art Walk will host its Folk Music Festival to support the exhibition, "On The Fringe: Blurred Lines of Florida Folk," on display in the Jax Makerspace Gallery. First Wednesday Artwalk aims to bring people to the cultural and historical center of the city and showcase Jacksonville's deep and energetic pool of creative talent. Open to visual and performing artists, Art Walk is on the first Wednesday of every month from 5 to 9 p.m., rain or shine in downtown Jacksonville, centering in Hemming Park. Explore Jacksonville's local art, talent, food, businesses and more. For more information, contact Hemming Park at (904) 515-5098. Hemming Park is located at 135 W. Monroe St in Jacksonville.</p> <p>Family Bingo Join Trasca & Co Eatery for a family-fun evening every Wednesday. The popular restaurant will feature Family Bingo with pizza specials, craft beer specials and tons of fun. Bingo starts at 6 and runs until 8 p.m. Trasca & Co Eatery is located at 155 Tourside Drive in Ponte Vedra Beach.</p>	<p>Pint and Paddle Join Wicked Barley Brewing Company and Black Creek Outfitters for a fun paddling session at Goodby's Creek on May 2. Meet up time will be at 6 p.m. at the creek. Bring a kayak or paddleboard or rent one at Black Creek Outfitters in advance. Certified instructors will be at the event to make sure everyone has a great experience on the water. Spots must be reserved in advance and a life jacket, whistle and leash (for paddle boarders) are required. One must be 13 years or older to attend the paddle and know how to swim. Tickets are \$10 and can be purchased by visiting the "Pint & Paddle at Wicked Barley" Facebook event page. For kayak rentals and reservations, call Black Creek Outfitters at (904) 645-7003. For more information, call Wicked Barley at (904) 379-7077. Wicked Barley is located at 4100 Baymeadows Road in Jacksonville.</p> <p>Chasing Degas: A lecture from Robert Flynn Johnson Meet collector and curator Robert Flynn Johnson at the Lightner Museum and hear the fascinating details of building his collection for the making of his Edgar Degas: The Private Impressionist exhibition. Johnson has been an art collector and curator for over 30 years with the Achenbach Foundation for Graphic Arts and the Fine Arts Museum of San Francisco. His passion for collecting Degas' work grew to intriguing heights over the years. On May 2 from 6 to 8 p.m., lecture attendees will take pleasure in learning first-hand how Degas' artistic genius first captured Johnson's attention and of the many adventures while tracking down his works on paper, along with the works of his circle of artistic colleagues. Tickets are \$20 for museum members and \$25 for non-members. For more information, email info@lightnermuseum.org. The Lightner Museum is located at 75 King St. in St. Augustine.</p> <p>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 Daniela@opcfla.com or call (904) 686-3939.</p>

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Congratulations to our winners of the Easter Coloring Contest (above). You may pick up your prize at the Recorder office during normal business hours.

- Julie Streit, age 4, of Ponte Vedra
- Emily Salamon, age 8, of Ponte Vedra Beach
- HonahLeigh McConnell, age 10, of Ponte Vedra

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Local residents celebrate Easter at annual parade in St. Augustine



Hundreds of First Coast residents celebrated Easter on Saturday by attending the annual St. Augustine Easter Parade.

The parade route started at the Old Jail Museum and ran through the historic district in downtown St. Augustine. Family friendly and fun aspects of the parade included prizes awarded to parade participants. Categories for prizes were open, historic and Easter divisions.

The St. Augustine Easter Parade began with the organization of the nonprofit, St. Augustine Easter Week Festival. The parade is known as the Parada de los Caballos y Coches, Parade of Horses and Carriages and features St. Augustine's Royal Family, the Easter Bunny, clowns, drill teams, community floats and marching bands. The St. Augustine Easter Week Festival culminates with the Parade, a tradition headed by Sandy Tilton, president of the St. Augustine Easter Week Festival.



Photos by Jon Blauvelt



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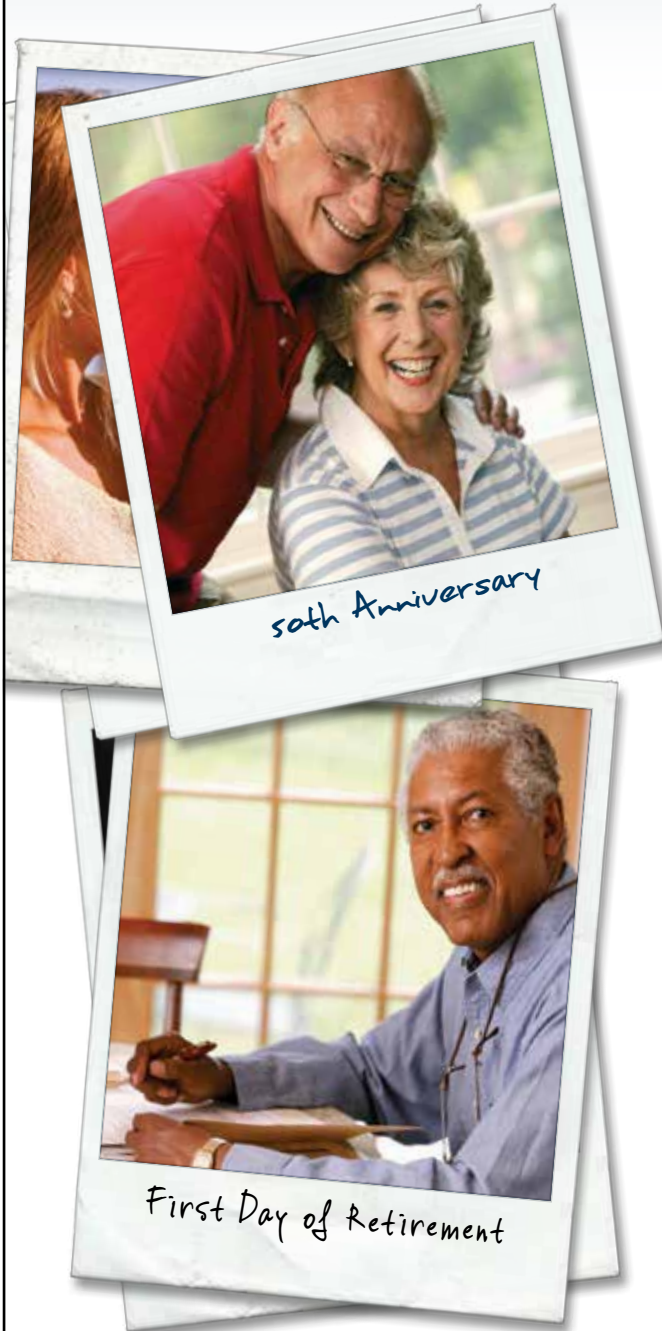
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Photo by Susan Griffin

The Easter Bunny poses with baby Ella at the Nocatee Farmers Market on Saturday.

Nocatee celebrates changing of the season, Easter at Farmers Market

Held on Saturday, the monthly Nocatee Farmers Market featured a Spring Fling theme, celebrating the changing of the season and the Easter holiday.

The event featured a petting zoo, live music by Firewater Tent Revival and a special appearance by the Easter Bunny, who took photos with attendees.

The next Farmers Market will be held May 18 and will feature a Jacksonville Jaguars rally.

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OBITUARIES

Georganna Stephens

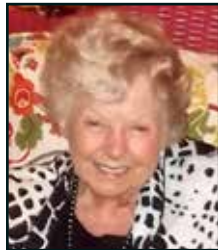
Georganna Stephens of Ponte Vedra died April 9, 2019 with her son and daughter-in-law at her side.

She was the first of three children of John and Eva Schumacher, born February 14, 1927 in Seymour, Illinois.

She graduated from Bedford Indiana High School, married her high school sweetheart and gave birth to her only son.

She worked as a switchboard operator in Bedford, a medical secretary in Bloomington, Indiana and was the executive secretary of a steel company president in Chicago. Interviewed by Studs Turkel she was immortalized in one of his books. After the death of her husband and three years after her son graduated from high school, she married Orren Leslie. Shortly after the marriage they moved to St. Catharines, Ontario where she maintained a home for Orren and his three children from a previous marriage. She also did volunteer work for the Maycourt of Canada School for crippled children, the Red Cross of Hamilton, Canada as well as the Art Center of St. Catharines.

They retired to Innisbrook in Palm Harbor, Florida where she organized



Georganna Stephens

fundraising events for hospice and was a hospice volunteer. She continued to live at Innisbrook after Orren's death.

She married fellow Innisbrook resident Harry Sutton. They lived in Tarpon Woods, traveled the world until his death when she moved back to Innisbrook.

While on a cruise in Europe she met Malcom Stephens of St Augustine, Florida. They eventually married and moved to Ponte Vedra after a brief time in St Augustine. They became members of Vicar's Landing on February 25, 2009. After Malcolm's death she lived at The Stratford until her recent death.

She is survived by her son Terry R. Bivins and his wife Lyn of Chicago, Illinois; brother David Schumacher of Lancaster, Pennsylvania and his family; and sister Kathleen Combs, of Owensberg, Indiana and her large family.

From the Leslie family she is survived by Margaret Leslie Withall and her husband Gary of Wayne, Illinois as well as their two children and two grandchildren.

She is also survived by her stepdaughter Nancy Sutton Scott and her husband Ron of Holmes Beach, Florida.

From the Stephens family she is survived by Susan Conway and her husband David of Houston, Texas and their two children and Malcolm Stephens III and his wife Audrey and their daughter of St. Augustine, Florida. As well as Lisa Stephens of Bath, Massachusetts and her son.

OBITUARIES continues on Page 14

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Obituaries

Continued from 13

She was a member of Trinity Episcopal Parish in St. Augustine and Christ Church in Ponte Vedra.

A memorial service will be held at 11:30 a.m., Saturday, May 11th in the Chapel of Quinn-Shalz Funeral Home, 3600 Third Street South, Jacksonville Beach 32250.

Donations in her memory may be made to: Vicar's Employee Scholarship Fund. Payments should be made to "Vicar's Member's Trust" and mailed to 1000 Vicar's Landing Way, Ponte Vedra Beach, FL 32082 or "Development" Mayo Clinic, 4500 San Pablo Road, Jacksonville, FL 32224. In the memo state "Kidney Disease Research."

Please visit the online tribute at www.quinn-shalz.com. Arrangements by Quinn-Shalz Family Funeral Home.



A Family Funeral Home & Cremation Centre
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Gary Joseph Kenney

Gary Joseph Kenney, 30, of Jacksonville, died April 19, 2019. Arrangements by Quinn-Shalz, a Family Funeral Home & Cremation Centre.

**Crossroads at Seaside
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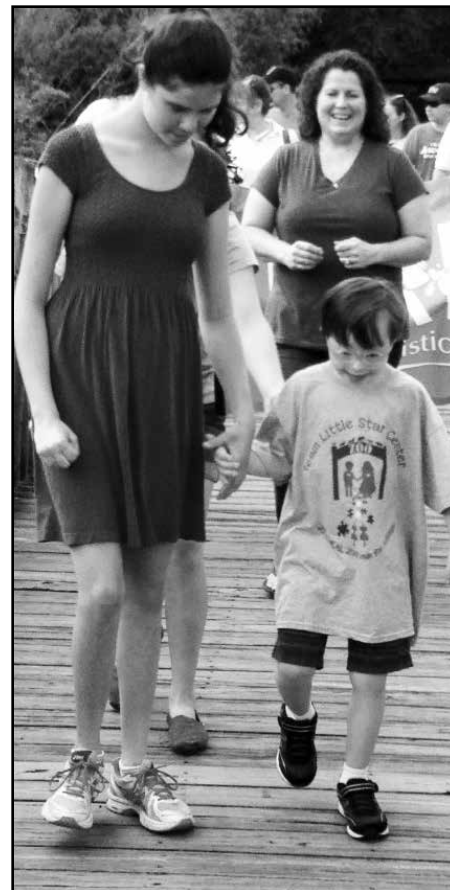
Saturday
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8:00AM-2:00PM

NEWCOMERS OF THE BEACHES HOST SPRING FASHION SHOW



The Newcomers of the Beaches hosted their annual Spring Fashion Event at the Sawgrass Beach Club on April 10. This year's fashions and accessories were presented by Stein Mart. Pictured is Nancy Ziolkowski, Cheryl Kuntsen, Christine Smith, Cheryl Rowbottom, Peggy Knowles, Viky Divertie and Mary West. Newcomers of the Beaches is a nonprofit social club for women who are new to the Beaches community or who are recently retired, widowed or divorced. For a complete list of organization activities, visit www.newcomersofthebeaches.com

Photo courtesy of Lisa Grabeman



Photos courtesy of the HEAL Foundation
The Ponte Vedra Beach-based HEAL (Helping Enrich Autistic Lives) Foundation will hold the 11th annual HEAL Autism Walk at the Zoo on Sunday, April 28.

HEAL Foundation to hold autism walk at the Zoo April 28

The Ponte Vedra Beach-based HEAL (Helping Enrich Autistic Lives) Foundation will bring local families together on Sunday, April 28, for the 11th annual HEAL Autism Walk at the Zoo.

The event is a fun-filled day of zoo animals, music and activities. Registration will begin at 7:30 a.m., and the walk begins at 8:30 a.m. at the Jacksonville Zoo and Gardens. Proceeds from the event will support the autism community through grants to local schools, programs, camps and educators in support of individuals with autism spectrum disorders.

Following the walk, the HEAL After Party will take place on the Great Lawn. Jordan Price (emcee) and DJ MoneyGud from POWER 106.1 will host the After

Party, which will feature music, bounce houses, face painting and a rock-climbing wall. The 2018 walk attracted 2,200 participants and raised over \$55,000.

HEAL has gifted over \$2 million in grants to local camps, support groups, seminars, organizations and schools that serve those with autism. After witnessing the progress students with autism are making with iPads, HEAL has gifted 400 iPads to local Exceptional Student Education (ESE) classrooms through the iHEAL - iPads Helping Enrich Autistic Lives initiative. HEAL's next initiative is to gift five all abilities parks to ensure people of all abilities are able to play, learn, socialize and have fun in the community.



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Here's to Healthcare

**APRIL 25, 2019
SPECIAL SECTION**

Celebrating 50 years of the
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Forging the future of medical care for those who served and others

Telemedicine is helping veteran help other veterans; new eMDnow clinic opening in Ponte Vedra May 1

By Paris Moulden

The medical industry has made many amazing strides with the use of technology, and now technology is being used to grant greater access to healthcare services and bypass long waits and burdensome traffic and commuting issues.

For Dr. Ivorique Turner, a Nocatee resident and CEO/medical director of eMDnow, helping military veterans in the process is an added bonus. Turner is a board-certified family medicine physician and a 15-year veteran of the U.S. Navy. She previously served as assistant chief medical officer of the Jacksonville VA Outpatient Clinics, but she left the position in May 2018 in the hopes of finding a

more efficient way to serve veterans when it comes to healthcare. Turner said the VA clinics do the best they can with what they have, but, oftentimes, veterans fall through the cracks when it comes to their healthcare needs.

"It was disheartening to see how we really aren't able to move the mark as far as veteran access is concerned," Turner said.

Dr. Turner said while those at the VA work hard to help veterans, it is also woefully understaffed, which puts a greater burden not only on the system, but the veterans who depend on its services.

"The VA itself, nationwide, is approximately 50,000 employees short," she said. "Critical positions are not being filled right now."

WHY I SERVE

Featuring Wounded Warrior Project

Josh Wathen



In this edition of *Why I Serve*, featuring Wounded Warrior Project, the Recorder sat down with Nocatee resident Josh Wathen, an Army veteran who served as a military police officer in Afghanistan, Iraq and Kyrgyzstan. Wathen was hit by an improvised explosive device (IED) twice while on patrols in Iraq. He currently is in graduate school at University of North Florida (UNF) and is a grad manager with the men's basketball team.

What do you take away from the IED experiences?

I'm just thankful that I came home, because there are a lot of servicemembers who didn't. Being over there, serving our country and going through an incident like that was very memorable. It was maybe the worst part but the best part because I knew why I was there.

What did you learn most from your military experiences?

Probably leadership. In my 11 years, I was always in charge of a small group from early on in my career. So, it gave me a good understanding of what it took to be a good leader. I had a lot of great leaders above me that I learned from, so it was a rewarding experience.

What would be your advice to someone who might be joining the military soon?

Take it seriously. It's a great experience. When you're getting started in basic training, you might think why I am here, what am I doing, this is hard. You have great leaders before you, and they want nothing but the best for you, even when it may seem like they're being difficult on you. They're really just trying to get the best out of you and prepare you for a great future.

To watch the entire video interview, visit pontevedrarecorder.com and click *Why I Serve*.

A special series featuring



www.woundedwarriorproject.org



Photo courtesy of Dr. Ivorique Turner

Dr. Ivorique Turner created eMDnow to help veterans have easier access to healthcare services. She is opening up a clinic in Ponte Vedra Beach, which will serve veterans and others in the area.

To help fill the gap left by an overburdened system, Dr. Turner and her husband, Dexter Turner, created eMDnow. Veterans aren't the only ones who can benefit from eMDnow, but Turner said for her and Dexter, a former biomedical engineer for the VA, it was working with veterans in the VA system that really inspired them to create the on-demand service.

The Turners wanted to give veterans a way to faster address less serious medical issues that might necessitate a trip to a walk-in clinic or the need for medication, but without the long waits and red tape. She said the VA doesn't have an adequate walk-in system in place and veterans are not guaranteed an appointment if they do walk in. If they do get an appointment, it could be days or weeks down the road, and some veterans, depending on circumstances, may not even qualify for the VA services.

Because of those factors, the Turners thought veterans would be great candidates for telemedicine services, which brings doctors to patients rather than the other way around.

"We just thought this was a more unique approach," Turner said.

eMDnow is based on the principles of telemedicine and is part of the greater

telehealth system, which is the ability to receive care remotely. It allows physicians to conduct clinical evaluations of patients online through use of a video monitor. Turner said the system is set up safely and securely, so the patient's privacy is protected, and eMDNow even has an app that can be downloaded on Apple or Android devices for easier access.

"It's a perfect venue for seeing more patients that I could normally," she said.

Telemedicine also allows Turner to refill prescriptions remotely so patients don't have to wait hours at a facility and can have access to medication and prescription refills from wherever they are.

"Through telemedicine, I can reach veterans all over Florida," Turner said. "We're able to go where the veterans are."

For those not ready to embrace the technology, the Turners have also opened a physical location at 3416 Moncrief Road in Jacksonville and are opening another location in Ponte Vedra Beach on May 1.

The Ponte Vedra Beach clinic is located at 1106 A1A N., Suite 100-A, and offers other benefits as well as the telemedicine. The clinic will provide direct primary care, veterans services including disability

High stress increases risk of heart disease, new research finds



By Dr. Anthony Magnano
Special to the Recorder

Racing heart. Upset stomach. Irritability. These stress symptoms are more than just a side effect of emotional turmoil. Stress can lead to a whole host of health problems, from ulcers and irritable bowel syndrome to major issues such as heart disease — the leading killer of Americans.

New medical research shows that individuals with high stress are vulnerable to diseases such as heart failure, arrhythmia or atrial fibrillation (AFib), stroke, high blood pressure (hypertension) and heart attack. April is Stress Awareness Month, so now is the perfect time to address your stress, learn how to cope and keep your heart healthy.

LINK BETWEEN STRESS AND HEART DISEASE

A study published this month in BMJ, a leading medical journal, followed 137,000 patients for more than 25 years and found a strong connection between stress and heart disease. Patients with stress-related disorders, such as PTSD or acute stress following a traumatic event, had a 70 percent higher risk of developing cardiovascular disease in the first year after diagnosis. The study found that stress has long-lasting effects on the heart as well — patients had a 29 percent increased risk for all cardiovascular disease in the long-term. Most people experience at least one traumatic event in their lives, such as the death of a loved one, so it's important to be aware of this increased risk.

These findings are consistent with past research, which has found that stress increases the overall inflammation in our bodies and arteries. This may be one reason why stress and heart disease are related. Stressful situations set off a release of adrenaline in the body, causing your breathing and heart rate to speed up and your blood pressure to rise. When stress is constant or chronic, your body remains in this high-gear “fight or flight” mode, which can tighten blood vessels and damage arteries.

STRESS MANAGEMENT TOOLS FOR YOUR HEART HEALTH

Stressful circumstances are inevitable, but it is how we choose to deal with our stress that can make or break us. If you find yourself eating to calm down, drinking alcohol or smoking to relax, procrastinating, working too much or suffering from insomnia, you may not be dealing with stress as well as you could.

The good news is that you can take steps to reduce your stress that will improve both your mental and physical wellbeing. Committing to regular exercise is a heart-healthy habit, and research shows that people who exercise report fewer days of bad mental health. Even if it's just a simple walk, moving your body can work wonders for your heart and your stress levels.

Doing things you enjoy is another simple way to relieve stress. Finding time each day for stress-reducing hobbies such as gardening, reading a book, meeting with a friend, playing with pets or listening to music can have significant positive impacts on your heart. Yoga,

MAGNANO continues on Page 18



Photos by Susan Griffin

Representatives of UF Health and the St. Johns County Chamber of Commerce gather for a ribbon-cutting ceremony to celebrate the opening of UF Health's new family medicine and pediatrics office in Nocatee. Pictured is David Godwin, Dr. Victoria Array, Isabelle Renault, Dr. Leon L. Haley Jr., Dr. Katherine McMullan and Toni Boudreaux-Godwin.

UF Health holds ribbon-cutting ceremony for new Nocatee clinic

UF Health recently hosted a ribbon-cutting ceremony with the St. Johns County Chamber of Commerce for its new clinic in Nocatee located off Valley Ridge Boulevard.

Opened April 1, the family medicine and pediatrics office will provide annual checkups, chronic disease management, flu shots and vaccinations, geriatric care, minor procedures, sports physicals and well-baby visits. Additional on-site services will be offered by UF Health specialists and include gynecology, psychiatry and urology.

The primary care physicians live in Nocatee and welcome patients of all ages, from infants to senior adults. Victoria Array, MD, has been a UF Health pediatrician for 28 years. She and her husband recently moved to Nocatee, and she is looking forward to treating children in her new community. Katherine McMullan, MD, specializes in family medicine. She joined UF Health in 2018 and loves living in Nocatee with her family.

The office is located at 203 Fort Wade Road, Suite 200, one mile north of the Nocatee Town Center. For more information, visit ufhealthjax.org/nocatee.



Dr. Leon L. Haley Jr., CEO of UF Health, addresses attendees of the event.



Isabelle Renault, president and CEO of the St. Johns County Chamber of Commerce, addresses attendees of the ribbon cutting.

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Results after 6 treatments. Courtesy of Scott Callahan, MD

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eMDnow

Continued from 16

exams, women's services, prescription refills and vaccinations. The facility is also offering membership-based primary care, which allows for a certain number of visits per year, vaccinations, lab work and more, and doesn't require insurance.

Turner said telemedicine is the direction the medical field is going as people seek more convenient ways of doing things and simplifying their daily lives.

"We have to be able to think outside the box," she said. "People are more tech-savvy, they're more often on the move and to not have to go and sit in a doctor's



Dr. Ivorique Turner

office is very valuable."

The main benefit of the services eMDnow provides is universal, whether veteran or not, and puts the focus of healthcare where it needs to be.

"My goal was to change the way we think about medicine and being able to better meet the needs of the patient," Turner said.

For more information on eMDnow, visit www.myemdnow.com, call 1-800-511-0497 or check it out on Facebook, Instagram and Twitter @eMDnow.

Magnano

Continued from 17

meditation and deep breathing exercises are great stress-busting activities too. The key is to find what makes you feel good and make it a practice.

Finally, place a focus on eating a balanced diet. Foods full of refined carbohydrates and sugar, such as in packaged snacks and sodas, lead to a metabolic roller coaster that can crash your mood. On the other hand, heart-healthy diets high in fruits, vegetables, whole grains and lean proteins leave you feeling nour-

ished inside and out.

These habits may help reduce your stress, but if you've experienced a traumatic event, have a stress-related disorder such as PTSD or suffer from anxiety, it is important to consult with a doctor about seeking counseling services or medical treatment. You don't have to grin and bear it — you can address your stress and live a happier, healthier life.

Dr. Anthony Magnano is a Ponte Vedra resident and cardiologist at St. Vincent's Medical Center Riverside. For more information on Dr. Magnano and his specialty treating Atrial fibrillation, visit Jaxhealth.com/services/afib.

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Dr. Scott received her undergraduate degree with honors in Biochemistry at the University of Texas. She earned her medical degree from Emory University School of Medicine and completed her specialty and surgical training at the prestigious Cullen Eye Institute of Baylor College of Medicine.

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Skinny JAX opens just in time for summer

Medical weight loss spa offers natural alternatives to cosmetic procedures

By Amber Lake

With summertime rearing its head around the corner, many are starting to feel the heat of failed New Year's resolutions and holiday indulgences. Bathing suit shopping can be fun for some, however, others wonder if medieval torture practices might feel like spa treatment in comparison.

For those in the second category, Ponte Vedra resident Alyson Cannady thinks she might be able to lend a helping hand.

Cannady recently opened Skinny JAX, a medical weight loss spa located in south Jacksonville Beach, along with board certified physician, Dr. Donald S. Freedman. The clinic offers customized weight loss programs, nutritional programs, medical grade supplements, metabolism enhancers, B-12 complex/Lipolean injections and prescription weight loss — all tailored to a client's individual needs. The business is ultimately a plan that Cannady has been improving upon since she became interested in helping people lose those extra pounds over 25 years ago.

"I grew up in a hair salon, so I feel comfortable in the beauty industry," Cannady said. "I've always had a passion for being healthy. I grew up very active with dancing but after my pregnancy with my son, I became a Weight Watchers coach."

Cannady said that her active lifestyle came to an abrupt halt with a rough pregnancy. She gained 65 pounds in six weeks and her hormones were out of control. Losing the post-pregnancy weight, which she refers to as "the battle of the bulge," inspired her to help others do the same. After growing as a coach, she decided she wanted to build her own business.

"I know it's a pain counting calories and points," Cannady said. "I don't have time for that. For some people it's a great system, but I wanted to get to a place where food is your friend. It's your fuel. I want to get you where you want to be, where you can go out to eat and have a life."

In addition, Cannady said she wants to treat all aspects of beautification and self-esteem. After pregnancy and weight loss, many people have loose skin or have cellulite they can't get rid of. For this, the clinic offers non-invasive skin tightening and wrinkle reduction treatments, called Venus Freeze and Venus Viva.

The treatments help reduce visible acne scarring, wrinkles, cellulite and sagging. Cannady said these services don't require down time and are completely painless. She regularly uses the equipment herself as an alternative to injections.



ABOVE: Ponte Vedra resident Alyson Cannady has opened Skinny JAX in Jacksonville Beach, a medical weight loss spa offering natural alternatives to cosmetic procedures.



LEFT and BELOW: The clinic offers non-invasive skin tightening and wrinkle reduction treatments.

Photos by Amber Lake



Skinny JAX offers multivitamins for the business' weight loss programs.



Venus Freeze and Venus Viva are skin tightening and wrinkle reduction treatments offered at Skinny JAX.

Children and anxiety: What you need to know



Dr. Erika Hamer
Guest Columnist

By Dr. Erika Hamer
Special to the Recorder

Anxiety disorders, and in particular those relating to school, have become an increasing problem for kids, parents and teachers.

While many children look forward to school, some children dread it. Anxious kids endure painful, uncomfortable episodes of nervousness, irritability and frightening thoughts. They often find it difficult to focus on their school work and may frequently complain of illness, such as headaches or stomachaches. Untreated anxious kids are at higher risk of engaging in substance abuse.

NORMAL ANXIETY VERSUS ANXIETY DISORDER

It is typical for even non-anxious children to experience anxious feelings, such as being afraid of the dark or getting separated from their parents. Children attach anxiety to specific situations, but the bad feelings disappear when the situation is over, or the child simply outgrows the fear.

Children with anxiety disorders, however, endure extreme anxiety over long periods of time. What causes a child to develop an anxiety disorder? The answer is

still not clear, but numerous experts agree that genetics, family environment and life experiences all play key roles. Studies indicate girls are more likely to develop anxiety disorders than boys, and younger children are more prone to anxiety problems than older children.

SEPARATION ANXIETY

This is a common issue for young kids, especially if they are just starting school or changing to a different school. A child may cry for a few minutes after being dropped off at school. This is a normal response, but for a child with separation anxiety disorder, he or she can feel fearful for hours and cry continually. The child may have concentration difficulties and fail to engage with his or her classmates. The problem can continue at home, with the anxious child having sleep problems, frequent nightmares or refusing to go to school.

SOCIAL ANXIETY

This anxiety disorder can interfere with a child's social development. To parents, social anxiety can appear as extreme shyness in their child. Kids with this disorder feel anxious around new people and new situations, may have trouble forming friends and are often reluctant to participate in group activities. At school, a socially anxious child is afraid to make mistakes for fear of embarrassment or at-

tracting unwanted attention.

SCHOOL REFUSAL ANXIETY

Severe anxiety can lead to a child refusing to go to school or stay in school. With school refusal anxiety disorder, a child often complains of feeling ill — either at school or shortly before going to school. He or she may develop this problem if changing to a new school, he/she fears failing academically or gets bullied. School refusal can be linked to separation anxiety and social anxiety.

TREATMENT OF ANXIETY

The primary treatment method used for dealing with childhood anxiety is cognitive behavioral therapy (CBT). This type of psychotherapy is based on the idea that our thoughts cause our feelings and behaviors, not external things — such as events, situations and people. The CBT therapist teaches the child to recognize their unsettling thoughts and behaviors and provides strategies to deal and cope with his or her anxious feelings. CBT therapy also includes relaxation training, role-playing and positive reinforcement.

MORE TIPS FOR PARENTS OF ANXIOUS KIDS

If you think your child is struggling with serious anxiety, talk to a pediatrician or other healthcare professional for recom-

mendations on how to best help them. You should also bring it to the attention of your child's teacher and school counselor. In the meantime, here are four tips for helping your anxious child:

1. Be supportive: Make your child feel comfortable talking about his or her anxiety and offer reassurance. When a child is able to express fears to their parents, they actually experience a decrease in anxiety.

2. Be school positive: Point out the fun aspects of school to your child. This can include playing with classmates and engaging in new activities.

3. Allow for downtime: Just like adults, children need time to decompress. Do not overschedule your child with too many activities. Make sure they have unstructured playtime, which helps reduce the impact of anxiety.

4. Encourage exercise: Children should get 60 minutes of physical activity daily. Exercise helps slash levels of the stress hormone cortisol and boost levels of the mood-enhancing neurotransmitters dopamine and serotonin. Studies show children involved in team sports report less anxiety, and it is especially helpful for kids with social anxiety disorder.

Dr. Erika Hamer, DC, DIBCN, DIBE, is a board-certified chiropractic neurologist and the owner of Ponte Vedra Wellness Center, which has offices in Ponte Vedra Beach and Nocatee Town Center.

First Coast YMCA to celebrate Healthy Kids Day, launch Safety Around Water campaign

Nearly all YMCAs across Florida's First Coast will participate in this year's annual Healthy Kids Day celebration, a national initiative to improve the health and well-being of children across the country.

Activities vary by location but will generally include kids and family fitness, free swim testing, camp corner, youth sports, bounce houses, STEM, face painting and more.

Free and open to the public, the event will also serve as the kickoff of the Safety Around Water initiative. This program can help ensure children learn essential water safety skills. Kids aged 6 to 12 are eligible for free swim testing at any Y location with a pool throughout the summer.

Healthy Kids Day will take place at the following First Coast YMCA branches on the following dates:

April 26

- Flagler Center YMCA

April 27

- Ponte Vedra YMCA
- Barco-Newton Family YMCA
- Brooks Family YMCA
- Dye Clay Family YMCA
- Williams Family YMCA
- Winston Family YMCA
- Baker County YMCA
- YMCA at Baptist North

May 4

- McArthur Family YMCA

Times vary by location. Call (904) 265-1775 or your neighborhood Y for more information.

Both Healthy Kids Day and Safety Around Water are designed to inspire kids to keep their minds and bodies active while providing them with activities and resources to achieve their full potential all year long. Visit fcymca.org for more information about the First Coast YMCA.



Photo courtesy of metrocreativeconnection.com

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Photo by Amber Lake

Alyson Cannady assists a customer at Skinny Jax.

Skinny JAX

Continued from 20

"I hate pain, I'm the biggest baby," Cannady joked.

Cannady said the difference between the non-invasive treatments is it, "doesn't try to create something that's not already there." Things such as sun damage, scarring and sagging skin are sore points for many people, but they don't have to choose between learning to live with them or inserting "foreign chemicals into your body."

Cannady believes that in-between those options are more "natural" alternatives.

"There are a lot of factors with the aging process," Cannady said. "Are you drinking enough water? Eating right? Are you treating your body like you should? Our body is no different than taking care of a car — you got to get it serviced and maintained. You can't just put junk in it."

For more information or to book an appointment, email info@skinnyjax.com or call (904) 999-0977. The business is located at 1492 3rd St. South in Jacksonville Beach.

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Geoff Rogers



Richard Walsh

Geoffrey Rogers, Richard Walsh elected to Nemours Foundation Board

Robert G. Riney, chairman of the Board of The Nemours Foundation, and Hugh Durden, chairman of the Alfred I. duPont Charitable Trust, recently announced the election of Geoffrey Rogers and Richard Walsh to The Nemours Foundation Board of Directors, according to a press release from Nemours Children's Specialty Care.

Rogers is a regional managing director for Glenmede Trust Company in Wilmington, Delaware, and Walsh is chairman and CEO of the Knob Hill Companies, a media, investment and strategic consulting firm in Orlando.

"The professional experience and commitment to children that Rick and Geoff bring to the Nemours Board are a terrific asset," said Dr. Larry Moss, president and CEO of Nemours Children's Health System. "Rick has served on our Florida Board of Managers for several years. His knowledge of Nemours, community partners and the needs of the state of Florida make his contributions especially meaningful.

"Geoff is a member of the Alfred I. duPont Charitable Trust, the entity designated by our founder, and whose vision launched Nemours more than 80 years

ago," Moss continued. "Geoff brings that very important connection to the Board and to our work, in addition to his understanding of the needs of the communities we serve in the Delaware Valley. We look forward to continuing to do great work together on behalf of children."

Rogers oversees the day-to-day operations of Glenmede's Delaware office, which he launched in June 1999. He brings more than three decades of estate planning and financial services experience to this position. Prior to joining Glenmede, Rogers was a vice president for Scudder Private Investment Counsel, responsible for new business development. He has also served as a vice president with the Wilmington Trust and Delaware Trust Companies, now operating as Wells Fargo.

Rogers is a member of the Philadelphia Federal Reserve Nominating Committee, a board member of Washington College, Winterthur Museum (emeritus), Operation Warm and the Delaware Business Roundtable. He serves as a co-trustee of the Alfred I. duPont Charitable Trust. He is past chair of the Board of the Delaware Bankers Association, the Sanford School, the Estate Planning Council of

Delaware, the planned giving committee of the Nemours/Alfred I. duPont Hospital for Children, Wilmington Renaissance and the Wilmington Tax Group. He is a graduate of Harvard Business School's Advanced Management Program and received his Bachelor of Arts from Washington College.

Walsh joined the Nemours Florida Board of Managers in 2012, bringing experience in corporate governance, strategic business planning and regulatory requirements, and a personal commitment to healthcare delivery, higher education and community. Prior to founding Knob Hill, Mr. Walsh was senior vice president, corporate affairs of Darden Restaurants, and a founding member of the leadership team that took Darden public in 1995. He also served as a member of Darden's Executive Committee and as a trustee of the Darden Restaurants Foundation. At Darden, Walsh helped establish healthcare plans and wellness initiatives for all employees.

Walsh has been recognized as Orlando Business Journal's "Businessman of the Year," one of "Florida's 100 Most

NEMOURS continues on Page 25

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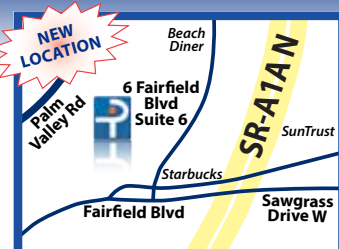
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Health screenings every woman should get

Routine wellness exams are essential for women who want to maintain and/or improve their health. Women may not be familiar with all of the screening options that can keep them on the right track.

Preventative health screenings can shed light on risks for certain diseases and

provide insight into patient behaviors that may be harmful. Screenings also may help save a life.

Healthy diets and daily exercise are hallmarks of healthy people, but routine wellness exams are just as important. The following are some screenings women

should include in their health and wellness routines.

■ **Blood pressure:** Doctors will typically test blood pressure at every visit. Women whose blood pressure is below 120/80 mmHg can go every two years between blood pressure readings up until

age 20, advised The American Heart Association. Adults 40 or older, or those with conditions that put them at risk for hypertension, should go annually or as advised by a doctor.

SCREENINGS continues on Page 27

Nemours

Continued from 23

Influential” by Florida Trend magazine, one of the “25 Most Powerful People in Central Florida” by the Orlando Sentinel and one of the “50 Most Powerful People in Orlando” by Orlando Magazine. Walsh serves on the Board of the Edyth Bush Charitable Foundation, Seaside National Bank and Trust, Blue Orb Software Inc., ABC Fine Wine & Spirits and LSQ Holdings. He also serves on the University of Central Florida (UCF) Foundation Board, and is leading the \$500 million UCF Ignite Capital Campaign. He is a past chair of the Florida State Chamber of Commerce and chairman emeritus of the UCF Board of Trustees. He also served on the governor’s Florida Tourism Council and the governor’s Task Force on Affordable Healthcare, among other positions.



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How certain nutrients affect your body

The effects of proper nutrition on the body are profound. When paired with routine exercise, a diet that's rich in nutrients can lay the foundation for a long, healthy life.

Many people are aware that their bodies need nutrients such as protein and carbohydrates every day, but they may not know just what these and other important nutrients do for their bodies.

Proteins

The online medical resource WebMD notes that the body uses protein to build and repair tissues. An important component of every cell in the body, protein provides the body with amino acids that help cells in the body perform various functions. Breastcancer.org notes that proteins help the body create hormones and enzymes and keep the immune system healthy. A diet that's low in protein may make people more susceptible to illness and result in longer recovery times.

Carbohydrates

The Cleveland Clinic notes that carbohydrates, or "carbs," are the body's main source of energy. Carbs are found in most foods, but not all carbs are the same. Foods that contain complex carbohy-



Photos courtesy of metrocreativeconnection.com

drates, which include quinoa and oatmeal, are loaded with fiber. It takes a while for the body to break that fiber down, helping people feel full and stabilizing their blood sugar levels. Simple carbohydrates, which include processed foods such as sugar-sweetened beverages and dairy desserts, are quickly digested, which raises blood sugar levels and contributes to feelings of inflammation.



Water

The body is about 60 percent water, which performs a host of important functions. Water aids in digestion, absorption of nutrients and circulation, and also facilitates the transportation of nutrients through the body. Water also helps the body get rid of waste. WebMD notes that water also helps to energize muscles, which might suffer from fatigue if the



body's fluid balance is not maintained. Water also helps the body maintain a healthy temperature.

People consume protein, carbs and water every day. And while they might not know it, people who continue to do so are helping their bodies perform essential functions that dramatically improve their health.

Recognizing the threat posed by food allergies

Otherwise healthy foods and beverages, including milk, can sometimes trigger potentially dangerous allergic reactions.

A well-balanced diet rich in nutrients and vitamins is an essential component of a healthy diet. When coupled with routine exercise, a healthy diet can pave the way for a long life. Some foods considered healthy, however, including dairy products and wheat, can pose a threat to men, women and children, triggering allergic reactions that can put their lives in jeopardy.

Food allergies are no small concern. In fact, according to FARE (Food Allergy Research & Education), an organization dedicated to improving the quality of life and health of individuals with food allergies, an allergic reaction to food sends someone to the emergency room every three minutes in the United States. To avoid such trips, it's imperative that people understand food allergies and learn to recognize the symptoms of allergic reactions.

What is a food allergy?

FARE notes that food allergies are a medical condition in which exposure to certain foods triggers harmful responses from the immune system. According to the Centers for Disease Control and Prevention, these immune responses can be severe and life threatening. For example, anaphylaxis is a severe allergic reaction that causes the immune system to release



Photo courtesy of metrocreativeconnection.com

a flood of chemicals, potentially sending a person into shock. The Mayo Clinic notes that anaphylaxis causes a sudden drop in blood pressure and the narrowing of airways, making it difficult, if not impossible, to breathe.

What are some symptoms of allergic reactions to food?

Anaphylaxis is a severe and life-threatening response to a food. Thankfully,

not all symptoms of food allergies are so severe. FARE notes that mild symptoms of food allergies may include:

- Hives
- A flare-up of eczema characterized by a persistent dry, itchy rash
- Redness of the skin, especially around the mouth or eyes
- Itchy mouth or ear canal
- Nausea or vomiting
- Diarrhea

These mild to moderate symptoms can be uncomfortable and unnerving and should be reported to a physician immediately. People who suspect they are the result of a food allergy should write down everything they ate and avoid certain foods that spark their suspicion until they have had a chance to visit their doctors.

Severe symptoms of food allergies may include:

- Difficulty swallowing
- Shortness of breath or wheezing
- Turning blue
- Loss of consciousness
- Chest pain

Are certain foods more likely to trigger allergic reactions?

The CDC notes that eight foods or food groups account for 90 percent of allergic reactions in the United States. These foods, many of which are otherwise healthy for many people, include:

- Milk
- Eggs
- Fish
- Crustacean shellfish
- Wheat
- Soy
- Peanuts
- Tree nuts

Food allergies are no small threat. Learn more about the dangers of food allergies at www.foodallergy.org.

Screenings

Continued from 25

■ **Cervical cytology:** The American College of Obstetricians and Gynecologists recommends routine pelvic examinations with cervical testing that includes Pap testing and HPV testing. Consult with an OB-GYN for testing frequency, which depends on age.

■ **Cholesterol:** Cholesterol levels alone are not indicative of one's overall health. A complete cholesterol test, however, can determine a person's risk for heart disease. If levels are consistently normal, this test may only need to be performed every five years, advised the National Institutes of Health.

■ **Mammogram:** Mammograms screen for breast cancer. Given the risk of false positives, debate continues as to how frequently women need these screenings. The most recent guidelines from the U.S. Preventive Services Task

Force said mammograms are recommended starting at age 50, and should occur every two years. The American Cancer Society advised starting at age 45 and having a mammogram annually through age 55.

■ **Blood-glucose test:** The National Institute of Diabetes and Digestive Kidney Diseases said women should be screened regularly for prediabetes or diabetes beginning around age 45. Women can speak with their physicians to determine how often they should receive these screenings.

■ **Osteoporosis screenings:** Bone density can be measured starting at age 65 or earlier if a woman has a high fracture risk, stated Regis College.

■ **Skin examination:** The American Academy of Dermatology suggested speaking with a dermatologist about skin exams. Self-examinations should be routine, but dermatologists may recommend more formal tests to women who meet certain criteria.



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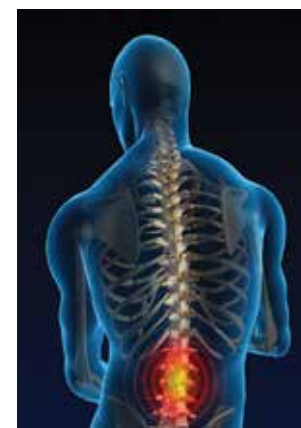
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How biking to work can benefit your overall health

Commuting is a fact of life for millions of professionals. The U.S. Census Bureau reported that the average person in the United States spends 26.1 minutes getting to work, while Statistics Canada noted the average Canadian spends 26.2 minutes getting to the office.

Few people enjoy commuting. In fact, a 2004 study published in the journal *Science* found that female commuters cited commuting as their least satisfying daily activity, ranking it below housework. Perhaps that's because commuting, whether commuters recognize it or not, tends to have adverse effects on their overall health. A 2012 study published in the *Journal of Urban Health* found that longer commutes are associated with behavioral patterns that may contribute to obesity and other negative health conditions.

Commuters who live close to work can counter some of the negative effects of commuting by cycling to work. Cycling is a healthy activity that the Harvard Medical School notes can help people build muscle and increase bone density, which naturally decreases with age. And there are additional benefits to cycling to work that might compel some commuters to

pedal their way to the office.

■ **Biking can help you meet minimum exercise guidelines.** The latest Physical Activity Guidelines from the U.S. Department of Health and Human Services recommend that adults get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity each week. Biking to work can help people meet and exceed those weekly guidelines, providing a strong foundation for a long, healthy life.

■ **Biking to work can lower your risk of chronic disease.** Regular physical activity such as cycling can lower your risk of chronic diseases such as cardiovascular disease, type 2 diabetes and certain cancers. Adults who can't find the time to exercise outside of work may find that exercising during their commutes by biking to work is their best and most effective means to lowering their risk for chronic disease.

■ **Biking to work can improve cognition.** The American Heart Association noted that regular physical activity such as cycling has been linked to improved cognition, which can positively affect memory, attention and processing speed.



Photo courtesy of metrocreativeconnection.com

Commuters who live close to work can counter some of the negative effects of commuting by cycling to work.

■ **Biking to work may help reduce stress.** A 2017 study from researchers at Montreal's Concordia University attempted to investigate the impact of various commuting modes on workers' stress

levels upon arrival to their workplace. The study found that such levels were lower among cyclists than they were among people who drove or took public transportation to the office.

Strategies to reduce young athletes' injury risk

Sports can make a profound impact on the life of a young person.

Stanford Children's Health, a Bay Area-based pediatric and obstetric health care system that offers comprehensive clinical services, noted that children who participate in sports experience a range of physical, emotional and interpersonal benefits.

Improved vision, a reduced risk of obesity, the development of motor skills and the development of social skills are just a handful of the many ways kids can benefit from sports. Athletes' parents typically recognize such benefits, but that likely doesn't prevent them from being concerned about the children's risk of suffering sports-related physical injuries, particularly for young athletes who compete in contact sports. While it's impossible to eliminate the risk of injury entirely, regardless of which sports kids play, there are some strategies athletes and their parents can take to reduce that risk.

■ **Make sure young athletes get their physicals.** Recreational and scholastic sports leagues typically require athletes to get physicals before they're allowed to compete. Kids who participate in more loosely organized leagues should get a physical before each season even if the league does not require them to do so. These examinations can uncover prob-



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While it's impossible to eliminate the risk of injury entirely, regardless of which sports kids play, there are some strategies athletes and their parents can take to reduce that risk.

lems such as irregular heartbeat that may make kids vulnerable to injury or illness. When these issues are discovered, athletes, their parents, their physicians and their coaches can then work together to develop a plan to protect kids without preventing them from participating in

their favorite sports.

■ **Open and maintain a dialogue with coaches before and throughout the season.** Safe Kids Worldwide, a nonprofit organization that works to help families and communities keep kids safe from injuries, recommended parents meet with

coaches before the first practice of the season to inform them of a child's medical history with asthma or other medical conditions that require special attention. If kids develop nagging injuries during a season, whether it's during competition or not, parents should report them to the coach directly, as kids may be hesitant to do so on their own.

■ **Warm up and stretch before games.** Many coaches are fully aware of the importance of warming up and stretching before games. But parents can still keep an eye out to make sure kids do this prior to competition, as Safe Kids Worldwide noted warming up and stretching helps to prevent sports-related injuries by releasing muscle tension before kids begin physical activity.

■ **Encourage young athletes to hydrate and stay hydrated throughout competition.** The NCAA noted that the consequences of dehydration are severe and can include increased core temperature and heart rate, decreased blood pressure, nausea and vomiting, general fatigue, headaches and muscle cramps. Hydrating before competition and staying hydrated throughout a game can help athletes maximize their performance and minimize their risk of injury and muscle cramps.

Acupuncture: My personal journey and what you need to know



Adriana Posada
Guest Columnist

By Adriana Posada
Special to the Recorder

Acupuncture is a safe, painless and effective therapy that modifies the flow of energy, known as Qi or vital force in the body to promote a healthy balance.

Like most of us, I started my journey as a patient of traditional Western medicine. After my son was born, we dealt with frequent ear infections that wouldn't go away despite the use of antibiotics.

I started studying other types of therapies and trying to figure out why his body couldn't overcome the infections with traditional medicine. Eventually, that search brought me to acupuncture.

My first impulse was to find a way to help my son grow up healthy. At the same time, I observed many people around me, who were seemingly healthy, were

going through cancer diagnoses and treatments. These folks were healthy and were conscious about what they ate. Why were they going through this?

These experiences ignited a passion in me for helping others. I felt a strong urgency to find something that could help them.

THREE THINGS TO KNOW

There are three key things about acupuncture that had a profound impact in my personal life and in my practice: Nutrition, consistency and quality of life.

Nutrition

The first, and most impressive one, was the nutritional aspect. I was struck not only by seeing how nutrition played a key role in helping people become healthier, but in understanding how nutrition plays such a basic role in our health.

I discovered that part of my son's problem was related to nutrition. A human's digestive system matures between ages 7 and 8. You have from the time they are

born until then to help children strengthen their digestive system and build resilience against disease.

Consistency

Acupuncture, like any other healing modality, is therapy. Therapy requires frequency and sequence to work well. You can reach many life goals by applying consistency. The same applies to your health.

With acupuncture, sometimes people see benefits after the very first treatment. It depends on whether we're dealing with an acute or a chronic issue.

A chronic issue has had more time to settle into your body and cause problems. Sometimes we begin by addressing your habits and lifestyle. This doesn't mean we're ignoring the problem. We're coming up with a strategy for you to tackle the problem with efficacy.

Lifestyle

An acupuncture consultation begins with a thorough history of your lifestyle,

your issues and any areas of concern. Perhaps an acute problem that showed up recently can be addressed in a couple of sessions.

If you have a knee problem and your job requires lifting boxes, constantly exposing you to re-injury, we might talk about new ways to move to avoid aggravating the problem.

Chronic issues can take longer to address, and different treatment modalities can be used to give you a head start in getting to the root cause of the problem.

An acupuncture physician patiently works with you to help you put the puzzle together and achieve optimum health.

Adriana Posada, AP, is a licensed and nationally board-certified acupuncture physician who strongly believes in the body's natural healing powers and its connections with the mind, spirit and nature. She also holds a bachelor's degree in industrial engineering, and came to Eastern medicine out of her own experiences and curiosity for how and why things work. Posada lives in Ponte Vedra and works in St. Augustine and Jacksonville Beach. Visit www.holmedical.com to learn more.

Combat veterans and the threat posed by PTSD

Every day men and women in the military put themselves in harm's way to protect the lives and freedoms of their fellow countrymen. These brave men and women pay a steep price for their service, spending time away from their loved ones and putting themselves at risk of long-term physical and mental injuries.

Many men and women, even those who never served in the military, are aware of post-traumatic stress disorder, or PTSD, a mental health problem that some people develop after experiencing or witnessing a life-threatening event. Combat veterans are vulnerable to PTSD, and the percentage of veterans who deal with it each day is alarming. According to the U.S. Department of Veterans Affairs, as many as 20 percent of veterans who served during Operations Iraqi Freedom or Enduring Freedom have PTSD. In addition, the USDVA notes that estimates now suggest as many as 30 percent of Vietnam veterans have had PTSD in their lifetime.

Though it's not exclusive to men and women who have served in the military, PTSD has long been linked to combat veterans. In fact, the American Psychiatric Association notes that PTSD has been referred to as "shell shock" and "combat fatigue" in the past.

While the APA notes that a diagnosis of PTSD requires exposure to an upsetting traumatic event, that exposure can be indirect rather than firsthand. Because some people may assume that only firsthand exposure to trauma can lead to PTSD, many may be suffering in silence. That makes it all the more important that people learn to recognize the symptoms of PTSD. According to the APA, symptoms of PTSD, which can vary in severity, fall into four categories.

1. Intrusive thoughts: Flashbacks, distressing dreams and repeated, involuntary memories are examples of intrusive thoughts symptomatic of PTSD. The APA notes that some



Photo courtesy of metrocreativeconnection.com

people with PTSD experience flashbacks so vivid that they feel they are reliving the traumatic experience or that it is unfolding before their eyes.

2. Avoiding reminders: Some people with PTSD may avoid people, places, activities, objects, or situations they feel will trigger distressing memories. Soldiers, for example, may avoid interacting with fellow combat veterans. Avoiding discussions about a traumatic event and how they feel about it is another symptom of PTSD.

3. Negative thoughts and feelings: The APA says that negative thoughts and feelings may include ongoing and distorted beliefs about oneself or others; ongoing fear, horror, anger, guilt, or shame; considerably diminished interest in activities previously enjoyed; and a sense of estrangement and detachment from others.

4. Arousal and reactive symptoms: These symptoms may include irritability and angry outbursts; reckless or self-destructive behavior; being easily startled; or have difficulty concentrating or sleeping.

PTSD poses a significant threat to the men and women who serve in the military. Additional resources about PTSD is available at www.ptsd.va.gov and www.psychiatry.org.

Affordable health screenings coming to Ponte Vedra Beach

Residents living in and around the Ponte Vedra Beach area can learn about their risk for cardiovascular disease, osteoporosis, diabetes and other chronic, serious conditions with affordable screenings by Life Line Screening on May 2.

Ponte Vedra Presbyterian Church will host this community event. The site is located at 4510 Palm Valley Road in Ponte Vedra Beach.

Screenings can check for:

- The level of plaque buildup in the arteries, related to risk for heart disease, stroke and overall vascular health
 - HDL and LDL cholesterol levels
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 - Bone density as a risk for possible osteoporosis
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Packages start at \$149, but consultants will work with you to create a package that is right for you based on your age and risk factors. The Wellness Gold Membership Program allows customers to get all the screenings they need now, but pay \$19.95 a month. Call 1-877-237-1287 or visit www.lifelinescreening.com for more information. Pre-registration is required.

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Volunteers in Medicine Woman with Heart Helga Langthon to hold Wine, Cheese and Brownies fundraising event

Volunteers in Medicine Women with Heart honoree Helga Langthon will host an evening of fun and fundraising at Havana Jax on April 30 from 5:30 to 8 p.m.

Wine, Cheese and Brownies will feature free tastings of five wines, cheeses and brownies provided by Mocha Misk'i. Proceeds from the event will benefit Volunteers in Medicine Jacksonville, a local nonprofit organization whose mission is to provide free medical care for working

individuals and their families who do not have health insurance.

Helga Langthon is the vice president and co-owner of SOHO Network Solutions, Inc., a Florida-based import/export company specializing in the forensics and identification industry. She has more than 18 years of experience in the fields of forensics, law enforcement and international trade. As one of 11 Women with Heart Honorees, Helga Langthon was recog-



Helga Langthon

nized for her outstanding community service and has committed to supporting the mission of Volunteers in Medicine through a full month of advocacy and philanthropy.

"Helga brings to Volunteers in Medicine all the attributes you could ask for in a Woman with Heart ... a wealth of experience and positive impact in the community, heartfelt commitment and a great passion for the mission," said Jennifer Ryan, CEO of Volunteers in Medicine. "We are so excited about this event and are looking forward to what will certainly be a terrific event."

With a \$25 donation to Volunteers in Medicine, guests will receive wine, cheese, brownies and other surprises. Tickets are available via EventBrite and at Vim-Jax.org (scroll down and click on Helga Langthon's profile page). The event is open to everyone.

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The importance of knowing your family medical history

When visiting a physician for the first time, patients may notice an extensive section on family history on one of the requisite forms they fill out before meeting the doctor. Though it can be hard to remember family members' conditions, doctors have good reason to ask about their patients' family's medical histories.

Family medical histories can be vital to one's own healthcare. The National Center for Biotechnology Information stated that family history might be one of the strongest influences on a person's risk for developing cancer, heart disease, stroke, diabetes and more. While you cannot modify your genetic makeup, knowing your family's medical history can help you take the steps necessary to protect yourself.

Family history reports can serve as warning signs for illnesses. These clues can help doctors prescribe certain screening tests at earlier ages to catch potential diseases when they are most treatable. For example, the U.S. National Library of Medicine said that healthcare professionals may recommend more frequent screenings (such as mammography or colonoscopy) and screening at an earlier age for people at an increased risk of

certain cancers. Doctors may recommend biannual checkups to stay apprised of any changes in health that may signal a risk.

A thorough healthcare professional will record your family medical history and ask you to update it routinely in an effort to ensure you get the best, most effective care possible. You can help the process by having the information needed at the ready. The Centers for Disease Control and Prevention suggests the following:


- **Talk to family.** Make a list of close family members and discuss any conditions or issues they might have had and at what ages.

- **Learn about chronic diseases.** Speak to your relatives about chronic diseases such as diabetes or high blood pressure, being sure to ask how severe such issues were and if any required hospitalization.

- **Plot your ancestry.** Learn about your ancestry and if any medical issues are more common among people who share that ancestry.

- **Record everything you learn.** Keep the information where it can be easily accessed and updated. For example, My Family Health Portrait is a free web-based tool to organize family health information and share it with doctors.






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- Joe B., Volunteer Pharmacist

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University of North Florida achieves campus-wide initiative supporting health and wellness

The University of North Florida (UNF), in collaboration with Partnership for a Healthier America (PHA), recently completed its three-year commitment to expanding healthier options across the campus community.

According to a press release distributed by the university, UNF is one of 32 institutions of higher learning across the country to successfully complete its commit-

ments to implementing PHA's Healthier Campus Initiative guidelines, designed to create a culture shift toward greater health and wellness among the entire campus community. They range from providing healthier meals and convenient access to potable water, to providing diverse opportunities for physical activity.

UNF continues on Page 33



Photo courtesy of UNF

UNF ranked among top 25 best bachelor's in HealthCare Administration degree programs

The University of North Florida (UNF) was recently ranked as one of the nation's 25 Best Bachelor's in Healthcare Administration Degree Programs for 2019 by Bachelor's Degree Center.

"We have been graduating exceptional Health Administration students for many years and these students are in great demand locally and throughout the country," said Dr. Curt Lox, dean of the Brooks College of Health at UNF. "I'm thrilled that the faculty, staff and students are being recognized nationally for the incredible work that they do every day."

According to a press release from UNF, the ranking was created using the Association of University Programs in Healthcare Administration database. After reviewing hundreds of programs from across the country, the top 25 accredited healthcare administration bachelor's degree programs were then ranked based on reputation, cost, graduate employment and graduation rate.

"UNF's Bachelor of Health Administration Program is dedicated to providing a high-quality educational experience for

our students to become the future health care leaders," said Dr. Mei Zhao, chair of the Department of Health Administration. "We're proud that now we are one of the top programs in the entire country."

More than 300 active students are enrolled in UNF's Bachelor of Health Administration Program, which provides students with the entry-level skills necessary for health administrators and management professionals.

The BHA degree is designed to prepare graduates for entry-level administrative positions in hospitals, clinics, nursing homes, mental health organizations, insurance companies, public agencies and many other types of health care organizations. It also serves to help enhance careers of students already working in the health services industry.

Bachelor's Degree Center, an independent and unbiased online resource, provides advice, resources and rankings on the best traditional and online bachelor's degree programs. For more information on the ranking, visit bit.ly/2C364Sd.

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4th annual 'Filling the Gap' event raises \$17,000 for local nonprofits

Stephanie Kinsey, DDS, owner and founder of Palencia Dental in St. Augustine, partnered with sponsors, patients, friends and family to raise \$17,000 during the fourth annual "Filling the Gap" event in March at The Carriage House venue in St. Augustine.

According to Dr. Kinsey, the fundraising efforts benefited the ALS Association (Lou Gehrig's disease) and Wildflower Healthcare, which provides free medical and dental care to individuals and families in St. Johns County.

Fundraising activities included individual ticket sales, corporate and private sponsorships and bids at a silent auction. Donations and sponsorships were tax deductible on behalf of Filling the Gap, a 501(c)3 nonprofit organization of which Kinsey is the founder and president.



Dr. Stephanie Kinsey

Drinks and hors d'oeuvres were served and live music was showcased.

Through the annual event and other philanthropic activities, Kinsey contributes to many local organizations serving individuals in need.

Kinsey is an American Academy of Dental Sleep Medicine (AADSM) Qualified Dentist and has been practicing dentistry for more than 20 years.

Her dentistry practice is dedicated to restoring and enhancing the natural beauty of one's smile combining conservative and state-of-the-art procedures along with advanced dental medicine and aesthetics.

Palencia Dental is located at 159 Palencia Village Drive, Suites 107-109, in St. Augustine. For more information, call (904) 826-4343 or visit www.palenciadental.com.

UNF

Continued from 32

"We congratulate UNF's commitment to supporting students and their wider campus community to form healthy habits that will last a lifetime," PHA President and CEO Nancy Roman said.

As part of the University's Healthier Campus Initiative commitment, UNF worked collaboratively with PHA to build upon existing campus wellness efforts to encourage and support greater physical activity and healthier eating habits. Every Healthier Campus Initiative partner commits to meeting 23 of 41 PHA guidelines within three years.

"Since signing the agreement to join the Partnership for a Healthier America, the University has made tremendous strides to become the healthiest postsecondary institution in the nation," said Ashley Ballard, senior director of the Department of Recreation and Wellness at UNF. "With the support and framework from PHA, we're confident in reaching milestones toward the ultimate goal of a healthier university that encompasses mind, body and Osprey spirit."

Of the 23 commitment elements

implemented at UNF, a few include:

- Offering at least one wellness meal, a meal designated as a healthy choice, during breakfast, lunch and dinner

- Listing calories of food and beverage items or using a "healthy icon" to designate healthier food and beverage options at the point of presentation

- Implementing a local food or sustainability program, Taste of Ogier Gardens, in campus food service

- Offering nonacademic cooking skills classes and at least one "how to" physical activity/movement class that introduces students to new activities free of charge

According to UNF, PHAs guidelines were developed in collaboration with some of the nation's leading nutrition, physical activity and campus wellness experts. To learn more about PHA's participating colleges and universities, visit ahealthieramerica.org/campuses.

The Partnership for a Healthier America is a nonprofit organization devoted to working with the private sector to ensure the health of the nation's youth by solving the childhood obesity crisis. In 2010, PHA was created in conjunction with — but independent from — former First Lady Michelle Obama's Let's Move! effort.

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THEME: SOUTH OF THE BORDER

ACROSS

- Winter warmer
- *Tú, north of the border
- Put six feet under
- Computer programmer
- Supermarket circulars, e.g.
- "He loves me..." flower part
- *Santa Anna's 1836 victory locale
- Pod dweller
- All worked up
- *Filling+corn dough+corn husk, pl.
- Like Dorothy Gale's dress
- Selfie, e.g.
- Cheese on Peloponnese
- Eye Network
- *Day of the Dead-inspired Oscar-winner
- Attempted
- Hipbones
- Between Thailand and Vietnam
- El Dorado-related
- Lymphatic swelling
- Archipelago parts
- Unload on eBay
- Hue perception
- Caffeine-containing nut tree
- "_____! This is the police!"
- Bank on
- Aptitude test
- Like a doily

- Margaret, for short
- *Made from agave
- *Popular huevos accompaniment
- Driver's 180
- Flying saucer acronym
- Mythological princess of Colchis
- Repenting
- Collagen target
- More capable
- Tiny sips
- Skeleton in a lock
- Must-haves

DOWN

- Jazz singing
- Coca follower
- Comic Sandler
- Chart anew
- Lark about
- Puppy barks
- Keats' poem
- Cell phone bill item
- Frigid shipping hazard
- Butch Cassidy's home state
- Pro _____
- Big Bang's original matter
- *Blind man's target
- Cause for food recall
- "_____ Now or Never"
- Tom's craziness?
- *_____ de Mayo
- Soft single in baseball
- Move sideways

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8			6			1	

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.

- *"Mi _____ es su..."
- Biscuit
- Sandwiches for dessert
- *Zapata's col-laborator
- Audience's approval
- Long, long time
- Bone-dry
- Airy fairy
- Exercising authority
- One of peeps
- Tower of London guard
- Sealing product
- Freshwater diving bird
- _____ of events
- Red carpet purse
- Witty remark
- RIP pots
- "_____ that" on walkie-talkie
- In neutral
- Gardener's purchase
- Crew propellers
- "Jack and the Beanstalk" exclamation

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Welcome to allergy season at the beach! It's that time of the year when allergies are usually at their worst.

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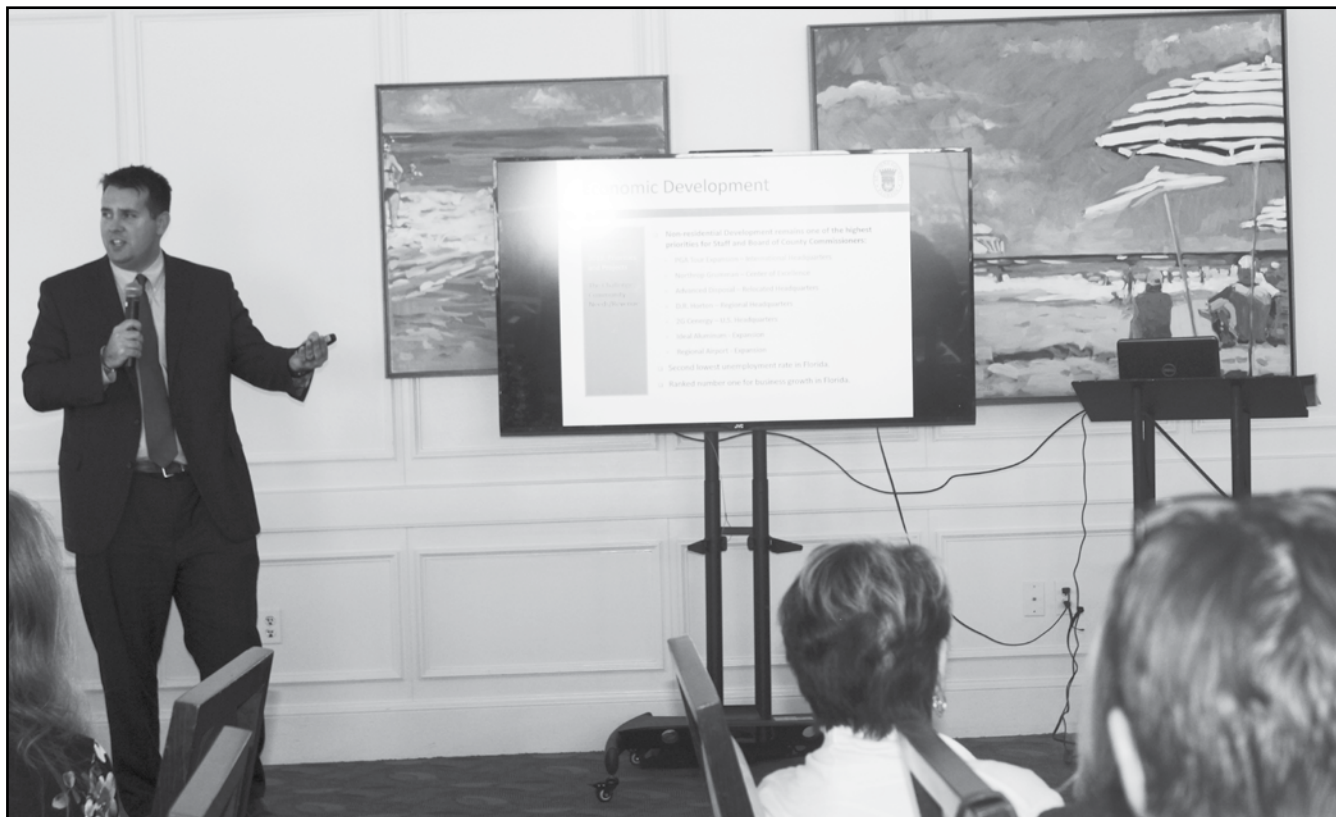
Berkshire Hathaway HSFNR,
Watson Realty add new
realtors to area offices

Pages 36 and 37

PAGE 35

THURSDAY, APRIL 25, 2019

www.PonteVedraRecorder.com



St. Johns County District 4 Commissioner Jeremiah Blocker



Photos by Susan Griffin

Atlantic Beach Mayor Ellen Glasser

Beaches leaders provide updates at joint Chamber luncheon

The Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce partnered with the JAX Chamber Beaches Division to host a joint chamber luncheon on April 11 that was attended by Beaches leaders.

Held at Sawgrass Beach Club, the event allowed the leaders to provide updates on their current projects and provide an overview of what to expect throughout the year.

Leaders in attendance included St. Johns County District 4 Commissioner Jeremiah Blocker, Neptune Beach Mayor Elaine Brown, Jacksonville Beach Mayor Charlie Latham and Atlantic Beach Mayor Ellen Glasser.



Jacksonville Beach Mayor Charlie Latham



Neptune Beach Mayor Elaine Brown

Visitors enjoy spring community open house at the Plantation at Ponte Vedra Beach

The Plantation at Ponte Vedra Beach opened its community gates to the general public Sunday, March 31, for its Spring Community Open House.

A variety of homes ranging in price and style participated in the event. Visitors checked in at the Clubhouse for refreshments and tours led by Plantation Marketing and Membership committee members. Visitors were able to view The Plantation's championship golf course, seven-court Tennis Center and Amenities Park featuring a croquet lawn and playground.

After guests made their way through the community viewing participating homes, they were invited to stop over to the beach club to experience The Plantation's private oceanfront property.

PLANTATION continues on Page 39



Photo courtesy of the Plantation at Ponte Vedra Beach
The Plantation at Ponte Vedra Beach hosted its Spring Community Open House on March 31.

LOCAL LISTINGS
Luxury LISTINGS
 Pages 36-37, 39

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Berkshire Hathaway HSFNR adds realtor Josh Foster to Ponte Vedra/Nocatee office

Berkshire Hathaway HomeServices Florida Network Realty recently announced the addition of Josh Foster to the Ponte Vedra/Nocatee office.

Foster joins Florida Network Realty as an experienced realtor with over seven years of experience working with Berkshire Hathaway HomeServices Indiana Realty Group. There, he was an associate broker and the director of Indy's Performance Team, helping them achieve career sales of over a quarter of



Josh Foster

a billion dollars. In addition, Foster also has a real estate background in contract negotiation, and residential, relocation, commercial, new construction and investment sales.

"I love building intricate relationships with people and helping them achieve their goals," Foster said. "For most it might be finding their dream home, for others, gaining financial independence through real

estate investing."

Foster is a father of four. When not selling homes, he's usually at one of his kid's sporting events, cheering them on. He also enjoys spending time at the beaches of Northeast Florida, fishing, surfing and enjoying the sunshine and the weather.

"Please join me in welcoming Josh to our Ponte Vedra office!" said Holly Hayes, broker/manager of the Ponte Vedra/Nocatee office. "As a realtor, Josh is committed to exploring all possibilities to find the best solution for his clients — not just the easiest. Josh's professionalism, drive and dedication to his clients is evident from the moment you meet him, and his goals and morals are completely in-line with our companies. I'm sure he will succeed here at Florida Network Realty."

For more information, Foster can be reached by phone at (317) 439-2024 or at Josh.Foster@FloridaNetworkRealty.com. Visit his website at JFoster.FloridaNetworkRealty.com. The Ponte Vedra/Nocatee office is located at 333 Village Main St., Suite 670, in Ponte Vedra Beach.



ST. JOHNS COUNTY PROPERTY APPRAISER

Eddie Creamer



NOTICE OF CERTIFICATION OF TAX ROLL

Pursuant to Sections 193.122 and 197.323, Florida Statutes, Notice is Hereby Given that the Tax Roll for St. Johns County was Re-Certified to the St. Johns County Tax Collector on the 25th day of April, 2019, for the Collection of 2018 Taxes, to reflect all changes made by the Value Adjustment Board.

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Watson welcomes Michele Stewart to Ponte Vedra office

Watson Realty Corp. recently announced the addition of Michele Stewart to its Ponte Vedra office.

According to a press release from Watson, Stewart has been actively practicing real estate for 35 years, including buying and selling, property management and investments. She has had nearly 250 real estate transactions and more than \$50 million in gross sales volume to date. She is also a Certified Nocatee Agent for the local area and a Certified Distress Property Expert since 2005.

According to Watson, Stewart's focus is on providing the highest quality of service while bringing a high degree of experience, knowledge and negotiating skills into each of her transactions.

As a former teacher, she said she valued the trust parents gave her regarding their children's education. As she transitioned to real estate, Stewart said she noticed



Michele Stewart

the same trust carried over as her customers entrusted her with their most valuable asset — their home.

"There are many qualities and skills that go into being an excellent real estate professional: integrity, in-depth community and marketing knowledge, marketing savvy, effective negotiation skills and a high-quality professional network, all of which are hallmarks of how I

work," Stewart said.

After moving to Florida in 1993 and having been a St. Johns resident for over 25 years, Stewart and her husband, Ted, raised their three children from elementary school through college graduation. Stewart volunteers at the Ronald McDonald House, Baptist Hospital in St. Augustine and the St. Johns County School District. During her free time, she enjoys golf, reading, bridge, spending time with family and meeting new friends.



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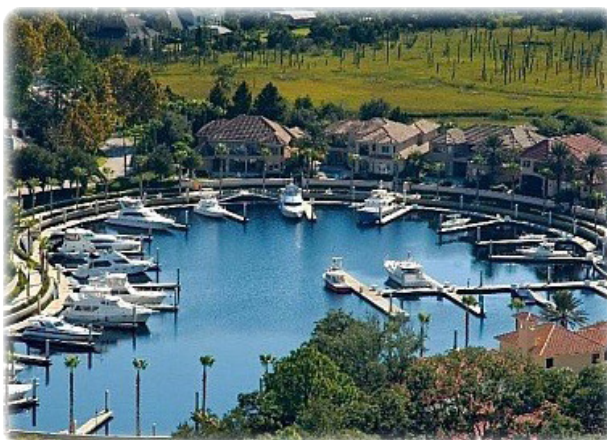
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Wounded Warrior Project
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Please read carefully and act accordingly



Harry Pappas
Columnist

By Harry Pappas

What an incredible performance for the stock market (S&P 500) in the first quarter of 2019, indicative of its 13.65 percent increase.

This was the best first-quarter return since 1998! This past

January's 7.9 percent increase was the best start to a year since 1987, and what is even more unbelievable is that the market had its worst December since the Great Depression! Now that is volatility!

Allow me to remind you (and me) that during the first nine months of 2018, the S&P 500 advanced 9 percent, but, out of nowhere, the panic selling arrived, wiping out all their hard-fought gains to end the year with about a 4.4 percent decline. It was the first time the market ended the year with a loss after being positive for the first three quarters. Yes indeed! The messenger of misery was in full force and the pouting pundits of pessimism were hyperventilating with the "I told you so" rhetoric.

I do not have, never have had, and never will have an opinion regarding the short-term direction of the stock market, interest rates or economic activity. I would never imagine predicting a stock market correction, bear market or the next recession, as I am not and never will be a trader. Instead, I am an investor that implements portfolios for the long run (5 to 10 years) that are prudent, diversified and cost effective. Investing is simple, but so many folks make it incredibly difficult because they allow fear and greed to dictate their investment decisions by thinking they can time the market. In my opinion, this approach is unwinnable!

Whether another correction or prolonged downturn in stocks begins in a couple of weeks or a couple of years, it is coming, so let's not be surprised when it rears its ugly head. Recessions and corrections are a natural part of the business cycle, and we should accept it, warts and all! Nevertheless, while the stock market is trading near all-time highs, again, I encourage you to pause and reassess your risk tolerance.

In other words, if you want to consider reducing some of your stock exposure while allocating to a more risk-averse

strategy, I suggest that it is better to do it while the market is near record highs than during a stock market correction when fear is in the air. On the other hand, if you have implemented a professionally managed, diversified, prudent and cost-effective portfolio, you should be just fine riding out the next downturn, whenever that might happen.

Whatever your position, your financial advisor should be ready and willing to discuss your portfolio and risk parameters. Nevertheless, allow me to conclude my narrative with words of wisdom that are about as obvious as the color of the White House. People are overly optimistic when the market begins to crash. To the contrary, folks are overly pessimistic when the economy and stock market begin to recover. Rinse and repeat, as this is the never-ending loop of economic amnesia.

Harry Pappas Jr. CFP®
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Photo courtesy of the Plantation at Ponte Vedra Beach

The Plantation at Ponte Vedra Beach hosted its Spring Community Open House on March 31.

Plantation

Continued from 35

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Chamber's PVB Division welcomes new ambassadors

The Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce recently welcomed two new ambassadors. They are as follows:

TRUDY TOCHE

Trudy Toche moved to Ponte Vedra Beach from New York City/New Jersey in 2011 to return to the beach lifestyle. A Mississippi Gulf Coast native, she grew up with a love for the beach.

Toche graduated in 2005 from the University of South Alabama in Mobile, Alabama, with a degree in recreational therapy and a minor in special education. After college, she had an opportunity to move to New York



Trudy Toche

City to further her work experience in the clinical field. She held the position of director for recreational therapy for Kessler Institute for Rehabilitation. She worked directly with patients who suffered from major traumas such as traumatic brain and spinal cord injuries.

Toche moved to New Jersey when she accepted the position of the health and

wellness director for Atlantic Healthcare Hospital-Overlook in Summit, New Jersey. The position allowed her to develop and implement wellness programs in the hospital and community setting. In 2003, Toche decided to leave her career and start a family.

In 2004, she decided to join Mary Kay Cosmetics as a consultant. There, Toche has earned multiple top awards over the last 15 years. She recently has accepted a leadership position and will be assisting in developing the Mary Kay brand in the fast-growing market in Jacksonville and across the country.

In addition, Toche launched a public speaking business in January 2019 called "Positively Profiling," which provides customized training topics for small and medium-sized businesses. She is also a 2018 participant of Lifework Leadership First Coast and serves as active alumni.

She is currently on staff at University of North Florida with developing community outreach programs. Additional community nonprofit outreach includes volunteering at the PACE Center for Girls, the Hubbard House and Transformation Jacksonville.

Toche and her family attend Redeemer Church in Ponte Vedra. In her spare time, she enjoys spending time with her family and friends, the beach and traveling.

DAVID GODWIN

Born in Mobile, Alabama, and raised on Dauphin Island, Alabama, David Godwin moved after graduation to Santa Rosa Beach, Florida, where he enlisted in the U.S. Navy.



David Godwin

While in the Navy, Godwin served in a special operations force as an aviation combat rescue swimmer/antisubmarine-antisurface warfare petty officer stationed at NAS JAX with HS-7 the Dusty Dogs. He was tasked with managing flight schedules and communications while executing all missions with H-3 and MH-60 helicopters doing maritime search and rescue, ship takedowns, small arms and light/heavy machine guns, vertical onboard delivery in flight and logistics. Throughout this experience, he held a secret security clearance. Overall, he participated in multiple campaigns with the Navy.

After leaving the Navy, Godwin joined the Army and served with the Florida National Guard for two more years before returning to Naval Reserves.

Godwin later moved to Atlanta and worked for Jim Ellis Volkswagen for five years as the internet manager. While managing a small effective team, he was responsible for 40 percent of company sales.

Godwin left Atlanta and returned to Santa Rosa Beach, Florida, where he started as the co-owner of a standup paddleboard/surfboard manufacturing company. He was chief designer and handled public relations for the company. They opened a brick and mortar location in April 2013, allowing Godwin to run all rental operations and train staff. He sold countless boards across the country and was later bought out by his partner in June 2015.

After being recruited by an oil and gas recruiting firm, Godwin found himself back on the East Coast living in Ponte Vedra Beach, where he met his wife, Toni Boudreaux. After the oil and gas bubble burst, he found himself looking for a new purpose and a new job. He found his purpose in life insurance and annuities with Transamerica Agency Network and has been with them just shy of a year.

Outside of work, Godwin enjoys volunteering in the community with Toni, as well as surfing, paddleboarding and playing golf.



ABOVE: Courtney Fluegel, Tammy Barr, Chelsey Nicklas and Maria Poole gather at LASH JAX's recent one-year anniversary celebration.

RIGHT: Amanda Polatty and Sarah DePasquale

Photos by Susan Griffin



LASH JAX celebrates 1-year anniversary

LASH JAX recently celebrated its one-year anniversary of business in Jacksonville Beach.

Attendees of the anniversary celebration enjoyed a discount off merchandise and a complimentary brow wax or thread and champagne. Guests also enjoyed food, mixed drinks and raffles with the 904 Boss Babes and a guest appearance by a Jaguars player. Proceeds supported Chemo Noir, a local nonprofit that provides financial support for cancer patients undergoing treatment.

LASH JAX first opened in 2018 with a primary focus on eyelash extensions. One year later, LASH JAX has grown into a full-service salon, offering luxury services such as lash extensions, lifts and tints, facials, microblading, permanent makeup, threading, waxing and a boutique with local and small-maker products and seasonal merchandise.

"LASH JAX has experienced exceptional growth and development over the first year," owner and operator Tammy Barr told the Recorder in a previous interview. "Moving forward, our focus will remain on delivering the highest standards of hospitality and service experience. We plan on growing with our customers' needs and remaining open to offering additional treatments our customers want. We care about our customers and nothing gets in the way of our commitment to making them happy!"

LASH JAX is located at 1500 Beach Blvd, Suite 114, in Jacksonville Beach. For more information, visit www.lashjax.com.



Edgar Degas exhibit leaves 'impression' at Lightner Museum

By Daniela Toporek

This spring, the Lightner Museum in St. Augustine will be the home of an Edgar Degas exhibition, highlighting his works on paper and the works of his circle of friends.

“Edgar Degas: The Private Impressionist” is a special exhibition from the private collector and curator, Robert Flynn Johnson. Johnson’s collection features over 50 works by Degas, along with monotypes, prints, drawings and photography by Degas’ friends and colleagues, such as Edouard Manet, Alfred Stevens, Jean Leon Gerome and pastelist, Mary Cassatt.

“As a matter of fact, Degas taught Mary pastels,” said Alison Schaeffler-Murphy, Lightner Museum’s programs and education coordinator. “It was because of their friendship that she became the quintessential pastelist that she is.”

Artist and early impressionist Comte Ludovic Lepic is also featured in the exhibition. According to journal article, “Edgar Degas and Ludovic Lepic: An Impressionist Friendship,” Lepic is seen in 11 works by Degas, and they were longtime friends for over 30 years.

Although Degas is known for his influence in the impressionist movement, he never considered being an impressionist, himself.

“Even though he helped set up the impressionist exhibitions and everything, he considered himself a painter of modern life,” Schaeffler-Murphy said. “So, when you look at the works that you’ll see, you’ll see a lot of imagery that is of just the general life in Paris at that time.”

For Degas, general life in Paris during his era meant dance. From ballet to burlesque, Degas’ work overflowed with ballerinas and Parisian dancers of the 19th century. The “Private Impressionist” collection shows sketches of dancers in their studios during practices, along with other sketches of the human body in movement.

“They’re in print and what’s interesting about his print is some of them are actually pre-studies for other works,” Schaeffler-Murphy explained. “He was creating a monotype to use as a format or an under-study like an oil painter will use bronzes, yellows and warm tones to get the undertone. Degas did that.”

According to Schaeffler-Murphy, Robert Flynn Johnson’s vast Degas collection also



Visitors to the Lightner Museum view Edgar Degas paintings, which are hung all around the third floor, along with a sculpture by Jean Leon Gerome (silhouetted at right). “Edgar Degas: The Private Impressionist” will be on exhibit at the Lightner Museum from April 12 to June 16 in St. Augustine.



A photo of Degas hangs in the main entrance of the exhibition.



“Edgar Degas: The Private Impressionist” is exhibited on the third floor of the Lightner Museum.



Lightner Museum staff members Barry Myers, Alison Schaeffler-Murphy and Jacquelyn Zeichner stand in front of the Edgar Degas exhibition.



Photos by Daniela Toporek
“Winged Victory,” a piece by Jean Leon Gerome is hung alongside the exhibit of friend and colleague, Edgar Degas.

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Players by the Sea to perform 'Wild Party'

Players by the Sea is pushing the creative envelope with Andrew Lippa's "Wild Party," opening April 26.

According to the Jacksonville theater, the play has garnered a "wild" array of theatrical awards from Manhattan's Off-Broadway biggies, including Drama Desk, Obie and the Outer Critics Circle. "Wild Party" is a steamy Prohibition tale, roaring its way across the stage as a darkly brilliant show that features "one of the most thrilling, pulse-racing musical scores ever written," as described by the theater in a recent press release.

Patrons can add in an exciting jazz-age angle to the Players by the Sea theatrical month every Friday

and Saturday night during the entire run of "Wild Party." The playhouse is hosting a Speakeasy Party for only 50 VIP guests who want to begin their evening in "Club Manifest," a 1920s Speakeasy with a spirits tasting party featuring Manifest Distilling and bar bites provided by 927 Events. The private 1920s party brings together the show's gangsters, flappers, musicians and guests for an hour of festivities before the curtain goes up on a cast of more than 20 actors and actresses in "Wild Party."

The musical "Wild Party" follows Queenie and Burrs, two lovers that



Photo courtesy of Players by the Sea

"Wild Party" will run from April 26 through May 18 at Players by the Sea in Jacksonville Beach.

PLAYERS continues on Page 43

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PVR

Lightner

Continued from 41

includes work from when Degas studied at the Louvre.

Johnson has been a curator of collections for over 40 years and will be at the Lightner Museum on May 2 from 6 to 8 p.m. for

a lecture on how his passion for Degas was ignited and the journeys he's travelled to hunt down work by Degas and his circle.

"Edgar Degas: The Private Impressionist" will be featured at the Lightner Museum from April 12 to June 16. The exhibition is free for members and \$5 dollars for non-members, along with the \$15 museum admission fee.

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THIS EXHIBITION IS ORGANIZED BY LANDAU TRAVELING EXHIBITIONS, LOS ANGELES, CA, IN ASSOCIATION WITH DENENBERG FINE ARTS, WEST HOLLYWOOD, CA.



Photos courtesy of Players by the Sea
 "Wild Party" will run from April 26 through
 May 18 at Players by the Sea.

Players

Continued from 42

throw a "party-to-end-all-parties" in their Manhattan apartment. Their guests are a wildly colorful array of people living life on the edge at the height of 1920s decadence. Queenie has her wandering eyes on a striking man and Burrs' jealousy erupts into a violent rage. Words are slung and shots are fired, but who's been shot?

The spring Players by the Sea production is co-directed by Lee Hamby and Niki Stokes. Stokes is heating up the choreography with Cathy Dooley, musical director.

The play is running from April 26 to May 18. General admission is \$28, with discounts to \$25 for seniors, students and military. Every Thursday, performances are special Student Night with half-price tickets for students who show a valid ID.

Club Manifest is \$50 on Friday and

Saturday nights for the first 50 VIP reservations, which include the Private Speakeasy Party, plus reserved seating for the show in the Mainstage Theater.

Season ticket holders can reserve the Club Manifest party for \$25.

"Wild Party" contains language and situation suitable for mature audiences. For more information or to purchase tickets, visit www.PlayersByTheSea.org. Players by the Sea is located at 106 Sixth St. N. in Jacksonville Beach.

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Sports

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PVHS names Jeff DiSandro head football coach

By Jon Blauvelt

Ninety resumes, eight candidates, two final candidates and several interviews later, Ponte Vedra High School has found the man it believes will not only continue the winning ways of its football program, but elevate that standard too.

Jeff DiSandro, previously the offensive coordinator at Bishop Kenny High School, is the new head football coach of the Sharks, as announced by Ponte Vedra on Tuesday. He replaces former coach Matt Toblin, who left Ponte Vedra in March to become the head coach of Bolles.

“He checked every box,” Ponte Vedra Athletic Director Eric Frank said about DiSandro. “We’re very excited about the future of our program, and he is too. You can see it on his face when he talks about football.”

DiSandro, 36, has served as offensive coordinator of Bishop Kenny since spring 2016. He previously coached in the collegiate ranks at the Division II and Division III levels, with stints of varying positions at Olivet Nazarene University, his alma mater outside of Chicago, as well as



Photo by Jon Blauvelt

Jeff DiSandro, previously the offensive coordinator at Bishop Kenny High School, is the new head football coach of Ponte Vedra High School.

Malone University in Canton, Ohio, Greenville College in Greenville, Illinois and Trinity International University in Deerfield, Illinois. The Shaumburg, Illinois native played offensive guard and center while attending Olivet Nazarene.

His background also includes some time outside of coaching in 2012, when DiSandro was a police officer for about a year and a half in Charleston, South Carolina.

Currently, DiSandro works at 6 Points quarterback academy in Jacksonville, where he works with longtime quarterback coach Denny Thompson. The position at Ponte Vedra is his first head coaching position in his career.

“I’m so excited,” DiSandro said. “It’s a tremendous opportunity, especially being at Ponte Vedra. I felt like in my football world, head coach is the pinnacle of leadership in this profession. I just felt like after years of being an assistant, it was my time to pursue this opportunity of becoming a head coach, specifically at the high school level.”

The new Sharks coach said he was attracted to Ponte Vedra’s culture of discipline, execution and effort, as well as its academic prowess, aesthetics and surrounding community.

He also said his offensive system mostly showcases a multiple tight end spread, which he noted has been the status quo for Ponte Vedra for several years.

COACH continues on Page 46



Photo by Natalie Decker

Sophomore midfielder Joe Taraboletti carries the ball for the Sharks in Ponte Vedra’s 14-5 win over Creekside on April 18 to win the District 6 title. Taraboletti had two goals for the Sharks.

Ponte Vedra tops Creekside to win ninth District 6 title

By Natalie Decker

Special to the Recorder

The Ponte Vedra boys lacrosse team defeated Creekside 14-5 at home on Thursday, April 18, to win the District 6 title for the ninth time.

Junior attack Cam Welch led the Sharks with two goals and three assists. Junior midfielder Dylan Hess, senior midfielder/attack Tony Rossi, senior attack Patrick Dotsikas and sophomore midfielder Joe Taraboletti each had two

goals. Sophomore midfielder Freddie DiMarzo was credited with three assists.

Although Ponte Vedra’s offense usually receives the bulk of the attention, Taraboletti credited the team’s defense for the Sharks’ ultimate success.

“We are extremely well-rounded, but our defense is insane,” Taraboletti said. “Arguably the best in the state with Notre Dame commit Maximus Schalit, alongside Davis Smith and Riley McCormick.

SHARKS continues on Page 46



Photo by Jeff Heinemann/Theimagecaddy.com

The Ponte Vedra girls lacrosse team celebrates winning the District 5 title after defeating Bartram Trail 12-11 in overtime at Creekside High School on April 18.

Lady Sharks beat Bartram Trail in OT thriller to win District 5 title

The Ponte Vedra Lady Sharks beat Bartram Trail 12-11 in overtime at Creekside High School on Thursday, April 18, to win the District 5 title.

The game proved to be a matchup of two heavyweights, with Ponte Vedra ranked No. 3 in the state and Bartram Trail No. 6, according to MaxPreps. The Sharks (14-3) and Bears (15-4) both came out strong and battled early in the contest, going into halftime tied at 6-6.

Ponte Vedra exploded in the second half and took a 10-7 lead midway through the period. Bartram Trail responded, however, and took an 11-10 lead late in the second half. The back and forth continued until the Sharks tied it up at 11-11, sending the game to overtime.

In OT, the Sharks continually crashed

LADY SHARKS continues on Page 46



Photos courtesy of Bolles

Ten Bolles student athletes are honored April 17 in Davis Gymnasium on the school's San Jose Campus for committing to a particular college or university to continue their athletic and academic careers. Ponte Vedra Beach resident Chase Haskell was recognized for committing to Princeton University for rowing.

Local resident Chase Haskell among Bolles student-athletes honored for college athletics commitments

Ponte Vedra Beach resident Chase Haskell was among 10 Bolles student-athletes honored on April 17 in Davis Gymnasium on the school's San Jose Campus for committing to a particular college or university to continue their athletic and academic careers.

Haskell committed to Princeton University for rowing. The following Bolles student-athletes were also honored:

Women's cross country/Track and field

- Maeve O'Riordan, Florida State University

Football

- C.J. Grimes, University of North Carolina at Pembroke

- Cooper Sullivan, Wabash College

Men's rowing

- Zayne Blackwell, Stetson University

- Richard Sollee, Massachusetts Institute of Technology

Women's rowing

- Ashley Dodd, Northeastern University

Men's soccer

- Frank Iturriaga, Ohio Wesleyan University

Men's swimming

- Noah Emerson, Florida Institute of Technology

- Sam McCarthy, Southern Methodist University

Women's swimming

- Diana Lewis, Rensselaer Polytechnic Institute

Family, friends, classmates, coaches and faculty gathered to celebrate the achievement. Athletic Director Matt Morris welcomed everyone, and several coaches introduced their respective athletes.

This marks the third of three college commitment ceremonies held at Bolles this school year to recognize additional student-athletes as they commit to colleges.

Coach

Continued from 44

DiSandro inherits a football program that went 8-3 in 2018 and 39-18 overall in five seasons under Toblin, who led the Sharks to a runner-up finish in the 2016 Class 5A state championship.

To continue that success, DiSandro said he plans to meet stakeholders in the program and gain as much information as he can about the foundation and what's important. He also believes it's important to establish a culture with "one heartbeat," encourage student-athletes to focus on their "personal best" and build upon the character education piece that he said has already been fundamental to Ponte Vedra for several years.

As for his leadership style, DiSandro said he is "more of a relational guy," noting that student-athletes "don't know how you know until they know how much you care."

Frank said this emphasis on character building, servant leadership and building relationships is what set DiSandro apart.

"He said in one of the interviews he looks forward to building men that are built for others," Frank said. "I think that's tremendous, because there's much more to high school sports than wins and losses and Friday night lights. It's all about relationships and creating our young men into leaders and people of high character who are going to go into our world and make our world a better place."

Frank combed through 90 resumes of candidates spanning approximately 20 states to narrow down his search to eight. Of those eight candidates, four hailed from Florida, and four came from out of state.

The elite eight went through a two-day interview process consisting of a one-on-one interview with Principal Dr.

Fred Oberkehr, an interview with a panel including Frank, two assistant principals and a Ponte Vedra resident, and a tour of the campus with the school's maintenance coordinator. After those two days, Ponte Vedra narrowed the hiring process down to two people, who were brought in for a one-on-one with Frank, an additional interview with Oberkehr and an interview with three student-athletes on the football team and interim head coach Joe Conroy.

"That says a lot about Jeff," Frank said about the rigor of the interview process. "I'm excited for our student-athletes that they get the caliber of coach that Coach DiSandro is."

Frank noted that there will be a transition period between Conroy, who the athletic director praised for his interim leadership, and DiSandro during spring football. Ironically, Ponte Vedra's spring game is against Bishop Kenny on May 17 at 7 p.m. at home. Former Nease head coach Tim Krause is now the head coach of Bishop Kenny.

"I have tremendous respect for Coach Krause, and I think he's a great coach and a great guy," DiSandro said. "There are a lot of good people at Bishop Kenny and a lot of really good players at Bishop Kenny. It should be a great atmosphere and a tremendous opportunity to compete."

Off the football field, DiSandro taught physical education and social studies at Bishop Kenny. As for his future role at Ponte Vedra, he said he and the school are currently "working through that process." Regardless, Frank said he sees DiSandro becoming a fixture of the Ponte Vedra community for some time.

"He's looking to find a community, dig in, be part of it and help create a legacy," Frank said. "It's not a legacy about him. It's (to) continue a legacy about our school and putting our student-athletes first."

Sharks

Continued from 44

Also, (goalie) Nolan Parlette has really stepped up and bailed us out of some games this year."

Parlette, a freshman, finished the game with seven saves.

"It helps that everyone is so committed, and we all are in on the same goal: a state championship," Parlette said.

Ponte Vedra (19-1) is ranked No. 1 in the state of Florida and No. 3 in the country, according to MaxPreps. The Sharks will face the Providence School of Jacksonville (16-2) Friday at home at 7 p.m. in the regional quarterfinals of the state championship tournament.

And even from an outsider's perspective, it's obvious that these boys have a special bond.

"We have made it this far due to our trust in one another and being well coached and a talented group of guys," Welch said.



Photo by Natalie Decker

Sophomore midfielder Freddie DiMarzo carries the ball for the Sharks. DiMarzo had three assists.

The coaches have a slogan for the team: "Just play Ponte Vedra lacrosse," and the players believe if they do that, they'll be just fine.

"It's just a rule we go by," Taraboletti explained. "We're pretty much unstoppable if we play PV lacrosse."

Natalie Decker is a student at Ponte Vedra High School.

Lady Sharks

Continued from 44

the Bears' net, which ultimately allowed senior midfielder Ella Madson to net the game winner on a free position and give Ponte Vedra the district championship. Madson finished the game with four goals, one assist, five draw controls, four groundballs and one turnover caused.

Sophomore Trish Balser totaled three goals, one assist, one draw control, two groundballs and one turnover caused. Junior attack Abbey Watson had two goals, two assists and one groundball. Sophomore midfielder Sami Lowinger had two goals, 1 draw control and three groundballs, while sophomore attack Taylor Rocha had one goal and one groundball.

Junior goalie Lexie de Roziere stopped 15 Bartram Trail shots, many of which were near the crease.

The Lady Sharks will play at St. Au-



Photo by Jeff Heinemann/Theimagecaddy.com

Senior midfielder Ella Madson attempts to pass the ball for the Sharks. Madson led Ponte Vedra with four goals, one assist, five draw controls, four groundballs and one turnover caused, including the game-winning goal in overtime.

gustine (14-3) in the regional quarterfinals of the state championship tournament on Thursday, April 25, at 7 p.m.

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