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LOCAL HEROES

Sheriff Robert Hardwick presents certificates of commendation to Karen Brown and Luke Dorow for their quick action in saving the life of 3-year-old Calvin Harry. For more, go to page 4

Photo by Shaun Ryan



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The Recorder's Entertainment EXTRA featuring TV listings, streaming information, puzzles and more!



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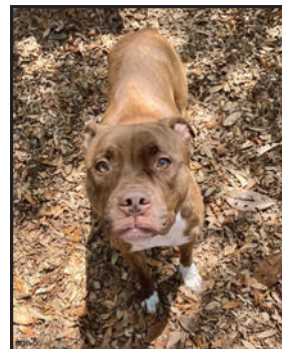
NOTE TO READERS

Weekly newsletter: The Recorder offers a weekly newsletter every Monday that outlines some of the top stories of the week, as well as providing access to our E-Edition and Entertainment EXTRA! To get the newsletter emailed for free, email don@opcfla.com. We'll add you to the list.

ADOPT A PET

CAT OF THE WEEK

#57954 Hello my name is Blue. I am a 10-month-old male domestic short-hair cat and I am anything but blue ... I am warm and loving and have really shined while staying here at the Pet Center. I came to the Pet Center when my family could no longer take care of me, so I was, of course, a little sad. Thankfully all the love and attention shown to me have helped me trust again. I would need a home where I am the only cat as having one as a roommate won't be good for me. I prefer to have all of your love and attention. Call the Pet Center at (904) 209-6190 to schedule a meet and greet with me! #58007



DOG OF THE WEEK

Hi! My name is Cookie. I am a 4-year-old female terrier mix. Even though I was left to fend for myself, I am still sweet, loving and wishing for a home of my own. Now I am looking for a family with lots of love and energy to match my own. Looking for someone who will not leave me behind again because with all of my loyalty, I will never leave you! Call the Pet Center at (904) 209-6190 to schedule a meet and greet with me! #58061

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.**

BRIEFS

St. Johns County COVID-19 vaccination available for ages 16 and older

Appointments to receive COVID-19 vaccinations through St. Johns County are available by preregistering at sjcvaccineappointment.sjcf1.us. To receive the COVID-19 Pfizer-BioNTech vaccine, you must be 16 years of age and older. For more information or assistance with preregistration, call the St. Johns County COVID-19 Vaccination Hotline at (904) 295-3711.

School Board attendance zoning meeting will be May 4

There will be a special St. Johns County School Board meeting on attendance zoning at 9 a.m. on Tuesday, May 4. The meeting will be held in the auditorium of the SJCS Administrative Building at 40 Orange St. in St. Augustine and via Webex. Instructions to access this virtual meeting will be posted on the St. Johns County School District website at www.stjohns.k12.fl.us.

PUZZLE SOLUTIONS

T	R	O	T		V	I	I		C	P	A			
H	A	L	O		T	O	D	O	S	C	O	O	P	
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9	4	7	1	5	2	6	8	3
2	1	6	9	8	3	5	4	7
7	8	9	5	1	4	2	3	6
1	6	3	2	7	9	8	5	4
5	2	4	3	6	8	7	9	1
6	5	2	4	3	1	9	7	8
4	7	1	8	9	5	3	6	2
3	9	8	7	2	6	4	1	5

Solutions correspond to last week's puzzles.



**SATURDAY, MAY 22
& SUNDAY, MAY 23**

9:00 a.m.-3:00 p.m.

Save the Date

The Art in the Garden Festival is a weekend celebration of creativity in all its forms—intriguing art, curated music, demonstration classes, extraordinary living pictures—all within our lush gardens. Learn more at jacksonvillezoo.org.



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Briefs

Continued from 2

Frank Butler Park East open

Frank Butler Park East, 5860 A1A South, is now open after being closed for park improvements. Bathroom renovations and the construction of sidewalks and ADA parking spaces are scheduled for completion in August and will not affect public access to the park.

Flagler Estates Community Center project meeting set for April 22

St. Johns County is presenting at the Flagler Estates Community Redevelopment Agency (CRA) meeting regarding the proposed Flagler Estates community

center project at 7 p.m., on Thursday, April 22, at the Flagler Estates Road and Water headquarters, 9850 Light Ave. in Hastings. The meeting will provide an overview of the community center project and give participants an opportunity to ask questions. For more information, call (904) 209-0115.

Kings Road drainage improvement project public meeting is April 29

St. Johns County is hosting a public meeting regarding the upcoming Kings Road drainage improvement project from 4:30 to 5:30 p.m., on Thursday, April 29, at Epic Theatres, 112 Theatre Drive. The meeting will provide an overview of the upcoming drainage project and give participants an opportunity to ask questions. For more information, call (904) 209-0142.

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Photo by Shaun Ryan

The family of 3-year-old Calvin Harry, first responders and the two heroes who were credited with saving Calvin from drowning gather for a photo.

Local heroes recognized for saving boy from drowning

By Shaun Ryan

Two residents of Nocatee were hailed as heroes Tuesday, April 20, for their quick action in saving the life of a 3-year-old boy who nearly drowned.

Sheriff Robert Hardwick, St. Johns County Fire Rescue Chief Jeff Prevatt and County Commissioner Jeremiah Blocker presented certificates of commendation and commemorative coins to Karen Brown and Luke Dorow.

First responders who played key roles in rescuing Calvin Harry were also recognized.

On March 27, Calvin's family was at a neighbor's home with other adults and children. At one point, 14-year-old Luke noticed that Calvin was under the water at the deep end of the pool and quickly pulled him out.

"I saw he wasn't breathing at all and his lips were pale, so I called for help," Luke said.

Brown rushed over and began CPR. "My instincts kicked in right away," she said. "I've taken CPR lessons for the past 15 years. I've always worked in a school or child-care setting, and it's just one of those things you do every

year. You don't think you're ever going to need to use it until you do."

Meanwhile, the homeowner called 911. Niko Branco took the call, which came in at 5:27 p.m. He got Fire Rescue dispatcher Katie Jervy on the phone, and she followed through until Battalion Chief Brian Mitzel arrived on the scene with Engine 18 and Rescue 17.

Engineer Katrina Silvia and firefighter/paramedic Troy Beshere were among the first on the scene and were recognized Tuesday. They found Calvin lying

HEROES continues on **Page 5**

LETTER TO THE EDITOR

Dear editor,

In a normal year, volunteers are crucial in helping nonprofits like ElderSource and St. Johns County Council on Aging accomplish our mission. During the last year of pandemic-related lockdowns and quarantines, they were an invaluable lifeline for many of those we serve.

During this year's National Volunteer Appreciation Week, April 18-24, we offer a heartfelt thanks to our valued volunteers in St. Johns County while acknowledging their sacrifices.

The volunteers who support ElderSource and St. Johns County Council on Aging deliver meals, make friendly calls and guide seniors in making important choices on issues such as Medicare benefits. They do so much to help our nonprofit agencies deliver essential services to seniors and the people living with disabilities in our seven-county service area.

Our volunteers have been there for seniors during times of stress and isolation. Sometimes, that service even meant putting their own health at risk. This year, more than ever, we owe these heroes our thanks and appreciation.

Volunteer Florida says that almost four million Floridians volunteer each year, contributing an estimated annual impact to our state's economy of at least \$8.2 billion. The value and significance volunteers bring to our homes and communities is enormous. So much work would not be accomplished. People would not be assisted or cared for and funding would be needed to support the gaps in programs and services used by so many.

Whether you have benefitted directly from a volunteer's service, or you are among the many who benefit indirectly, please join us and our entire community this week in saying thank you to the volunteers who make our crucial work possible.

Linda Levin, CEO, ElderSource
Becky Yanni, executive director, St. Johns County Council on Aging

Highway to Help Heroes Charity Drive opens registration

June 5 event to benefit Fraternal Order of Police Foundation, K9s for Warriors

Registration is open for this year's Highway to Help Heroes Charity Drive, scheduled for June 5. The fourth annual Charity Drive will benefit injured and fallen officers through the Fraternal Order of Police Foundation's Fallen Officer Welfare Relief Fund and military veterans through partnership with K9s for Warriors, the nation's largest provider of veteran service dogs.

The announcement was made by the Leb Family Foundation, Sissine's Office Systems and Ring Power Corp.

"Our partners have a deep gratitude

to the officers who serve and protect us every day, and for those who have been injured in the line of duty," said Greg Leb of the Leb Family Foundation and co-creator of Highway to Help Heroes. "The Charity Drive is a unique event for those of us in Tampa, Orlando, Jacksonville and Southeast Georgia. It gives supercar drivers and enthusiasts the opportunity to rally for a greater purpose — our nation's heroes."

Highway to Help Heroes will kick-off at the Ring Power Corp. headquarters in St. Augustine with a morning meet-and-greet with K9s for Warriors veteran-and-service-dog teams.

Supercar drivers will then depart from Ring Power to participate in the approximately 45-mile Charity Drive course,

trailing parts of Florida's historic A1A highway before concluding at downtown Jacksonville's Cowford Chophouse for an exclusive Studio 54-themed event, complete with food, beverages and entertainment.

"Since inception, the (Fraternal Order of Police) Foundation has been dedicated to honoring and remembering the heroes of our law enforcement and advocating for the protections of officers and their families," said David Stevens, immediate past chairman of the foundation in Jacksonville.

Those interested in participating in the Charity Drive may register their personal luxury vehicles, or choose to sponsor a supercar before May 22. Space is limited. Tickets to attend the post-event at

Cowford Chophouse are available for purchase online.

"The Jacksonville Fraternal Order of Police Lodge 5-30 represents over 4,000 members and has established a foundation that takes pride in making a difference for those who serve," said Bobby Deal, chairman of the Fraternal Order of Police Foundation, Jacksonville. "Without support from our community, the work we do to advance the services available to our law enforcement officers, and in partnership with K9s for Warriors for our military veterans, could not be possible."

To register or learn more about Highway to Help Heroes, go to highway2helpheroes.com. To learn more about becoming a corporate sponsor, go to highway2helpheroes.com/sponsorship.



Jessica Winberry, prevention coordinator with THE PLAYERS Center for Child Health at Wolfson's Children's Hospital, speaks during a recognition event for those who saved a 3-year-old boy from drowning.

Heroes

Continued from 4

on towels on the kitchen floor, pale but crying.

Senior Deputy Loren Schneider arrived shortly thereafter and subsequently wrote up the report.

Rescue personnel transported Calvin and his mother to Wolfson Children's Emergency Room at Baptist South.

Tuesday, Calvin was as healthy and energetic as any three-year-old. His parents, Mandy and Dean Harry thanked everyone who helped save the boy's life, particularly Brown and Luke.

"I truly believe that God put all of the people in the right place at the right time to give us the best possible outcome," Mandy Harry said.

She added that she would continue to tell their story to help others avoid a similar accident.

"I want everyone to learn from our mistakes," she said.

Jessica Winberry, prevention coordinator with THE PLAYERS Center for Child Health at Wolfson's Children's Hospital, said drowning was the top cause of injury-related death in children ages one to four.

For children younger than that, drownings most often happen in the bathtub. For the one-to-four age range, it's the pool.

One problem is that drowning is silent.

"People have the misconception that they're going to hear something or see something when a drowning is occurring, and that does not happen," said Winberry.

Thus, the best response is active supervision. Winberry said this means that a parent is within arm's reach of the child and that they've got their eyes constantly on the child.

She said families should have barriers around their



Photos by Shaun Ryan

Mandy, Dean and 3-year-old Calvin Harry thank everyone involved in saving Calvin's life.

pools to keep children out. When visiting someone else's pool, active supervision is critical.

And when everyone's done swimming, everything must come out of the pool. This ensures toddlers can't get underneath a raft or float where no one can see them.

Winberry recommended learning CPR and enrolling children in age-appropriate swim lessons, as determined by a child's pediatrician. Also, should a child come up missing, the first places to check are the pool, hot tub or spa in case immediate action is needed.

Environmental organizations to celebrate Earth Day on April 24

Groundwork Jacksonville is partnering with other environmental nonprofit organizations to present Earth Day: A Celebration of Stewardship, from 10 a.m. to 1 p.m. Saturday, April 24. This free community event will be held on the S-Line Biodiversity Corridor of the Emerald Trail, between Moncrief Road and Boulevard. Parking is available at the Christ Tabernacle Missionary Baptist Church, 2335 N. Davis St.

The goal of the event is to increase environmental awareness and teach children and adults specific things they can do to make their homes and landscape more eco-friendly, while providing an opportunity for people from all areas of town to connect outdoors and celebrate the planet.

Activities will include music, prize giveaways and demonstrations on native landscaping, soil and water conservation and testing, tree guilds, ollas irrigation systems, rain barrels, pollinator gardens, bee hotels, public art and more. Guests will receive a passport with information about how to participate in the various activities to earn a gift certificate from participating Springfield neighborhood restaurants.

The organizations partnering on the event include: Groundwork Jacksonville including the Green Team Youth Corps and CREST programs, Duval Soil and Water Conservation District (DSWCD), NativeJax Permaculture Design & Real Estate, Jacksonville Zoo & Gardens including W.I.L.D. and Advance Inquiry Program (AIP); Alkavita Alkaline Water, Jax Youth Works and Jacksonville Art & Music School (JAMS). The event is funded in part by a grant from the Jacksonville Environmental Protection Board.

Throughout the day, DSWCD will present plans for the innovative Regeneration Park, a green infrastructure and community stewardship project that will be built along the S-Line link of the Emerald Trail near the Sugar Hill Mosaic. The goal of Regeneration Park is to demonstrate urban agriculture, cultivate environmental stewardship and empower residents to build with nature for social, economic and environmental health.

Teachers are encouraged to come out to learn about the S-Line Biodiversity Corridor and the future Regeneration Park as potential outdoor classrooms to support ecological and environmental lesson plans.

For more information, contact Shanell Davis-Bryant, Groundwork Jacksonville program manager at Shanell@GroundworkJacksonville.org.

A1A Scenic & Historic Coastal Byway wins award for event

The A1A Scenic & Historic Coastal Byway is a winner of the 2021 National Scenic Byway Foundation's Byway Community Award for its Eighth Annual Spoonbills & Sprockets Cycling Tour – Crazy 8's event.

The tour won in the event category. It introduces the byway to new participants while challenging returning riders to see the byway with fresh eyes by requiring eight selfies from their time along A1A to win prizes.

With photos at Marineland Dolphin Adventure, the Cas-

tillo de San Marcos, the Bridge of Lions, the St. Augustine Alligator Farm and south to the beaches and waterways along A1A in Flagler County, riders compared photos and laughed together at the Marineland attraction after-party.

The tour is an example of a byway best practice that has grown through the cycling community's support and has developed a reputation for excellence.

Byway advocates rely on volunteers, Marineland Dolphin Adventure, local and state tourism partners, the local

business community and local media to make the tour possible.

Attendance and interest are kept at a high level by adding new features each year. Badges, unique t-shirts, hats, bicycling accessories, varieties of snacks and foods are a source of fun and engagement with the byways.

Learn more about the A1A Scenic & Historic Coastal Byway at scenic1a.org and the National Scenic Byway Foundation at nsbfoundation.com.

Dean Strecker is a writer, poet, photographer and educator, who was awarded numerous accolades for his work in the field of ESL teaching. Now retired, Strecker lives in St. Augustine with his wife and continues to pursue his passion for writing and photography.

Dean Strecker

As told to Holly Tishfield

Can you please briefly tell us about your background?

I was born in New York City, where I lived until age 7 when the family moved to Long Island. In high school, I developed a keen interest in English literature and creative writing, an interest that stayed with me into my undergraduate years, and I graduated with a B.A. in English literature from George Mason College of the University of Virginia.

I married my high school sweetheart in 1970 while still at college, and a year after graduating, we both left teaching in the Fairfax County, Virginia, school system to join the U.S. Peace Corps as volunteers in Thailand where we taught English in Thai public schools for three years.

In 1975, we left Thailand to move to Athens, Ohio, where I had been given a scholarship and graduate assistantship to study in the linguistics program at Ohio University.

Following graduation from O.U., I taught English in Besançon, France, before returning to Athens to teach English in the public schools there, eventually becoming the director of bilingual education.

After devoting pretty much all of her time to caring for our two beautiful daughters, my wife desired to return to work and, unable to find a good job in Athens in her field of art education, I followed her to Palm Beach County in Florida in 1986. There, she taught high school art and I, starting from scratch, taught English as a second language (ESL) at an elementary school. It was in that position that I designed a new and effective approach to teaching ESL for which I was recognized as one of most effective teachers in the U.S. by a consortium consisting of Learning Magazine, Oldsmobile, Michigan State University and the Disney Company. Soon after, and because of that recognition, I was asked to chair a newly formed committee to develop national standards for teaching English as a second language for the National Board for Professional Teaching Standards, standards which are still in place at this time.

Eventually I became an administrator for multicultural education in Palm Beach County and finally became the director of the district research department.

I retired from the school district in 2011 and later moved with my wife to St. Augustine to be closer to my oldest daughter, her husband, and their two young daughters who reside there. We currently live contentedly near the ocean in North Beach and have just recently celebrated our 50th wedding anniversary.

What do you enjoy most about your photography and poetry?

It was always my intention to return to creative writing once I retired, and I am grateful I managed to do so. I spend between two and three hours each day writing poetry and/or fictional prose, depending on my muse's interest of the day. I need to point out, however, that, while I am passionate about writing, I rarely enjoy the actual writing process: Writing is hard, and good writing is just this side of impossible. I write because I am driven to do so, but all that said, I suppose that the enjoyment I get from creative writing, fleeting though it might be, comes when I have completed something and am satisfied with my effort.

I find pleasure in photography easier to come by, perhaps because the camera and Photoshop do much of the work for me, or perhaps because my self-image is not tied as tightly to the success or failure of a photograph as it is to the success or failure in a writing project, but I'm just guessing here. If I had to choose one part of photography that I enjoy the most, I think it would be depressing the shutter release button. During that brief moment, there exists for me the potential of excellence, an ideal image not yet lessened by the reality of its flaws when developed in Photoshop.

What are some of the challenges that you face while working on your creations?

My first challenge in writing is to fight against an inclination to give up on a project in its earliest stages before it even begins to take shape, and to see it through either to its completion or to abandon it only once I'm sure that it should not be saved.

I am a photographer principally of seascapes and cityscapes and want my photographs to be free of people. Fortunately for me, the light just before and just after sunrise is much richer than later in the morning, and I am an early riser. At this time of day only a few visitors are out and about.

In both my photography and my writing, a continuing challenge is to capture a sense of peace and comfortable quiet in encounters with the smaller matters of existence, including things like a garden gate, or a boat dock, or a shady street. The underlying messages of these encounters are generally subtle, elusive, and fleeting; as if they



Photo provided by
Dean Strecker

just exceed the reach of our grasp, much like the faint sweetness of a drop of nectar on a honeysuckle stamen, a taste that is both there and not there at the same time. To approximate the fleeting nature of these tidings, my garden gates are preferably closed, my docks veiled in morning fog, and my streets curving away from view just ahead.

What do you enjoy most about living in the North Florida area?

I have lived in many places, both here and abroad, and I am fortunate in the sense that I have enjoyed my stay in every one of them; each place coming with qualities I find appealing. Living here in North Florida, I most enjoy, of course, being near my oldest daughter and her family, which is why we moved here from Palm Beach. This aspect of my life could only be better were my youngest daughter and her husband to move here as well, but they have been successful in Atlanta, and at least we're four hours closer to their home than we had been in Palm Beach.

Secondly, I am pleased to live a quiet and peaceful existence here in North Beach with the ocean two blocks to the east, the Intracoastal two blocks to the west, and a canopy of live oaks overhead.

Besides running your Etsy shop, what else do you enjoy doing in your free time?

A retiree, I'm largely free all day, but rarely is any day long enough to do everything I set out to do each morning. As I've mentioned earlier, writing takes up much of my time. My gardens also require attention year round, and I find comfort working in my raised vegetable beds, my showy flower garden areas in the front of my house and my native plant butterfly garden at its rear. I also enjoy fishing, principally in the surf, during the fall and spring, and taking photographs in the summer and winter when fishing is less productive. Finally, I make all our bread, including bagels, and much of our pasta.

Boating enthusiasts turn out for Spring Boat Show



ABOVE: The Jacksonville Spring Boat Show hosted 65 vendors who had a diverse selection of goods for sale.

RIGHT: The Jacksonville Spring Boat Show featured between 100 and 150 boats in all sizes.

Photos by Shaun Ryan



By Shaun Ryan

One of the surprises of the pandemic has been its impact on the boat market: sales have been skyrocketing.

The high demand and a shortage of building materials have resulted in a dearth of boats. Thus, people looking to purchase watercraft have had a tough time finding what they want.

Enter the Jacksonville Marine Association's Spring Boat Show, which was held Friday through Sunday, April 16-18, at Metropolitan Park and Marina in Jacksonville. Twenty dealers showed off between 100 and 150 boats in all sizes and styles, giving those in the market for such a purchase a broad selection to consider.

In fact, it was the boat shortage that prompted the association to hold its first-ever outdoor show at the marina.

"We typically have a show in January at the Prime Osborn Convention Center, and this would have been our 74th year," explained Erin Johnson, the association's administrative director.

However, she said, dealers were not getting boats from manufacturers as quickly as they had hoped and were concerned that they would not have enough boats to show in January.

So the unusual show was canceled, and the spring show was held in its place.

If all goes well next year, the association may be able to host three shows.

"Our hope for 2022 will be that we will have the January show again," said Johnson. "That will be our 74th, because we didn't get to have one in 2020. And then we'll have this one here in April, and then we typically do a fall show somewhere in St. Johns County."

The inaugural spring show was three days of water-related fun, family-friendly activities and educational seminars. Sixty-five vendors lined the walkways throughout the show offering a wide range of wares -- some, though not all, nautical.

The stars of the show were the many fishing boats, cruisers, ski boats, pontoons, inflatables, personal watercraft and more.

Capt. Rick Murphy and Brie Gabrielle from Florida Insider Fishing Report gave presentations on throwing a cast net, fighting a fish and dissecting a water column. Kids' fishing clinics were held on Saturday and Sunday.

In addition, there was live music, and food trucks kept visitors well-fed.



Water to Golf Views in Marsh Landing

Exquisite lagoon to golf views from this cul de sac beauty. Open floorplan/kitchen/dining spaces w/fireplace and oversized windows. Guest ensuite, 1/2 bath & laundry room finish off the first floor. Master retreat w/ fireplace, HIS & HERS baths/closets, wet bar w/ fridge leading to outdoor deck & hot tub. Private with Summer Kitchen and fire pit overlooking pool and lagoon. **5 Bedrooms, 5 Bathrooms. \$1,400,000**



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Fully rebuilt in 2005, this 2nd floor end unit condominium is within short walking distance to San Marco Square. It has front and rear balconies and comes with covered parking and an additional storage unit. **2 Bedrooms, 2 bathrooms \$399,000.**



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Pristine Craftsmanship on Ponte Vedra Blvd.

Thoughtfully designed and showcasing exquisite craftsmanship throughout, this custom coastal home offers master suites on both floors, along with an office, loft area, ample storage and a flex space ideal for a 5th bedroom. **4 bedrooms, 5.5 bathrooms \$2,150,000**



Renovated Coastal Cottage

Fully renovated and ideally located in central Ponte Vedra Beach, this pristine home offers easy access to JTB, entertainment, and just a short bike ride to the beach. With custom craftsmanship and quality finishes throughout, you would think it was newly constructed. **3 Bedrooms, 2.5 Bathrooms. \$795,000.**



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ELIZABETH HUDGINS

Coding can be fun at new local dojo

By Holly Tishfield

Technology-based education has become increasingly necessary in today's world. Since the pandemic, many companies have taken to having their employees work from home on personal computers, but even before the pandemic, technology has affected the way businesses operate.

Business owner Ryan Clark has made it his mission to help provide technology-based educational opportunities to the next generation with his new Ponte Vedra location of Code Ninjas.

Code Ninjas was founded in 2016 and franchised the following year. To date, it has over 300 locations in the United States, but only one location in the Northeast Florida area, until Clark opened a second franchise in Ponte Vedra Beach this week. Code Ninjas' main philosophy is to show kids that learning coding can be fun while also being educational. Young "ninjas" begin by learning the basic functions of coding, such as JavaScript, and work their way up until they can create their very own video game.

"We need to help our youth in a way that is exciting, innovative and engaging," said Clark.

Clark himself served in the military for nearly a decade, and when he emerged, he began working with project management teams. Clark's experience in the corporate world taught him that nearly everything is technology-based these days, and an extremely important function of success.

"How to code is just as important to a



Photo provided by Code Ninjas

Code Ninjas allows kids learn to code while building their own video games. They gain problem solving, critical thinking and STEM skills in a fun and safe environment.

developer as it is to an accountant," he said.

Code Ninjas aligned with Clark's beliefs about the importance of technology, and he said that he also enjoyed the idea of the learning process being a fun one.

The facility operates similar to any other dance or karate studio, where parents enroll their children in different-length programs. Kids from ages 7-14 can leverage their screen time and love of video games into something positive, and possibly inspire future careers.

Just as in a regular dojo, Code Ninjas' students work on a nine-belt system, beginning with a white belt where they learn the basic computer systems. As

they progress, they learn Lua, and then C-Sharp, and the culmination of their lessons at the dojo is to earn their black belt by coding and publishing their very own application.

Although the studio has only opened in Ponte Vedra recently, Clark said that community reaction has been positive, with many parents already stopping in to enroll their children in lessons.

For its opening, Code Ninjas is running a Founding Family discount, which includes 30% off a membership, a 10% off sibling discount, and a free week-long summer camp program.

For more information, go to www.codeninjas.com/ponte-vedra-beach-fl.

Church offers food pantry, deployed soldiers care packages

Ponte Vedra Presbyterian Church, located at 4510 Palm Valley Road, has a food pantry available to anyone in the community who is in need.

Thanks to the support of the church's congregation and its partnership with Feeding Northeast Florida, Ponte Vedra Presbyterian is able to offer a variety of

items, including fresh produce, meats, dry and canned foods and a variety of toiletries, paper products, laundry detergent and dog and cat food (all subject to availability).

There are limited pick-up hours, which must be scheduled in advance. For more information and to sign up, contact jzapala@pvpc.com or call the church at (904) 285-8225 and leave a message.

Ponte Vedra Presbyterian Church is also sending care packages to deployed soldiers. If you have the address of a deployed soldier and would like to send a care package, send the information to jzapala@pvpc.com.

EVENTS CALENDAR

Gabriel House of Care drive-in concert at Ponte Vedra Concert Hall

When: 6 p.m., Saturday, April 24

Gabriel House of Care is celebrating its 10th year with a drive-in concert featuring The Chris Thomas Band and Green With Envy as the opening act, Saturday, April 24, at the Ponte Vedra Concert Hall Field. BACARDI is the title sponsor for the event. The evening includes dinner by Pastiche, raffle prizes and a tribute to the Mayo Clinic Transplant and Oncology physicians and their teams. Proceeds will support the lodging and integrative therapy programs Gabriel House provides to organ transplant and cancer patients along with their caregivers that come to Jacksonville medical centers for specialized care. To register or for more information, go to www.gabrielhouseofcare.org and click on the featured event tab.

5th Annual St. Augustine Plein Air Paint Out

When: Through Sunday, April 25

The St. Augustine Art Association invites artists and art lovers to participate in the community-wide 5th Annual St. Augustine Plein Air Paint Out in the Nation's Oldest City. This event, a nod to St. Augustine's art history, celebrates the town's architectural and coastal beauty through the time-honored tradition of painting en plein air. In coordination with the Lightner Museum, Plein Air artists will be painting locations found in the artwork from their exhibit, "St. Augustine in a New Light: American Impressionism from the Collection of the Lightner Museum," which opened April 8. Works-in-progress and finished works will be on display and for sale in the St. Augustine Art Association Wet Room. All art sales benefit the artists and programming of the St. Augustine Art Association. For more information, go to www.staaa.org/pleinair or call (904) 824-2310.

Spring Members Show

When: Through Sunday, May 2

This bi-annual exhibition at the St. Augustine Art Association features a variety of works by emerging, seasoned and professional artists. The exhibition is free and open to the public. The gallery is open Tuesday to Friday from noon-4 p.m. 22 Marine St., St. Augustine. For more information, call (904) 824-2310 or go to www.staaa.org

Newcomers Alumnae monthly luncheon

When: 11 a.m.-1:30 p.m., Wednesday, May 5

Newcomers Alumnae will hold its monthly luncheon on Wednesday, May 5, at Marsh Landing Country Club, 25655 Marsh Landing Parkway in Ponte Vedra Beach. The event will feature guest speaker Kevin Brown of the Beaches Sea Turtle Patrol. Beaches Sea Turtle Patrol is "an all-volunteer nonprofit corporation working for the preservation of endangered sea turtles in Atlantic, Neptune and Jacksonville Beaches, Duval County" and is committed to marine research. Its goal is "to keep the sea turtle population from experiencing a downward trend," by, for example, planting sea oats to trap sand and stabilize the sand dunes, digging up nests and counting eggs, and reporting the data to the Florida Fish and Wildlife Conservation Commission. Brown is also a Fletcher High School football coach and marine biology teacher. The cost for this luncheon and guest speaker is \$23 and social distancing guidelines will be followed. Reservations for lunch must be made by contacting bartshar@comcast.net.

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Miniature houses have rescue dogs feeling right at home

By Holly Tishfield

It is easy for animal rescue shelters to become overcrowded, and when overcrowding happens, some shelters turn to euthanasia, but not this St. Augustine-based shelter.

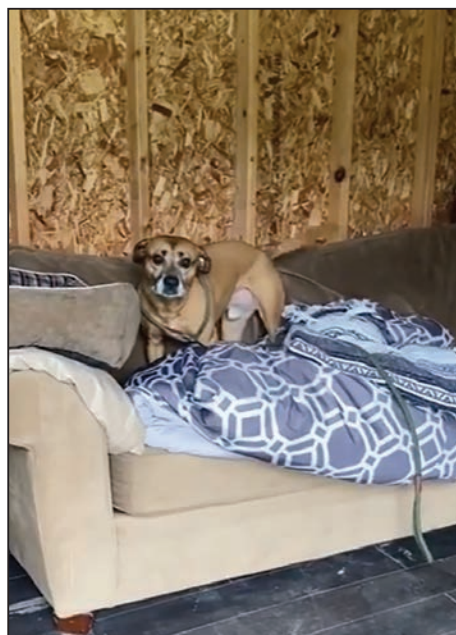
S.A.F.E. Pet Rescue was founded in 2008 by Robin Kanter-Nordan to give the overlooked and underappreciated animals in euthanasia shelters a second chance at adoption.

The nonprofit organization is donation and volunteer-based, and throughout the years has saved more than 7,000 animals. There are two locations, one in North St. Augustine Beach and one in South St. Augustine Beach, and a thrift store, where proceeds raised are used for the animals.

S.A.F.E. has helped hundreds of animals find their new families and has taken even more steps to ensure the comfort of their long-term residents.

S.A.F.E.'s third unofficial location in Hollister, a city just west of Palatka, is home to the rescue's unique dogs. The dogs who suffer from fear and anxiety, who need a little extra love. Recently, Kanter-Nordan and the S.A.F.E. Pet Rescue organization have purchased four tiny homes to be used for the dogs in this facility.

The tiny homes were built by the Pit



Photos provided by S.A.F.E. Pet Rescue

A S.A.F.E. resident enjoys the comforts of home in one of the mini houses located at the nonprofit's Hollister location.

Sisters organization. Three of which were purchased by S.A.F.E, and Pit Sisters donated the fourth.

"[The] tiny houses give volunteers and long-term dogs a chance to spend quality time in a home-like environment," said Kanter-Nordan in a Facebook post.



S.A.F.E. Pet Rescue, with the help of Pit Sisters, put up little houses at its Hollister location to give animals in the shelter a taste of home life as they wait for their forever homes.

DOGS continues on **Page 11**

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The Recorder's garden columnist Kathy Esfahani, of Kathy's Creative Gardens & Nursery, shares her tips for growing gorgeous gardens in Northeast Florida.

KATHY'S GARDENING GUIDE

"Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul."

ATTRACTING HUMMINGBIRDS TO YOUR GARDEN WITH SONG!



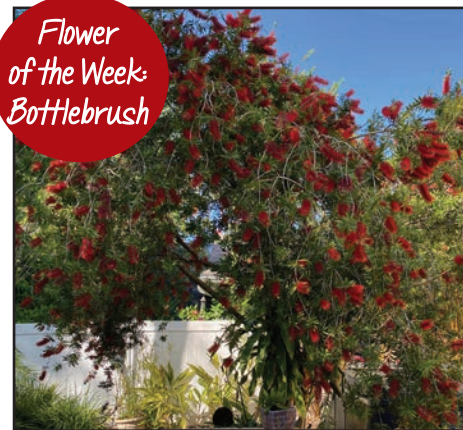
Kathy Esfahani
Columnist

Florida is a vast sanctuary for thousands of birds, and many more choose our lovely state when flying South to enjoy the warmer temperatures. Why not liven up your landscape and garden paradise with the beauty and song of native hummingbirds?

Hummingbirds are multi-colored birds that are easy to attract to your brightly colored garden. These remarkable creatures have striking plumage and a high-energy lifestyle.

Three species of hummingbird live in Florida throughout much of the year; the most commonly seen in the Northeast is the ruby-throated. This feathered jewel is approximately three inches long and weighs as little as a penny.

To support their high-speed activity, hummingbirds consume vast amounts of



nectar. To attract hummingbirds to your garden, choose plants with brightly colored and/or tubular flowers, such as hibiscus, bottlebrush, blue salvia, native or coral honeysuckle, and shrimp plants to name a few, all available at the nursery. Hummingbirds love red, orange and pink flowers, and use their long tongues to sip the nectar found within.

Bottlebrush plants get their name from the spikes of flowers that bloom at the ends of the stems, bearing a strong resemblance to a bottle brush. You can grow them as shrubs or small trees that grow up to 15 feet!

Most bottlebrush varieties bloom over a long summer season in shades of red or



Salvia (left) and shrimp plant (right) are good choices to attract hummingbirds to your yard.

crimson. Bottlebrush plants need a very mild climate, you can also grow bottlebrush plants in pots that you can move to a protected area for winter. Use a rich, peaty potting soil with a few handfuls of sand added to improve the drainage. If pruned hard every year, the plants will grow in pots as small as 6 to 8 inches in diameter. If you plan to let the shrub grow, you'll need a large tub.

Read more at Gardening Know How: Growing Bottlebrush Plants – Learn About Callistemon Bottlebrush Care at www.gardeningknowhow.com/ornamental/shrubs/bottlebrush/growing-bottlebrush-plants.htm



Photos provided by Kathy Esfahani

FLORIDA NATIVE PLANTS USED TO ATTRACT HUMMINGBIRDS

- Firebush, *hamelia patens*.
- Coral honeysuckle, *lonicera sempervirens*.
- Coralbean, *erythrina herbacea*
- Tropical sage, *salvia coccinea*
- Crossvine, *bignonia capreolata*
- Cardinalflower, *lobelia cardinalis*
- Necklace pod, *sophora tomentosa*

Email Kathy at kathys.creative.gardens@gmail.com for any questions or gardening tips you would like to see in the future.

Kathy's Creative Gardens & Nursery is located at 196 N. Roscoe Blvd. in Ponte Vedra Beach. (904) 655-7373

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Jacksonville Zoo welcomes critically endangered gorilla infant

A male western lowland gorilla was born at Jacksonville Zoo and Gardens early Friday morning, April 9. This is the fifth gorilla born at the zoo, and the first since 2018.

The male was born to mother Madini and father Lash. This is the third viable offspring for 44-year-old Lash and the second for 24-year-old Madini. Her daughter, Patty, still resides at the zoo and will be 6 years old on May 9.

Madini and Lash were recommended to breed by the Gorilla Species Survival Plan (SSP). This group of zoo professionals cooperatively manages the gorilla population at zoos accredited by the Association of Zoos and Aquariums (AZA). They are responsible for making science-based breeding and transfer recommendations as well as providing support and guidance on all aspects of gorilla management at AZA institutions to maintain a healthy, diverse and sustainable safety-net population to enhance conservation of this species in the wild.

This infant is now the ninth member of the largest gorilla group in the zoo's history. This includes the last infant to be born, 2-year-old Gandai, who was reared by keepers after her deaf birth mother, Kumbuka, could not properly care for her.

After five months of bottle-feeding and teaching her how to be a gorilla, keepers introduced her to a surrogate mother, Bulera.



Photo by Lynde Nunn

A baby gorilla was born recently at the Jacksonville Zoo and Gardens.

Since then, the mother and daughter have been slowly reintroduced to surrogate father, Rumpel; surrogate brother, George; surrogate sister, Madini; Madini's daughter, Patty; and ultimately her biological mother, Kumbuka, and biological father, Lash.

Jacksonville Zoo and Gardens will be raising awareness of species like the western lowland gorilla at Party for the Planet on Saturday, April 24. This event is presented by The Wild Things, a young professional group at the zoo, and is a celebration of Earth Day, Endangered Species Day and World Oceans Day. Guests are encouraged to donate old cell phones to help save gorilla species in the wild. For more information, go to JacksonvilleZoo.org/Party-ForThePlanet

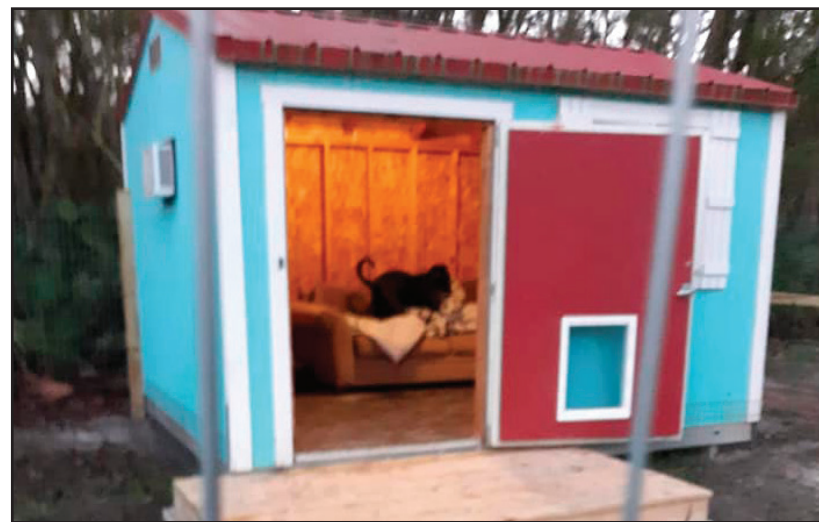


Photo provided by S.A.F.E. Pet Rescue

S.A.F.E. Pet Rescue, with the help of Pit Sisters, put up little houses at its Hollister location to give animals in the shelter a taste of home life.

Dogs

Continued from 9

"It brings them so much joy and comfort."

At the moment only one of the four homes is operational, with running electric, air conditioning, couches and a radio. The other three are awaiting electrical installation and cannot be used until then.

Pamela Ray Johns, the head dog walker and volunteer for long-term dogs, drives over 50 minutes multiple times per week to walk and care for the dogs in the Hollister location,

because she said they need it.

"These dogs... I call it Misfit Island," Johns said. "They are kind of the ones who have been put aside. They need some extra attention."

For the future, Johns said the organization is working to install electricity in the other three tiny homes and get them operational as soon as possible. All furnishings for the tiny homes have come from donations from volunteers, and the organization plans to continue providing the most comforts of home to their long-term dogs as they possibly can.

For more information, go to www.safe-pet-rescue-fl.com.

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Contest open to children ages 3-12 and will be judged in 3 categories: 3-5; 6-9, and 10-12.
 Winners will receive a family four-pack of tickets to the Jacksonville Zoo & Gardens.
 Please mail or bring by your entries on or before Friday, April 30, 2021.

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Parent's Name _____ Home Phone _____

Address _____

City _____ State _____ Zip _____ Age _____

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Church to hold annual spring rummage sale

Lord of Life Lutheran Church to host fundraising event May 1

Spring and rummage sales go together like fall and pumpkin patches — two things that Lord of Life Lutheran Church on Roscoe Boulevard North is known for.

The church will be holding its spring rummage sale from 8 a.m. to noon Saturday, May 1, in its open-air pavilion. This year, there will be seven stations of goods for sale including clothing, accessories and jewelry; home décor; kitchen and bath; pets and kids; sports, garden and electronics; books and CDs; holiday; and furniture.

“We are brimming with goods for this year’s sale, as many people have had more time at home to focus on what they want to own and keep or pass along to someone else,” said Sheila Kolesaire, newly installed president of the Church Council. “We have bed headboards, chairs, outdoor tables, toys, sleeping bags, pictures, games and more that we’ll be sorting through and in fact, a caravan of cars is going to an overflow pod we have to bring back things to the church.”

Among some of the more interesting objects is a set of pewter water/wine goblets and aperitif glasses, as well as Vera Bradley purses with tags still on.

The public is asked to wear a mask and practice social distancing. Hand sanitizers will be at all stations. The location is 276 Roscoe Blvd. N. in Ponte Vedra Beach

This is Lord of Life’s second-biggest fundraiser of the year following its renowned large pumpkin Patch in October. A percentage of funds from the goods sold will go to an area charity.

For more information on the church, go to www.lordoflifepvb.org.



Photo provided by Lord of Life Lutheran Church

OBITUARIES

Lillian M. Grewe

Lillian M. Grewe, age 100, a resident of Ponte Vedra Beach, FL., formerly of Chicago, IL. and Greenville, MI. passed away on April 8, 2021 at The Palms of Ponte Vedra. Lillian was born on April 18, 1920 in



Lillian M. Grewe

Winnipeg Manitoba, Canada. She grew up in Chicago, IL. moved to Greenville, MI. with her husband and family in the mid-1950’s, and then to Ponte Vedra Beach, FL. in 2010. While in Greenville, Lillian

was an active member of The First Congregational Church of Greenville. She was a volunteer first grade reader at Greenville Elementary Schools and was a Founding Friend of the Greenville Public Library. Lillian was the loving wife of the late Al (Al) Joseph Grewe for 57 years, whom she married during World War II on September 11, 1943. Al preceded her in death on February 17, 2000. She is survived by her daughter Donna (Walter) Jawor of Ponte Vedra Beach. She was the beloved grandmother of Debra (Antoine) Mourad of Maisons-Laffitte, France, Kathryn (Steve) Yingling of North Aurora, IL., Julie (Eric) Nelson of Ponte Vedra Beach, FL., Jennifer Jawor of Ponte Vedra Beach, FL., Alison (Brian) Michalek of Ponte Vedra Beach, FL., and the adored great grandmother to Liliane, Alexander, and Sophie Mourad, Liam Yingling, Zoe Nelson, and Pierce Michalek. Lillian was preceded in death by her dear daughter Diane (David) Utterback of Naperville, IL. on Monday, November 19, 2018. She was a fond aunt, great aunt and friend to many.

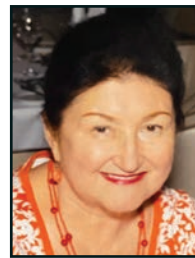
A memorial service will be held at the Quinn Shalz funeral home, Jacksonville Beach, FL. on Saturday, May 22, 2021 at 11am. Please visit the online Tribute at www.quinn-shalz.com. Arrangements by



Family Funeral Home & Cremation Centre
3600 Third Street South, Jacksonville Beach, FL. 32250
Phone: 904.249.1100 Fax: 904.241.7554

Doris Manukian

Doris Manukian was born June 22, 1936, in Breslau, Germany, to Erik and Charlotte Weise. Doris passed away unexpectedly but peacefully on April 14, 2021 in Jacksonville, Florida. She is survived by



Doris Manukian

her beloved husband of 62 years, Nurhan Manukian, who was at her side; her brother, Manfred and his family in Germany; her two sons, Ara and Lloyd, and their wives, Belinda and Lilit; along with her three grandchildren, Thomas, Aimee and Isabella; all who live in Florida; and a wonderful extended family and countless life-long friends. She will be missed by all her knew her.

At age 18, Doris immigrated alone from post-WWII Germany to New York City to start her new life in America, where she eventually met her “Prince” Nurhan, who proposed to her in Central Park, New York City. Married in 1959, Doris and Nurhan then traveled the world together with their children; both working and living in countries from Thailand, the Philippines, to Libya in North Africa.

All while being a dedicated and supportive wife and full-time mother, Doris was determined to achieve a life-long passion of returning to school and pursuing a career in education. At the age of 38, Doris was a member of the first graduating class of the University of North Florida in 1975 with a B.A. in Education and Journalism. She continued to obtain her Masters in ESL and Special Education at Kean College in New Jersey. One of her proudest accomplishments was to have been named in the Who’s Who Among Students in American Universities and Colleges.

Doris continued as an English, ESL and Special Education teacher, before retiring as chairperson of the ESL department at Florida Community College of Jacksonville. Doris also enjoyed taking cruises (over 50 since retiring), writing about her life experiences and world travels, and was a long-time participant in a local writer’s group and a frequent guest columnist in various Jacksonville area newspapers and magazines.

A Graveside Service will be held Saturday, April 24, 2021, 2:00 pm at Ponte Vedra Valley. A memorial remembrance event will be held at a later time (post-COVID) to celebrate Doris and her life. Please sign the online guestbook at www.pontevedra-valley.com



Jennifer DiVita

Jennifer DiVita, 44, of Jacksonville, Florida, died March 28, 2021. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedra-valley.com

Eugene Thompson Dykes, Jr.

Eugene Thompson Dykes, Jr., 62, of Ponte Vedra Beach, Florida, died April 18, 2021. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100 www.quinn-shalz.com

Barbara Joy Hosking

Barbara Joy Hosking, 82, of Atlantic Beach, died April 12, 2021. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100 www.quinn-shalz.com

Vijay Kharbanda

Vijay Kharbanda, 66, of Jacksonville, Florida, died April 9, 2021. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedra-valley.com

Fredrick Lindsey

Fredrick Lindsey, 100, of Ponte Vedra Beach, Florida, died April 15, 2021. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedra-valley.com

Stanley P. Lysandrou

Stanley P. Lysandrou, of Ponte Vedra Beach, Florida, died April 12, 2021. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedra-valley.com

Janet Dox Rigby

Janet Dox Rigby, 94, of Atlantic Beach, Florida, died April 18, 2021. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com (904) 249-1100

Ines F. Russ

Ines F. Russ, 68, of St. Augustine, died April 17, 2021. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre, (904) 249-1100, www.quinn-shalz.com

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May 1st: 8 a.m. to noon

Lord of Life
Lutheran Church

is holding its 2nd annual rummage sale.

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Health care Heroes



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Pages 15-26



APRIL 22, 2021



Recorder



Discounts for health care workers

Companies say 'thank you' to doctors, nurses, first responders with some exclusive deals

Health care workers are heroes in the best of times, but the heroic efforts of our frontline medical workers has been especially notable since the outbreak of the COVID-19 virus. Since the winter of 2019-20, health care workers have put their lives on the line every day to treat the sick, including those infected with the deadly virus.

In recognition of the hard work and sacrifices made by health care workers, various businesses offer discounts exclusive to medical professionals who can confirm their employment or first responder status with valid identification cards. The following are just a few of the many retailers offering discounts to health care workers.

■ **Adidas:** Adidas gives heroes 30% off, a discount that's available to medical professionals, first responders and nurses, among others.

■ **Asics:** Medical professionals can receive 40% off all full-priced items in the Asics online store at www.asics.com.

■ **Bose:** Doctors and nurses are among the various professionals who are eligible for discounts from the audio products retailer Bose. After verifying their eligibility with

ID.me, health care workers can receive exclusive discounts on orders of \$199 or more at Bose.com.

■ **Clarks:** The men's and women's footwear retailer Clarks also utilizes ID.me to offer special offers to nurses, medical professionals and first responders, among others.

■ **Krispy Kreme:** Guests who show a valid COVID-19 vaccination card at any Krispy Kreme shop in the U.S. can get a free original-glazed doughnut — anytime, any day, even every day — through the rest of 2021. Since many health care workers were among the first to be vaccinated, they can take advantage of this deal.

■ **Levi's:** Though many people social distancing at home have stashed away their jeans in favor of sweatpants, Levi's is offering a 25% discount on all of its apparel to medical professionals and first responders who can verify their eligibility.

■ **L.L. Bean:** Medical professionals, including doctors, nurses and hospital workers, are eligible for a 15% discount on full-price and sale items purchased online (www.llbean.com) or over the phone.

■ **Nike:** Nike recently increased the discount it offers

medical professionals from 10% to 20%. Health care workers must verify their status via SheerID, and after doing so they'll be sent a single-use promo code for a 20% discount that can be used on most items.

■ **Outback Steakhouse:** Restaurant offers all nurses, doctors, medical staff, military veterans, servicemen and women, police, firefighters and first responders 10% off their entire check all day, every day.

■ **Samsung:** Via Samsung's Frontline Discount Program, medical professionals are eligible for the tech giant's employee discount of 30%. Even more notable is that the discount can be combined with most offers, earning medical professionals additional savings.

■ **Under Armour:** Under Armour offers a 10% discount to health care workers shopping on UA.com, the UA app, UA Brand House, and UA Factory House.

■ **Wawa:** The convenience store giant is offering all health care workers and first responders free coffee. Show work ID or be in uniform as proof of employment.

Note: This list does not reflect every national business that may be offering discounts to health care professionals.

Flagler Health+ and the link form partnership

Flagler Health+ and the link announced a partnership agreement Monday, April 12, that will advance their shared focus on innovation and, according to a media release, “building healthier, more vibrant communities.”

The link, a 22,500-square-foot facility scheduled to open this summer, will serve as a multi-use innovation incubator and community center. Located adjacent to the Flagler Health+ Village at Nocatee, the technologically advanced space is designed to house and help startups, small businesses, individuals and families to engage and collaborate.

“When I learned of Flagler’s vision to advance the physical, social and economic health of Northeast Florida communities, right away I saw synergy with the link, where we are creating a space to learn, play, think and do,” said Raghu Misra, CEO of the link. “Flagler’s emphasis on digital innovation to transform health care experiences and engage with patients 365 days a year also made for a perfect fit.”

As part of the agreement, Flagler Health+ and the link will co-create wellness programming and other services while also delivering a seamless experience for members of the link and patients of Flagler Health+, supported by their proximity.

The partnership will offer such services as drop-in child care, health coaching and health tech innovation, and is expected to maximize both organizations’ strengths for the benefit of those they serve.

The link members would get to experience a 360-degree immersion studio where entrepreneurs, teams, students and others can collaborate in a virtual-reality setting to foster and facilitate creative and fulfilling interactions and experiences.



Rendering provided by Flagler Health+

This rendering shows the design of the link facility, a multi-use community center for residents of Nocatee, Ponte Vedra Beach and northern St Johns County. Flagler Health+ Village at Nocatee has partnered with the link to advance their shared focus.

“I am extremely impressed with the holistic approach the link is taking to provide solutions and space for people to thrive,” said Flagler Health+ President and CEO Jason Barrett. “There is no question that the link concept is closely aligned with that of our health villages, where we strive to enhance the overall well-being of people,

their families and communities. I look forward to seeing this relationship grow as we bring something truly unique and meaningful to this region and beyond.”

Go to www.thelink.zone for more information about the link, For more information about Flagler Health+, go to www.flaglerhealth.org.

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Family's experience inspires donation for renovated birthing and postpartum suites at Baptist Medical Center Jacksonville

On Monday, April 12, leaders of Baptist Medical Center Jacksonville and Wolfson Children's Hospital, along with donors Mark and Meredith (Chartrand) Frisch and their families, celebrated the enhanced birthing and postpartum experience mothers, babies and families now have on the hospital's main campus.

The dedication of the Chartrand Frisch Family Birth & Newborn Center marks the completion of a \$16-million renovation project to the Baptist Jacksonville maternal evaluation, delivery, maternal newborn and high-risk units. Work began in January 2019.

"For decades, Baptist Health has been the top choice of mothers to deliver their babies," said Michael Mayo, Baptist Medical Center Jacksonville hospital president. "Our goal in redesigning this space was to make this monumental life experience even more special for moms and families. These new suites are as impressive as our state-of-the-art maternal newborn care."

A family advisory group, comprised of current and expecting moms, was central to the design process to ensure every aspect of the renovated units improved the patient and family experience.

Features include:

- Comfortable sleeper sofas
- New high-risk monitoring technology in birthing suites
- Specialized furnishings designed to support maternal bonding and breastfeeding
- Private bathrooms with ample storage for personal belongings
- A new nursery with a "knee wall" to make it easier for young brothers and sisters to view their newborn sibling(s) who have to stay in the nursery
- Welcoming retreat spaces for family and visitors with TV, coffee, charging stations and other amenities
- Enhanced postpartum support offerings

The center is located adjacent to Wolfson Children's Hospital's high-level neonatal intensive care unit (NICU), where expert teams of pediatric specialists provide immediate life-saving care when



Members of the Chartrand and Frisch families cut the ribbon on the new Chartrand Frisch Family Birth & Newborn Center.



Contributed photos

The Chartrand Frisch Family Birth & Newborn Center was recently opened at Baptist Medical Center Jacksonville.

a newborn needs it. The center will also have direct access to the 92-bed neonatal intensive care center in the new Wolfson Children's Critical Care Tower, scheduled to open in early 2022.

"We want parents to take comfort knowing that, should something hap-

pen, we have the very best experts and state-of-the-art technology available to immediately provide world-class care to their precious new baby," said Michael D. Aubin, president of Wolfson Children's Hospital.

Mark and Meredith Frisch know all too

well how important access to expert neonatal and high-risk obstetric care is.

The high school classmates married in 2008, and Meredith became pregnant with their first child in 2010. When she was 33 weeks along, she fell, causing her water to break.

On March 30, 2011, baby Lyla was born at Baptist Medical Center South and went on to spend 17 days in the Wolfson NICU there. During her second pregnancy, this time with twins, Meredith had to undergo a procedure at just 20 weeks to ensure her cervix remained closed for the duration of the pregnancy. She was also put on bed rest.

Meredith delivered babies Abby and Hannah at Baptist Jacksonville at just 31 weeks on Dec. 1, 2012. The twins spent nearly a month in Wolfson's main NICU before going home healthy and thriving.

The Frisch family, which now also includes a son named Emmitt, was so inspired by the care they received, they decided to make a generous gift to help fund the renovations to the Baptist Jacksonville Maternal Newborn Unit.

DONATION continues on Page 19

Subaru of Jacksonville makes donation to Wolfson Children's Hospital

On Wednesday, April 21, Subaru of Jacksonville owner Phil Porter presented a check for what the dealership said is its largest donation to date to Wolfson Children's Hospital.

The check, from the 13th annual Share the Love Campaign, was received by Michael Aubin, president of Wolfson Children's Hospital and interim chief philanthropy officer for the Baptist Health Foundation, and Brett McClung, president and CEO of Baptist Health.

Wolfson is the region's only full-service children's hospital.

The gift will help fund care and advanced technology to heal critically ill and injured children through the newly named Porter Family Children's Trauma Center, along with child passenger safety education.

The hospital relies on charitable donations to provide care for all children in the region, regardless of ability to pay. In 2016, Subaru of Jacksonville chose Wolfson Children's Hospital to be its hometown charity for Subaru's Share the Love campaign.

During this year's campaign, Subaru donated \$250 for every new vehicle purchased or leased between Nov. 19

and Jan. 4. Customers could choose from four national charities for the \$250 donation — including ASPCA, Make a Wish Foundation, Meals on Wheels and the National Park Foundation — or Wolfson Children's Hospital.

Subaru of Jacksonville matched every \$250 donation, regardless of the charity chosen by the customer, with all matching funds benefitting Wolfson Children's Hospital.

Additionally, Subaru of America and Subaru of Jacksonville donated \$2 and \$3, respectively, to Wolfson Children's for every Subaru oil change at the dealership during the campaign.

Brett McClung resigns as president, CEO of Baptist Health

On Monday, Baptist Health and Brett McClung announced McClung's resignation as the health system's president and CEO, effective May 1.

"This was a difficult decision that I reached after much reflection," McClung said in a statement. "It has been a privilege working with what I consider to be the best health care team in Northeast Florida, and I am proud of all we have accomplished together. Baptist Health has always been financially and reputationally strong, and I know they will continue to be this community's health care leader."

Since McClung became president and CEO of Baptist Health on July 1, 2019, the health system has achieved notable accomplishments including top rankings from U.S. News & World Report; straight A's on The Leapfrog Group Hospital Safety Grades; highest honors for Stroke Gold Plus hospitals for comprehensive stroke care; and formalizing the health system's strategic plan for achieving a transformational vision of "A Lifetime of Health, Together."

"On behalf of the board, we thank Brett for his service and accomplishments during his tenure as CEO," said Richard Sisisky, chairman of the Baptist Health board of directors. "We are grateful for his leadership and we wish Brett and his family the very best."

"We are fortunate to have Michael Mayo, DHA, hospital president of Baptist Medical Center Jacksonville, assume the role of interim president and CEO of Baptist Health. Michael and the rest of our outstanding leadership team will ensure a continued focus on excellence as the board conducts a thorough internal and external search in the coming months."



Contributed photo

A room in the Chartrand Frisch Family Birth & Newborn Center is shown.

Donation

Continued from 18

Meredith's parents, Nancy and Gary Chartrand, her brother, Jeff Chartrand, and Mark's parents, Ben and Pat Frisch, also generously contributed to the project. The Chartrand and Frisch families helped inspire many others to make financial gifts

that made this project possible.

"We hope families who enter the Chartrand Frisch Family Birth & Newborn Center are comforted knowing they are in expert hands, and are able to relax and focus on what matters most: the new life they are bringing into the world," said CC Brooks, vice president of patient care services at Baptist Medical Center Jacksonville and Wolfson Children's Hospital.

Raise your hand if you've ever had shoulder pain.

5 symptoms you shouldn't ignore

If you have shoulder pain, even raising your hand can hurt. How do you know when it's time to see a doctor?

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Eye surgeon's practice model of success during pandemic

By Shaun Ryan

As society struggles to find a way forward amidst the ongoing pandemic, a First Coast eye-surgery practice has proven that even COVID-19 can't stop people from seeking — and acquiring — what is most important to them.

It's a success that inspires hope that normalcy — and even prosperity — lie ahead.

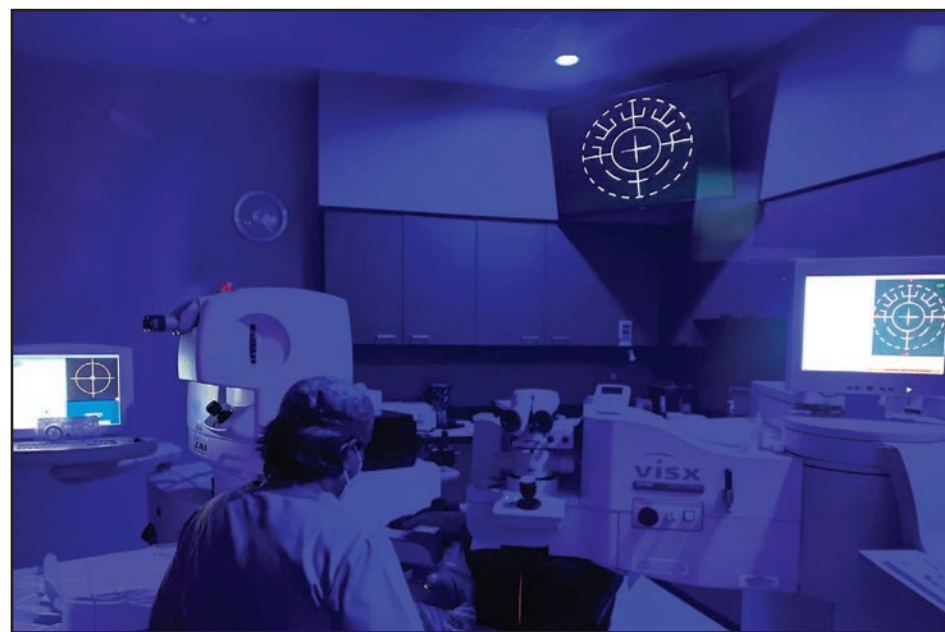
Before the coronavirus arrived here in March 2020, Jacksonville-based Gulani Vision Institute was known for its ability to attract patients from the world over. The practice had gained a well-earned reputation for its preeminence in the world of eye care.

In fact, Dr. Arun C. Gulani — who became involved in LASIK (Laser Assisted In-Situ-Keratomileusis) years before its use in the United States and even invented LASIK surgical instruments — literally wrote the book on several groundbreaking procedures. In addition, he has spearheaded new procedures to address various vision-related maladies and offers



Dr. Arun C. Gulani

techniques and innovations unavailable anywhere else.



Dr. Gulani has been involved with LASIK since its earliest days. He continues to update the procedure. Here he is in his Next Generation LASIK Suite.

He is also a world resource for second opinions and complication correction for eye surgeries, Next Generation LASIK and cataract surgery in particular.

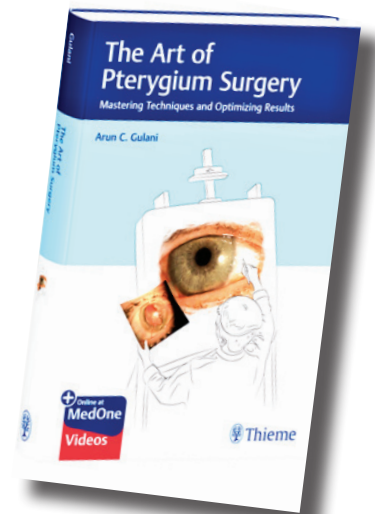
But last spring, cases of COVID-19 appeared in the Sunshine State and businesses deemed non-essential were forced to lock down. Gulani had to close briefly,

reopening in May 2020. At the time, he had just finished surgery on one eye of a South African girl who had flown in to seek treatment after being told nothing could be done for her severe astigmatism. She extended her stay here, and when he was able to re-open, Gulani treated the other eye.

“She flew back to South Africa, 20-20,” Gulani said.

“Patients come from all over the world, literally every day,” Gulani said. “What was amazing was how they sustained it.”

Patients have been coming from Asia, Australia, the Caribbean, Egypt, Europe, Japan, Poland and all over the United States.



Dr. Gulani's textbook, “The Art of Pterygium Surgery,” is among his many writings in the field of eye care.

“Patients come from all over the world, literally every day,” Gulani said. “What was amazing was how they sustained it.”

Patients have been coming from Asia, Australia, the Caribbean, Egypt, Europe, Japan, Poland and all over the United States.

EYES continues on Page 22

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Source: Real Value of Joining a Local Chamber of Commerce
Shapiro Group, 2012.



Photos provided by Community Hospice & Palliative Care

A volunteer plays guitar for resident in Community Hospice & Palliative Care.

Community Hospice & Palliative Care celebrates National Volunteer Month

April is National Volunteer Month, and Community Hospice & Palliative Care is promoting and celebrating volunteerism. Volunteers are diverse members of the community who offer companionship and a listening ear to patients and family members.

Community Hospice & Palliative Care has more than 1,000 volunteers who bring their many talents and educational backgrounds to help with pet therapy, veteran's projects, thrift shops, music therapy, bereavement outreach, patient and family support, spiritual care and administrative duties and to make a difference in the community.

"Volunteers have always been an integral part of Community Hospice & Palliative Care," said Dan Batty, volunteer services manager. "Volunteers helped to start this great organization and have provided a supporting role ever since. Our volunteers are amazing, resourceful, energetic, skilled, possessing many talents, a wealth of experience, caring, loving, compassionate, thoughtful, willing to go the extra mile, generous, sacrificial, staying until the job is done. I say thank you every



Volunteers prepare to share their joy with residents at Community Hospice & Palliative Care.

time I get a chance to let our volunteers know that we appreciate them and value their volunteer service. I know there are many worthy organizations in our community, but I am glad our volunteers chose Community Hospice & Palliative Care. We could not be a success and achieve all that we do without their help."

If you are interested in being a volunteer, go to Volunteer.CommunityHospice.com more information.



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HEALTH & Aging



Memory care A major component of assisted living

Aging brings about many changes, including some that may compromise seniors' ability to remain independent. In such instances, many families consider assisted living facilities for their aging relatives.

More than 835,000 Americans currently reside in assisted living communities, according to the National Center for Assisted Living. While communities and homes provide various services, one service in particular may be needed for seniors with Alzheimer's disease, other dementias or memory problems. Memory care units are separate facilities that cater to people with dementia or other memory issues.

According to the senior residence referral and resource guide A Place for Mom, memory care is a distinct form of long-term skilled nursing. Also called special care units, memory care facilities provide 24-hour supervised care for individuals. This care is often carried out in a separate wing or floor of a residential facility or community.

Memory care facilities aim to provide a safe and secure environment for residents. This means limiting entry or

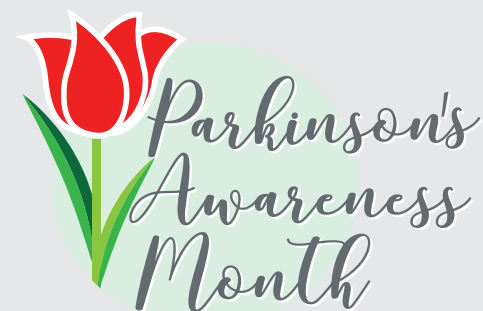
egress to other areas of the facility for those who may have trouble navigating and remembering where they started out. The Alzheimer's Association notes that six in 10 people with dementia will wander and become disoriented. This is dangerous for the individual and others. Memory care units often have alarms and "wander guard" precautions in place to make sure residents cannot roam unsupervised and risk injury.

Another goal of memory care is to provide a stress-free, structured lifestyle that has set schedules and routines, states Brookdale Senior Living. This can help keep distress minimal and make for more comfortable and happy residents.

In addition, memory care units offer programs that help slow the progression of dementias and cultivate cognitive skills. Fitness exercises, games, specialty food programs, activities, and much more may be offered to make residents more comfortable. Memory care facilities include common spaces for socialization, meals and activities.

"Alzheimer's patients must maintain their activity, walking, interacting with music, and art," said Dr. Lory Bright-Long of the American Medical Directors Association. "We have to awaken the senses so that the memory can have a hook. This is accomplished in the memory care setting."

It is important for those considering assisted living and nursing home facilities to inquire about specific memory care units if a loved one requires this environment.



April is Parkinson's Awareness Month in the United States, an observance dedicated to raising consciousness of the disease and support for those affected by it. Parkinson's is the fastest growing neurological disease, and currently affects more than six million people worldwide.

Parkinson's disease is a neurodegenerative condition. It creates movement and coordination impairment that worsens as the disease progresses, making it difficult to control body movements over time. Parkinson's disease can manifest a range of symptoms, which can vary greatly from patient to patient. Initial symptoms often include an overall feeling of weakness and slight tremor, with tremors gradually progressing over time.

Some of the early symptoms of Parkinson's include:

Motor Symptoms of Parkinson's

- Tremor of the hands or fingers
- Slowness of movement
- Stiffness or rigidity of muscles
- Difficulties with balance or posture

Non-Motor Symptoms of Parkinson's

- Cognitive impairment
- Depression, anxiety or irritability
- Sleep disruption & fatigue
- Constipation

While the cause of Parkinson's disease is unknown and there is no testing available for definitive diagnosis, physical examination and consultation with a doctor can help make the diagnosis. Early diagnosis and intervention through medication, surgery or therapies can help manage Parkinson's disease symptoms and may slow the progression of the disease. For more information about Parkinson's disease, visit the Parkinson's Foundation website at www.parkinson.org

Eyes

Continued from 20

A recent case involved a student from Paris who was suffering from a condition called keratoconus, in which the cornea was malformed. Until recently, the only option for these patients was getting a transplant, which is a very invasive surgery.

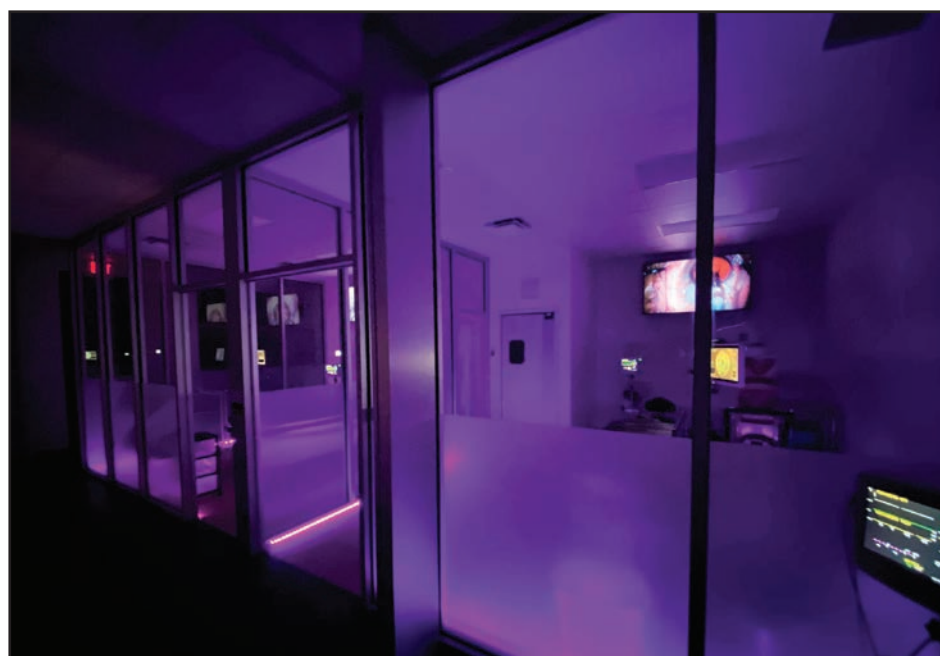
But by using his patented laser corneoplastique procedure, Gulani was able to repair the student's cornea without cuts or blades.

The entire procedure took four minutes per eye.

Another procedure that has been gaining popularity involved the use of human placenta to eliminate yellowish-reddish growths (pterygium and pinguecula, also called "golfer's eyes" and "surfer's eyes") that appear on eyes exposed to a lot of sunlight. The procedure leaves the eyes "sparkling white" again, said Gulani.

In fact, five fashion models from different parts of the world met at Gulani's office recently, all seeking this eye-whitening procedure. The results prompted them to proclaim the practice the "fountain of youth."

Another reason patients seek out Gulani is his cataract spa, the world's first.



Photos provided by Dr. Arun C. Gulani

Dr. Gulani's Cataract Spa is the first of its kind.

Most cataract surgeries are performed in hospitals and surgical centers. But in Gulani's cataract spa, there are no needles or injections. He uses cutting-edge technology with progressive lenses restoring vision without glasses in a procedure that is completed in minutes while soothing music plays. At the end, the patient is able to simply walk out – no gurney needed. In addition to offering breakthrough

treatment, Gulani's approach to the individual and individual needs brings patients to his practice.

Gulani's practice sets the bar in customer service, not only for its architectural and futuristic design but also because, unlike some medical offices where patients can be kept waiting for long periods, he schedules one patient at a time, whether they have flown 40,000 miles or just

walked across the street.

Gulani personally sees each patient before, during and after surgery. Using this simple model, the world continues to come to Gulani Vision Institute.

This approach also dovetails with waiting room standards many doctors have had to adopt as a response to COVID-19.

"People are looking at our practice and going, 'This is the correct way to practice,'" Gulani said.

Distance is observed. Masks and shields are in place. And sanitizers are used. All the staff and Gulani himself are vaccinated.

In addition, Gulani takes further precautions to keep everyone healthy. He insists that international patients are tested in their own countries and then tested and quarantined when they get here.

For the community at large, a center of innovation like Gulani Vision Institute, with services in great demand, becomes a source of economic healing because it generates medical tourism.

Patients come to the First Coast, where they spend time and money. This benefits hotels, restaurants and tourist attractions.

In this way, the success of one member of the community contributes to the success of all.

It's a reason Gulani remains positive during this time of COVID.

Tips for coping with double-burden syndrome

Double-burden syndrome is a daily concern for many women and may have been exacerbated due to work-from-home directives and social-distancing measures instituted during the COVID-19 pandemic.

Double-burden syndrome refers to the workload faced by people — traditionally women — who not only earn money through regular employment but also are responsible for unpaid domestic labor. Nowadays, it often refers to the challenges many women face when trying to balance household responsibilities/ childcare and employment.

Traditional gender roles once accepted by society have become more relaxed in recent years, and by and large both spouses now work. Data from the U.S. Bureau of Labor Statistics indicates that among married-couple families with children in 2019, 97.5% had at least one employed parent, and 64.2% had both parents employed.

Despite the fact that both parents now work in many households, there is still a disparity in the number of hours contributed to work around the house — with women taking on a larger percentage.

COVID-19 has not made the situation any easier. According to Women’s Web, a parenting and career resource for women, the lockdown has quadrupled women’s



Photo provided by metrocreativeconnection.com

workloads, whether they have careers or not. In addition to holding down full- or part-time salaried jobs, women are juggling home schooling, spouses’ remote working and caring for a household that is spending an increased amount of time at home.

A recent survey by Pink Ladder, a comprehensive career-enhancement resource for women, indicates that four-in-10 women are facing high levels of anxiety

and stress from current work-from-home situations, as many women have been expected to take on increased workloads from the office and also tackle a greater number of chores at home.

Coping with double-burden syndrome involves various strategies that women can try as they attempt to find greater balance.

■ Speak with managers about changing shifts. Managers may be receptive to

switching shifts to make accommodations for household responsibilities and childcare needs.

■ Scale back hours, if possible. If work is causing excessive stress, motivation is dwindling and/or home needs are suffering, this may be a case for decreasing work hours. Fathers should consider this as well, especially if they earn less than their spouses.

■ Attempt to compartmentalize professional life from personal life, especially when working from home. Definitive lines between work time and home time may need to be drawn. This may require not doing laundry during work hours and not answering work calls during personal hours.

■ Don’t be afraid to ask for help. If the double burden becomes too much to manage, seeking the help of a professional with knowledge of how to handle anxiety and stress may be the best solution. Experts can offer personalized coping skills as well as other solutions that may ease the mental and psychological burden.

■ Recognize there is no need to aspire to perfection. Recognizing that perfection is an unattainable goal because it doesn’t exist can diminish feelings of stress and dejection.

These strategies may help ease the effects of double-burden syndrome.

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Salvation Army receives \$5,000 grant from Mayo Clinic program

Grant to fund nutrition, health, hygiene and wellness for hungry households

The Salvation Army has been awarded a competitive grant from the Mayo Clinic Community Contributions Program in the amount of \$5,000 in support of Groceries PLUS: Nutrition, Health, Hygiene, and Wellness for Hungry Households.

The Salvation Army's initiative to provide nutritious food, hygiene and baby items to those in need in the Jacksonville community aligns with Mayo Clinic's efforts to support work identified in the 2019 Community Health Needs Assessment, including access, addressing obesity through good nutrition and physical activity, as well as other support services that combat food insecurity in its communities.

"The Salvation Army of Northeast Florida is so appreciative of receiving funding from the Mayo Clinic Community Contributions Program," said area commander Major Keath Biggers. "These funds will enable us to provide nutrition, health, hygiene and wellness to the families we serve daily at our Towers Center of Hope shelter located in downtown Jacksonville."

The Salvation Army began serving the people of Northeast Florida in 1891. Since that time, it has provided food, clothing, shelter and countless services to assist those in need.

The Northeast Florida Area Command includes social service operations in Jacksonville, the Citadel Corps (church), as well as corps in St. Augustine, Clay County, the Nassau County Hope House and assistance programs in Baker and Putnam counties.

In Jacksonville, The Salvation Army's Towers Center of Hope includes a shelter for women and families, low-cost housing for men, a community food pantry serving 1,000 households each month, and a meal ministry that serves a hot meal to the hungry every night of the year.

For further information, go to www.salvationarmynefl.org.



Photo provided by metrocreativeconnection.com

How adults can take active roles in their own health care

Adults play a significant role in their own health care. Adults focused on getting fit may visit various fitness facilities before signing up for a membership, and individuals who want to improve their diets may spend countless hours poring over healthy recipes and the latest trends in nutrition. Such research pays dividends, and the same commitment can be applied to choosing the right health care services.

Adults who are enrolled in employer-sponsored health insurance plans may feel as though their options are limited in regard to their health care ser-

vices. However, there are many ways for patients to get more out of their health care plans.

■ **Shop around for a primary care physician.** It's easy to be overwhelmed when perusing lists of in-network primary care physicians provided by insurance companies. Such lists can seem endless and it can be hard to distinguish one physician from another. Adults in need of new primary care physicians can ask neighbors or family and friends who live nearby for recommendations. It's

HEALTH continues on Page 25

Rethreaded, Telescope Health help human trafficking survivors get access to medical care

Telescope Health plans to provide its virtual health care services to Rethreaded, a Jacksonville nonprofit that serves survivors of human trafficking, by offering safe employment opportunities to help women develop new skills and gain back their independence.

The in-kind collaboration enables Rethreaded to expand its service offerings for employees, providing two highly-critical resources to women escaping human trafficking: employment and access to health care.

"For Rethreaded, it has always been my goal to provide our survivors with a safe haven that gives them the tools to grow, develop and ultimately succeed in this next phase of life," said Kristin Keen, founder and CEO of Rethreaded. "Historically, we have focused on employment as the initial component to success. I'm thrilled by this partnership with Telescope Health that gives Rethreaded the means

to expand the ways in which we support our women by eliminating barriers to medical care through telehealth."

Women experiencing human trafficking have risk factors that include substance abuse, mistreatment and physical and mental trauma, and lack of access to a medical provider can be fatal.

Telescope Health will offer Rethreaded employees in-kind telehealth services to include unlimited live video chats with board-certified physicians for both acute and urgent health care needs such as:

- Symptoms evaluation (COVID and non-COVID-related)
- Follow-up care
- Medication refills, ePrescribing
- Lab and imaging results discussion
- Appointments to see a health care specialist

■ Health care navigation

"In the prior 12 months, much of the work we've done at Telescope Health involves finding opportunities to reduce health care disparities by improving access to care through telehealth services," said Dr. Matthew Thompson, COO of Telescope Health. "Through this collaboration with Rethreaded, we're offering medical care in a way that also significantly reduces the need to access transportation."

Through Telescope Health, 11 Rethreaded employees (survivors of human trafficking) can now experience unlimited virtual visits to speak with medical providers via the Telescope Health app.

To learn more about Rethreaded, go to www.Rethreaded.com. To learn more about Telescope Health, go to www.TelescopeHealth.com.

Telehealth is finding a place in Florida homes

Health care is changing.

The COVID pandemic revealed the need for a new care solution from the comfort of home: telehealth.

Telehealth started with NASA but recently has been pushed to the forefront of the healthcare industry. With purchases of groceries, clothing and home decor and even large items like cars and houses going virtual, it is logical that health care followed suit.

The American Academy of Pediatrics asserts that the “health care market requires a correction to incorporate telepractice in the pediatric medical home with new emphasis on community-based health care providers delivering care directly to their patients.”

Many of the larger hospitals have adapted a telehealth service, but what option is there for children? A new company, Florida Virtual Pediatrics, believes it has the answer.

Florida Virtual Pediatrics seeks to help families with urgent care issues but also strives to be an asset to families with

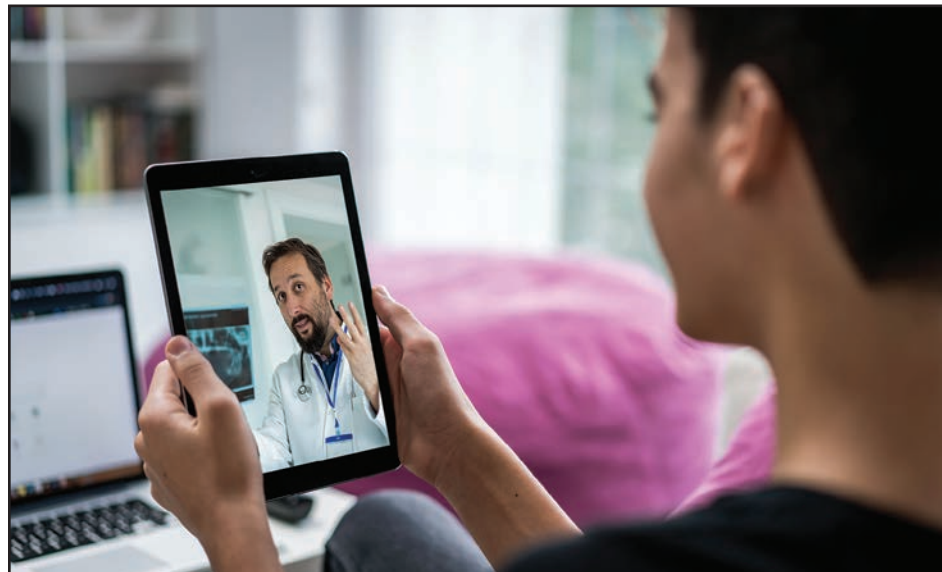


Photo provided by metrocreativeconnection.com

chronic concerns. Guardians can call about diet, nutrition, mental health issues, behavior, parenting, nursing and other issues with child rearing.

The company can also assist with asthma management and other long-term

issues, like acne and eczema. The convenience of telehealth coupled with the local knowledge and hospital relationships developed through years working in the local community provides a level of care tailored to the individual’s actual condi-

tion along with a well-informed referral network if the need arises.

Florida Virtual Pediatrics is a telehealth company based in Atlantic Beach. The main provider of the company is Meredith Jones, who has been a practicing licensed pediatric nurse practitioner for the last 13 years.

During that time, Jones worked both in private pediatric practices as well as for Wolfson’s Children Hospital. She believes telehealth is a way to improve the overall health care experience for children.

A benefit to telehealth is the visit takes place in the comfort and safety of home. The AAP reports that “telehealth services demonstrate high parent satisfaction, reduced absenteeism due to illness, reduced travel time and costs, high rates of visit completion, and reduced ED and UC visits.”

Telehealth will ultimately improve the quality and convenience of outpatient medicine.

For more information, go to www.floridavirtualpediatrics.com.

Health

Continued from 24

important to put the time in when choosing a primary care physician, as people who are comfortable with their physicians are more likely to schedule annual wellness visits or book appointments when they aren’t feeling well. Such visits can be life-saving.

■ Schedule annual wellness visits.

Annual wellness visits are very important, even for health-conscious individuals who are not experiencing any signs of illness or injury. Regular checkups and screenings can uncover health problems even when no symptoms are present, potentially saving patients’ lives. For example,

Hackensack Meridian Health reports that mammograms have reduced breast cancer mortality in the United States by 40 percent since 1990. Many insurance providers cover annual physicals at no cost to the patient, and screenings can catch diseases early when they’re at their most treatable and treatment is less expensive and less time-consuming.

■ **Be a prepared patient.** Prepare a list of questions prior to a scheduled doctor’s appointment. Jot questions down as they come to you in the weeks leading up to the appointment and don’t hesitate to ask questions during the visit.

■ **Be open and honest with your physician.** Concealing behaviors from your physician will negate some of the benefits of visiting the doctor. For example, if you

live a largely sedentary lifestyle but tell your doctor you’re physically active, he or she won’t offer advice on how to make exercise a bigger part of your life. Being open and honest with a physician enables

the doctor to give the best medical advice.

Taking an active role in their health care is a great way for adults to improve their overall health and can help them reduce their risk for illness.



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Recipe for a healthy kid available at First Coast YMCA Healthy Kids Day

Following a year of social distancing, virtual school, mask-wearing and endless hours of screen time, the First Coast YMCA is hosting its annual Healthy Kids Day on Saturday, April 24, encouraging families to take a moment to help kids be kids. While the in-person event will feature physically distanced activities and will be in accordance with CDC and state/local recommendations, the Y aims to provide a carefree day for children, celebrating what makes a kid a healthy kid.

“As adults, we know that 2020 was difficult on so many levels — it’s important to remind ourselves that as much as we try to protect our kids from worry, they faced many of those same difficulties. The Y is here for families, helping parents and kids recover both physically and mentally from a stress-filled year,” said Eric K. Mann, president and CEO of the YMCA of Florida’s First Coast. “We believe in the potential of all children, and we strive to help kids find that potential within themselves. When a child is healthy, happy and supported, they can make great things happen.”

YMCA HEALTHY KIDS DAY EVENTS IN NOCATEE

Ponte Vedra and Nocatee residents are welcome to join the Nocatee YMCA on Saturday, April 24, to participate in free family events that encourage a carefree day for kids while teaching families how to develop and maintain healthy routines at home this summer.

- **9-9:45 a.m.:** Kids Zuma in the Airnasium
- **10-10:45 a.m.:** Kids Yoga in the Airnasium
- **11a.m.-noon:** Little Spoons Cooking Class
- **Noon – 12:30 p.m.:** Healthy Habits for a Healthy Smile

Select Y locations will host daytime events such as group exercise classes, arts and crafts, swim testing, cooking classes and STEAM activities to motivate and teach families how to develop and maintain healthy routines at home.

For those who wish to join-in from home, the online event will start at 8 a.m. with a virtual 5K and have hourly activities such as a cooking class, teen talk, family trivia and a forensic CSI activity. The virtual Healthy Kids Day events were planned and coordinated by teens involved

in YMCA Teen Leaders clubs across Florida and will be incorporated at Y associations statewide. More details about the virtual schedule is available at www.facebook.com/events/658600441781529.

“We are so proud of our Florida teen leaders who have spent months planning and coordinating a fun morning of virtual content for kids and teens alike,” said Kimberly Green, senior program director, YMCA of Florida’s First Coast. “We hope the entire community will tune-in for classes designed to keep families healthy in mind, body and spirit.”

Healthy Kids Day, now in its 29th year, is the Y’s national initiative to improve health and well-being for kids and families. The Y hopes to use the day to get more kids moving and learning, creating healthy habits they can continue while they’re away from the classroom. When kids are out of school, they can face hurdles that prevent them from reaching their full potential.

In celebration of the YMCA’s Healthy Kids Day, the Y is focusing on five “ingredients” that make a healthy child:

■ **Healthy food** – Children need at least five servings of fruits and veggies each day for healthy development. Kids who help make their own meals and snacks are more likely to try the food, so enlist children in meal prep to encourage tasty explorations.

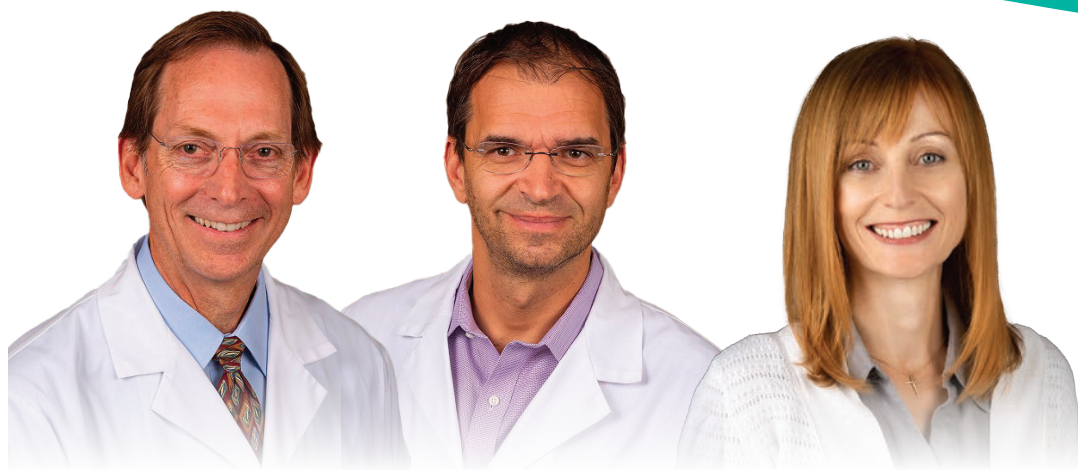
■ **Physical activity** – From increased screen time to virtual school, studies show that children moved less in 2020 than usual. Help kids get back into physical activity routines by setting at least 60 minutes for fun games and play every day.

■ **Curiosity** – Children who are read to by a family member at least three times per week are almost twice as likely to score in the top 25% in reading compared to their peers.

■ **Laughter and fun** – It’s important to let kids be kids. Parents should make sure they are joining in the fun with their kids. Close the laptop, turn off the phone and have uninterrupted play time. These opportunities allow adults to model a love for activity, while providing invaluable family bonding time.

Locally, Healthy Kids Day is sponsored by Publix Super Markets Charities.

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PAGE 27 THURSDAY, APRIL 22, 2021

May 1 charity events highlights historic St. Augustine home

Page 28

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Photo provided by the St. Johns County Chamber of Commerce

The Ponte Vedra Division of the St. Johns County Chamber of Commerce and the Economic Development Council held a panel discussion on lending recently at the TPC Sawgrass Clubhouse. From left are Joseph Rowell, North Avenue Capital chief operating officer; Ed Dwyer, president of Vigeo Alliance and business consultant for the UNF Small Business Development Center; Karen Everett, Ponte Vedra Beach Division director; Marius Dobren, president of Sawgrass Finance; and Matt Price, vice president, Regions Bank.

Business lending options explored during recent panel discussion

By Shaun Ryan

As business owners — or prospective business owners — look ahead to the post-COVID period, many are asking how they might best finance improvements or a start-up.

On Wednesday, April 14, the Ponte

Vedra Beach Division of the St. Johns County Chamber of Commerce and the Economic Development Council hosted a panel discussion on the many forms of lending available.

“Here in St. Johns County, we have the whole realm of capital access through different types of lending

programs that most people are not aware of,” said moderator Ed Dwyer, who is a business consultant for the UNF Small Business Development Center.

Matt Price, vice president of commercial banking for Regions Bank, offered

CHAMBER continues on Page 30

Berkshire Hathaway HomeServices FNR honored as Berkshire Elite at convention

Berkshire Hathaway HomeServices Florida Network Realty was recognized with the Berkshire Elite Award, honoring the top companies in the Berkshire Hathaway HomeServices network.

The Northeast Florida real estate firm ranks No. 22 among all Berkshire Hathaway HomeServices brokerages in its global network based on total GCI (Gross Commission Income.)

“We are gratified to receive this honor and be recognized alongside some of North America’s most successful and prestigious real estate brokerages,” said

Berkshire Hathaway HomeServices Florida Network Realty President and CEO Christy Budnick. “We appreciate our dedicated team of Realtors, brokers, employees and our wonderful clients who helped us achieve this recognition.”

Berkshire Hathaway HomeServices Florida Network Realty became a member of the network in 2014. The company was founded in 1988. In its 33-year existence, Berkshire Hathaway HomeServices Florida Network Realty has earned



Contributed photo

Berkshire Hathaway HomeServices Florida Network Realty President and CEO Christy Budnick (left) and Founder and Chairman Linda H. Sherrer.

AWARD continues on Page 29

The SECURE Act — know it or blow it!

The new rules about taxes and inherited IRAs



Ric Schilling
Columnist

A couple of years ago, I was letting our clients know they could do a stretch IRA to lower taxes to the next generation, therefore extending the tax-deferred status for many years to come after the death of the original

IRA owner. Then ... along comes the SECURE Act, which means Setting Every Community Up for Retirement, when, in fact, it should have been titled SECUT, Setting Every Community Up for Tax.

So what is the stretch IRA? The Stretch IRA provided your IRA beneficiaries the right to stretch distributions from an inherited IRA over their entire lifetime. Therefore, a 45-year-old had a life expectancy for almost 39 years, meaning for 39 years, you would be able to defer the tax and take only the RMD (Required Minimum Distributions). Wow! What a country, right?

That was a huge tax advantage for the beneficiary. That meant taking just 1/39th of the taxable distribution based on the Dec. 31 balance in the first year. That’s a pretty small amount, meaning the account could continue to grow with minimal taxes each year. The RMD amount would increase slightly until the end of the 39th year when the full balance must be withdrawn. The beneficiary could take more if they chose, however. So, that’s the basic stretch IRA strategy.

To receive this stretch benefit the beneficiary had to be a named person, instead of an estate, charity or some trust. Non-persons have no life expectancy, so they do not qualify for the stretch strategy. The beneficiary is known as a designated beneficiary, and only a designated beneficiary can do a stretch IRA.

Now along comes the SECURE Act,

SCHILLING continues on Page 31

St. Augustine historical landmark, The Pink Castle, highlights special charitable celebration on May 1

Berkshire Hathaway HomeServices Florida Network Realty is representing one of St. Augustine's architectural treasures. The company's listing at 16 May St., known as The Pink Castle, will be showcased in a special charitable event highlighting the home's historical significance. The Mysteries of the Pink Castle is scheduled for Saturday, May 1, from 1 to 2:30 p.m., and includes a tour, lecture, concert and book signing.

Built in 1922, The Pink Castle was designed by sculptor C. Adrian Pillars as his own home and studio. Pillars lived in St. Augustine from about 1919 to 1932 before teaching at the Ringling School of Art in Sarasota. Pillar's most famous work is the statue of Winged Victory in Jacksonville's Memorial Park. The sculpture of a bronze winged youth rising above a globe is entitled "LIFE," which is also the name of a new biography by historian and author, Dr. Wayne Wood.

"LIFE: The Untold Story of Charles Adrian Pillars" is Wood's 14th book. Each of the book's 400-plus pages and 200-plus photos are rich with little-known facts about Pillars including two chapters that focus on his time in St. Augustine.

The event program will feature a slide-

illustrated lecture on Pillars and the Pink Castle by Dr. Wood, and include a balcony concert by renowned violist Marcy Jean Brenner, the current owner of the house, and a guided tour of the house and gardens.

Limited tickets are available from the Jacksonville Historical Society at jaxhistory.networkforgood.com/events/28799-the-pink-castle-tour-lecture-concert-book-signing. The suggested donation is \$30 per person with proceeds benefiting the St. Augustine Historical Society, the Jacksonville Historical Society and the Memorial Park Association.

"Pillar's Pink Castle is a spectacular home with an impressive Great Room, which was once his studio," said Berkshire Hathaway HomeServices Florida Network Realty President and CEO Christy Budnick. "The home includes original tiled floors, grand pillars, a splendid gallery staircase and stained-glass windows. I encourage everyone to experience this distinctive architectural treasure."

The home is listed by Berkshire Hathaway HomeServices Florida Network Realty Realtor Mandy Sullivan of the Avondale/Ortega office. To schedule an appointment, contact Mandy.Sullivan@FloridaNetworkRealty.com or call (401) 474-1861.



Photo provided by Berkshire Hathaway HomeServices Florida Network Realty
Berkshire Hathaway HomeServices Florida Network Realty's listing at 16 May St. in St. Augustine, known as The Pink Castle, will be showcased in a special charitable event on May 1.

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Beacon Lake model homes in Parade of Homes open for tours

The lakefront lifestyle community of Beacon Lake and its premier builder team, Dream Finders Homes and Toll Brothers Homes, have entered two designer-decorated model homes in the Northeast Florida Parade of Homes.

The Parade of Homes, which showcases the latest in home innovation and design, runs April 24 to May 9. The event is free and open to the public.

“We are proud of our decorated models at Beacon Lake and excited to participate in this important industry event,” said Bruce J. Parker, managing director for BBX Capital Real Estate, Beacon Lake’s master developer. “The Parade of Homes provides a wonderful opportunity to showcase our builders’ award-winning homes and Beacon Lake’s natural beauty and family-friendly neighborhood setting. I encourage everyone to visit Beacon Lake and see all that we have to offer.”

The Beacon Lake models featured in the Parade of Homes include:

The Boca II model by Dream Finders Homes: This farmhouse-style home features a variety of options to accommodate



Model homes for **The Boca II by Dream Finders Homes (left)** and **The Roseberry Elite by Toll Brothers** will be in the Northeast Florida Parade of Homes.

specific needs. The family room is at the heart of this home and features a gas-burning fireplace and a nine-foot sliding glass door. The gourmet kitchen and dining room are an open-concept layout. This home is also equipped with a large master suite with a bay window, dual closets, a freestanding soaking tub and a grand walk-in shower.

The Roseberry Elite model by Toll Brothers: This two-story home presents luxe contemporary style. The Roseberry Elite’s covered entry and foyer open imme-

diately onto the formal dining room, with views to the expansive great room beyond. The kitchen overlooks a bright casual dining area and is equipped with a large center island. The primary bedroom suite is enhanced by a luxurious bath. Spacious secondary bedrooms feature sizable closets and shared Jack-and-Jill bath. Secluded on the second floor, a guest bedroom and shared full hall bath overlooks a generous loft.

At Beacon Lake, Dream Finders Homes and Toll Brothers are offering spacious

single-family home designs to complement the community’s coastal-inspired architectural style and lakefront setting. Dream Finders also is building luxury townhomes in Harborside at Beacon Lake. Seven model homes are currently open for tours. Homes are priced starting from the low \$300,000s.

Beacon Lake is located on the south side of County Road 210 between U.S. 1 and Interstate 95. For more information, go to BeaconLake.com.



Photos provided by Beacon Lake

Tips for buying a home in a seller’s market

The real estate market can be difficult to navigate for both buyers and sellers.

If met with an underwhelming market, many sellers can pull their homes off the market and wait until it becomes more advantageous to sell. But buyers, particularly those shopping in a seller’s market, may not have that flexibility. Buying in a seller’s market can be competitive and frustrating, but buyers can employ various strategies to survive such markets and land the homes of their dreams.

■ **Get mortgage preapproval.** Sellers’ markets typically feature low inventory, which can make the buying process very competitive. Prospective buyers who do

not have a mortgage preapproval letter in hand when making offers may find themselves losing out on their dream homes to buyers who have gotten preapproval from a lending institution. The preapproval process is relatively quick and simple, so buyers should not hesitate to apply.

■ **Be ready to compromise.** Unless they have unlimited budgets, buyers often must compromise when purchasing a home. That’s especially true in a seller’s market with limited inventory. Buyers who need to buy a home must identify their needs versus their wants and recognize the likelihood that they will have to compromise.

■ **Work with real estate agents.** Some buyers may be tempted to go it alone, searching for and ultimately buying homes without the help of real estate agents. That can be a foolish move in a seller’s market where competition is high and inventory quickly disappears from the market. Veteran real estate agents have worked in buyers’ and sellers’ markets, and buyers can use that experience to their advantage.

Buying a home in a seller’s market can be fast-moving and very competitive. But various strategies can ensure buyers still find great homes at great prices in such markets.

Award

Continued from 27

numerous top company awards including the Gibraltar and Elite Circle Award every year for the past 28 years.

The company was recognized during an awards ceremony at Sales Convention 2021, an annual gathering of Berkshire Hathaway HomeServices real estate professionals. Held virtually this year, the business and educational event offered opportunities to gain insight from leading speakers, discuss market trends, network and celebrate successes.

For more information about Berkshire Hathaway HomeServices Florida Network Realty, go to FloridaNetworkRealty.com.

Gorgeous Preserve Views in Palencia

Step inside 800 Cypress Crossing Trail and experience a beautifully maintained home with 4BR, 3 full baths, 2 car garage with a preserve view in front and private preserve view in rear. Perfect for entertaining! Diagonal tile throughout the main living area with lots of light...



Gourmet kitchen features Corian counters, 42” whitewood cabinets, new stainless steel appliances, center prep island and adjacent breakfast nook. The master suite with spacious sitting area, has tray ceilings and his & her closets. Master bath has spa tub, dual vanities and separate shower and water closet. The family room that opens to the kitchen, features a gas fireplace and vaulted ceilings. During the build process, the owner extended guest BR side of property 2 ft., creating large guest suite! Offered for \$499,000.

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Photo provided by Old City Public Relations

The St. Augustine Food Truck Co-Op is open to food truck operators throughout St. Johns County. The co-op will host regular meetings for members, with the next meeting scheduled for April 25 from 7 to 9 p.m. at Odd Bird's Bar, 12 Anastasia Blvd., St. Augustine. For more information on the meeting or the co-op, email StAugustineFoodTrucks@gmail.com.

New food truck co-op opens to St. Johns County businesses

With St. Augustine's population growing at a steady rate and the increasing popularity of food trucks, the St. Augustine Food Truck Co-Op has taken the opportunity to embark on a meaningful culinary endeavor.

Founded by owners of YAMO Italian Street Food, Dawn and Jason Watkins, the co-op will set St. Augustine apart in the quest to attract the continually growing "foodie" segment with over a dozen

members, including Arepa Life, Wingin' It, YAMO, German Street Food, Po Boy Paul's and Rad Ringo's Mini Donuts among others.

"There are many benefits to forming a cooperative," said Dawn Watkins. "Lower costs and resource sharing is a huge benefit for members. Quality products and ingredients can be expensive, and by ordering in

FOOD TRUCKS continues on Page 31

Chamber

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a look at traditional bank loans.

"We need a business to have been established for at least two or three years before we could take a look at it, for the most part," he said.

Traditional banks are cash-flow lenders. And Price typically works with very large loans.

Joseph Rowell, chief operating officer with North Avenue Capital, explained how his organization is different from the traditional bank.

North Avenue Capital, which lends to businesses across the nation, underwrites commercial loans to rural businesses only. These loans are backed by a U.S. Department of Agriculture program similar to that of the Small Business Administration.

The loans tend to be between \$1 million and \$25 million, with an average of about \$5 million. In deciding the make a loan, the organization looks at cash flow and fixed assets, such as real estate, machinery and equipment.

One question borrowers might have is whether or not they are considered "rural," and thus eligible for the loan.

Rowell said a population of 50,000 or fewer is considered to be rural. He estimated that about

97% of the country — and 85% of St. Johns County — falls in that category.

The third member of the panel was Marius Dobren, co-owner of Sawgrass Finance.

"Our mission at Sawgrass Finance is just to help the small and medium-sized businesses secure their working capital by helping them use their assets to work for them," he said.

The focus of the organization is collateral. The quality of the collateral determines the borrowing power.

"Cash flow is not really very important to us," Dobren said. "We're in a business to improve that cash flow. It's not the determinant factor, but we're paying close attention on the financial statements and how much skin in the game do the owners have."

Loans at Sawgrass Finance tend to be smaller: \$500,000 to \$1.5 million.

One thing the panelists emphasized was how they can work with one another when it's in the best interest of the client. Because their clients have different sets of circumstances, the lenders are not necessarily competitors. But they can help clients borrow in different ways to meet their goals.

The panel discussion was held at the TPC Sawgrass Clubhouse and virtually via Zoom.

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Schilling

Continued from 27

which did away with this for most people who inherit an IRA in 2020 or later and replaced it with a 10-year payout provision for most non-spouse beneficiaries. However, the SECURE Act carves out exceptions by creating a new class of designated beneficiaries now called eligible designated beneficiaries, or EDBs.

Eligible Designated Beneficiaries are the following:

- Spouses
 - Minor children (up to the age of maturity, but not grandchildren)
 - People with disabilities
 - Chronically ill individuals
- Plus:
- Individuals who are not more than 10 years younger than the IRA owner
 - Any designated beneficiary who inherited before 2020. Those individuals are grandfathered under the pre-2020 stretch IRA rules

Losing the stretch IRA may not be too terrible

Remember that this affects only your beneficiaries, not you, so it depends on how much you leave them. If you have a very large IRA, say \$500,000 or more, then yes, any amount left to your non-spouse beneficiary will have to be withdrawn within the 10 years after your death, and that could mean a significant tax bill for your heirs.

But even that can be managed, since the new law did away with RMDs each year. You don't have to take any RMDs during the 10 years, except that at the end of the 10th year after death, the entire inherited IRA must be withdrawn and will be taxed at that time.

Your beneficiaries have great flexibility during those 10 years to withdraw more funds when their income is lower, and withdraw less — or even nothing — in high-income years. For instance, if your beneficiary inherits five years before she/he is to retire, they could withdraw nothing

during those working years and then start withdrawing over the last five years when their income and tax rate should be lower. That kind of planning can help minimize the tax.

In addition, if you have more than one beneficiary, each beneficiary can use their own lower tax brackets over the 10 years, allowing them to minimize the overall tax paid by the beneficiaries, lessening the impact of the stretch IRA loss.

What else can I do to lower the tax burden on the ones I love the most?

Without getting too far into the weeds today I will simply tell you there are two very viable and legal options which still remain. Both of which I have instituted into my own estate and you may be able to as well, depending on your age and health. If you're not already familiar with these two strategies then I encourage you to ask your advisor so they can explain them to you. Because we all know taxes will be going up, especially for our heirs.

Fact: Too many good ideas die from procrastination and The Law of Diminishing Intent.

Frederic "Ric" Schilling is a Florida native, born in Jacksonville, FL. Ric is President and founder of Senior Guardians of America, a local North Florida firm specializing in tax reduction, long term illness planning, asset protection, probate avoidance and life income planning. Ric is a National Speaker and Advocate on Senior Issues and has been featured by the Florida Times Union and WJXT, TV-4 in Jacksonville as an authority on Estate Planning and Retirement Issues. Senior Guardians has an A+ rating with the Better Business Bureau and is a member in excellent standing with the National Ethics Association. Ric Schilling is a Certified Financial Fiduciary (CFF). You may contact Ric at 904-371-3302 or 888-891-3381 Please visit: www.seniorguardian.com Investment Advisory Services offered through Center Street Advisors, Inc. (CSA), an SEC Registered Investment Advisor. Frederic H. Schilling of Schilling and Associates, LLC (d/b/a Senior Guardians of America) is an Investment Advisor Representative of CSA.

Food trucks

Continued from 30

bulk and sharing contacts, these items' prices can come down significantly. At the same time, by sharing employees, jobs, and ideas for streamlining operating processes, owners will have more time to dedicate toward marketing, scheduling

and planning operations."

Each co-op member is committed to helping one another by sharing information on everything from recipes and new hires to marketing.

Food trucks operating in St. Augustine and other areas of St. Johns County are encouraged to join the co-op and take advantage of all that the group has to offer including, cost reductions, product

improvement, community involvement and more. Members will make invaluable relationships and gain knowledgeable expertise of fellow members and food truck veterans who have been operating for nearly a decade. It is also a priority of the group to encourage environmental awareness by using locally sourced ingredients and purchasing from resident purveyors selling everything from craft beers to locally-sourced seafood.

"After working side-by-side with fellow food truck owners at events and neighborhoods, we quickly recognized the need to band together," said Watkins. "Our goal is to develop an organization that is owned and operated by its members while also providing the use of services and products of the cooperative. It is so rewarding to work toward a mutual goal with our community."



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In the Arts



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THURSDAY, APRIL 22, 2021 • PAGES 32-35

www.PonteVedraRecorder.com



Photo by Paris Moulden

Dogs (and owners) enjoy a Bark 4 Art event last month at the Pawsitive Healing vet clinic in Jacksonville. The event helped raise money and exposure for art education programs in Duval and St. Johns counties.

Bark 4 Art event supports local art education programs

Pet fun day at animal clinic benefits Cultural Center at Ponte Vedra Beach

By Paris Moulden

Tails were wagging in support of local art education programs during a recent Bark 4 Art event at the Pawsitive Healing Clinic in Jacksonville. The event helped raise money and support for programs in Duval and St. Johns counties, including the Cultural Center at Ponte Vedra Beach.

Carla Rodrigues, owner and veterinarian at Pawsitive Healing Clinic, said Donna Guzzo, executive director of the Cultural Center at Ponte Vedra Beach,

contacted her about doing the dog-related event, and she jumped at the opportunity.

"I want to be involved in community events," Rodrigues said. "I get to meet people and that's really good for the clinic, but it's also good for art education programs in the community."

The Pawsitive Healing Clinic focuses on enhancing quality of life for pets, especially seniors. The clinic uses state-of-the-art equipment as well as natural and relaxation techniques such as acupuncture, water therapy and massage, to improve a pet's mobility and comfort.

"People love their pets and we need services like this," Rodrigues said.

BARK continues on Page 35

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THEME: FICTIONAL MOTHERS

ACROSS

- Build a collection
- Economic measure acronym
- *Beverly Goldberg's schmoopie
- Use an épée
- Neither here _____ there
- Tall ancient monument
- Daisy-like bloom
- Much of it about nothing?
- Commotions
- *She's 'Bow' to Dre in TV sitcom "Blackish"
- *Mother to Jo, Meg, Amy and Beth March in novel and movie
- Before tac
- Ripped
- Part of Super Bowl entertainment, pl.
- Homesteader's measure
- *"Game of Thrones" Lannister and mother to Joffrey, Myrcella and Tommen
- Adjutant
- Article of faith
- Genuflecting joint
- *TV mother to Alexis and David, "friend" to Jocelyn Schitt
- "Will be," as sung by Doris Day
- Perform in a play
- Load sixteen tons, e.g.
- Peacock's pride
- *Mowgli's adoptive mother
- Apartment
- Skeleton in a lock
- Part of a jousting outfit
- Spelling competition
- *Mother to Carlton in "The Fresh Prince of Bel-Air"
- "Well, I'm a-standin' on a corner in _____, Arizona," from the Eagles "Take it Easy"
- Country's LeAnn _____
- Hoover's agency acronym
- Piano practice piece, e.g.
- Church song
- What Usain Bolt did
- Poisonous substance
- *Wife to Papa, mother to Baby
- Sum it up
- Go on a buying spree

DOWN

- Way, way off
- _____ Verde National Park
- Naysayer's favorite prefix?
- What bloodhound is after
- Croatia's neighbor
- Nibble away
- Affirmative action
- Movie trailer, e.g.
- Elementary particle
- *Claire Dunphy and Mitchell Pritchett's mother
- Soothing lotion ingredient
- Bell and Barker, e.g.

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

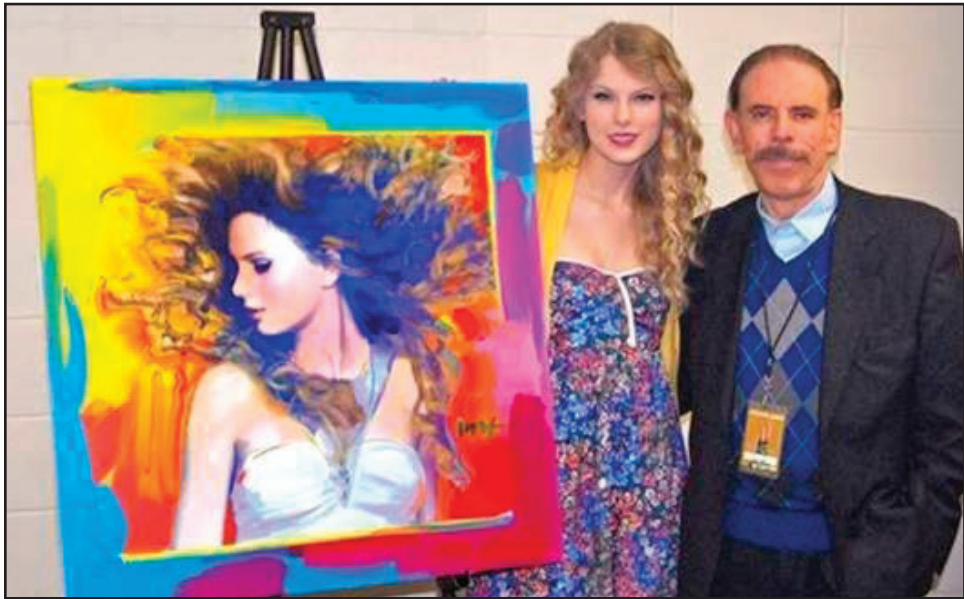
- Christopher Kimball's "Milk _____"
- _____s razor
- Part of a circle
- Tiresome
- Questioner
- *"Mamma Mia!" mamma
- Do this or forever hold your peace
- '80s band "Quiet _____"
- Catch one's breath
- _____ a peak
- Bone-chilling
- Europe's "boot"
- Short for seconds
- *She played Ricky Schroder's stepmom on "Silver Spoons"
- Defendant's excuse
- Religious belief
- _____ Khan
- Plural of #39 Across
- Below, prefix
- Impede
- "Everywhere you want to be" credit card
- Muslim holy man
- Plural of velum
- *Ellen, Scarlett's mother in "Gone with the _____"
- Like the best accommodations
- War god in Norse mythology
- Make one's way
- Dashboard acronym
- *Kunis, Hahn and Bell as "_____ Moms"

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Photos provided by ALP Inc.

Artist Peter Max (top, with Taylor Swift) has had the distinct honor of being named the official artist of the Grammys and the official artist of the Rock & Roll Hall of Fame.

Iconic American artist Peter Max brings 2021 Retrospective to Jacksonville

A Retrospective collection, with a significant nod to music, the arts and the legacy of the pop art genre from the studio of artist legend, Peter Max, will be on exhibition and available for acquisition in a limited engagement presentation at Gallery 725 in Jacksonville.

The exhibition opens with an evening preview event from 5 to 8 p.m. on Friday, April 23. The exhibition extends through Sunday, May 2, with two limited engagement gallery receptions complimentary to the public. The receptions are 5 to 8 p.m. Saturday, May 1, and noon to 4 p.m. Sunday, May 2. All artworks are on exhibition and available for acquisition.

With paintings on exhibition in hundreds of museums and galleries worldwide, Max and his vibrant colors have become part of the fabric of contemporary culture. Max has been successively called a pop icon, neo Fauvist, abstract expressionist and the United States “painter laureate.”

The Jacksonville presentation features his iconic and best-known pieces as well, among them the Woodstock Com-

memorative, “Statue of Liberty,” Max’s famous “Flag” pieces, “Umbrella Man” and the prestigious “Cosmic Runner.”

The artist has had the distinct honor of painting the last seven presidents of the United States and the world’s best loved celebrities, among them the young sensation Taylor Swift and the amazing talents of “The Voice”

Max’s studies and training at the Art Students League and the School of Visual Arts, both in New York City, helped shape his extraordinary art and career. The Masters series; interpretive works of Vincent Van Gogh, Monet, Pablo Picasso, Renoir and Edgar Degas, are conceived in Max’s signature style and colors. These works speak to both a maturation of the artist’s illustrious career, as well as to his formidable training at the 135-year-old Art Students League of New York and the School of Visual Arts in New York City.

All events are complimentary and open to the public, however RSVPs are requested at (904) 345-9320 or gallery725@gmail.com.

All CDC guidelines will be observed.



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Romanza Festivale of Music and the Arts kicks off 10th anniversary celebration May 1 in St. Johns County

Romanza Festivale of Music and the Arts, the renowned professional performance series with art, music and culture in historic St. Augustine, is celebrating its 10th year and includes 35 events and exhibits by dozens of independent nonprofit organizations and talent.

From Saturday, May 1 until Saturday, May 15, daily concerts, plays, dance showcases, art exhibits, opera, wine events and more will be featured. Romanza Festivale is the only local event which showcases the arts, culture and heritage. It is an annual collaboration by dozens of organizations and businesses in St. Augustine. Many events are free of charge. Kathleen Vande Berg is the chair of Romanza Festivale and board members include Albert Syeles, Pat Syeles, Glo MacDonald and Lisa Mack.

For more information, schedules and locations, go to www.romanzafestivale.com.

According to key founders and board members Vande Berg and Albert and Pat Syeles, the milestone 10th anniversary year for Romanza Festivale has been scheduled

for attendees to participate in live, in-person activities after the past year of event cancellations. All functions will follow current CDC protocol. Entertainment genres include music, heritage and culture, culinary and wine, dance, spoken word, theatre, visual art and many additional productions at a diversity of local venues.

Starting on Saturday, May 1, until Saturday, May 15, headliners include Duo Beaux Arts – Concert Pianists, Mama Blue’s Concert Special for Mother’s Day, Romanza Dance Kaleidoscope, and a finale with Akia Uwanda, Soul Vocalist.

Well-known performance artists featured in and around the Festivale and attraction dates will include St. Augustine Community Chorus, Florida School of the Arts, River City Jazz Ensemble, Catch the Groove, The Three Tellers, St. Augustine Art Association Plein Air Art and Exhibit, Spanish Wine Tasting, Ancient City Poets, Sam Pacetti and many more.

Additionally, organizers will showcase a collaboration between First Coast Opera

and A Classic Theatre to include a world premiere operetta written by First Coast Opera’s Artistic Director Curtis Tucker and Nelson Sheeley. A special pre-Festivale kickoff event by the Emma Concert Association will feature The Gainesville Orchestra performing on April 27 at The Amp in St. Augustine.

According to Vande Berg, participating groups or solo performers will receive a stipend from Romanza for their performances.

“In response to hardships created by event cancellations and venue closures related to the coronavirus, Romanza intends this arrangement to help sustain the viability and vibrancy of St. Augustine’s arts community into a healthy recovery when the crisis is past,” said Vande Berg. “Romanza believes in supporting the arts and our local artists. The Festivale has been able to operate at a level of increasing support for our community artists and musicians through paid performances, sponsorships, awards, scholarships and significant promotions.”

Romanza Festivale and the Celtic

Festival, along with the St. Augustine St. Patrick Parade, among other events have been produced by the nonprofit Romanza-St. Augustine, Inc. Visitors from the U.S. and around the world, local and regional residents and guests spend multiple days enjoying the family entertainment offerings, most of which are free. Leading regional and local talent will showcase their talents in historic St. Augustine.

“We are proud to once again bring the Romanza Festivale of Music and The Arts to our beautiful city with daily events featuring dozens of concerts, shows, exhibits and much more, while also including local arts and cultural nonprofit organizations,” Albert Syeles said.

Romanza Festivale is funded in part by the St. Johns County Tourist Development Council, and by the State of Florida, Department of State, Division of Cultural and Florida Council on Arts and Culture. For more information, contact Kathy Vande Berg at (914) 980-3051 or email kathvan@comcast.net.



www.hwhitakergallery.com 904.273.6065

Local bookstore to host special virtual event with author, journalist

In honor of Independent Bookstore Day, The BookMark in Neptune Beach will host a special virtual author event. Award-winning former broadcast journalist Mort Crim will present his new memoir, “ANCHORED: A Journalists’s Search for Truth.” The event, via Crowdcast, will take place at 5 p.m. Saturday, April 24.

Crim has reported on major conflicts around the world for more than four decades and became the consummate stylish anchorman of the 1970s and ‘80s, to the

point that he served as the inspiration for Will Ferrell’s affectionate parody in the movie “Anchorman.” Crim’s award-winning journalism career was no joke, however, and his book takes readers behind the camera to show what life was like when the local anchorman was as revered as the professional athlete, and just as overpaid. It was a glamorous life, working alongside some of journalism’s legends, like Walter Cronkite, David Brinkley, Dan Rather, and Ted Koppel.

The son of an evangelical minister in a conservative church, Crim suffered his first crisis of faith at the age of 15. Despite nagging questions, Crim eventually followed his father’s path into ministry. But the more he delved into the Bible, the more his faith was shaken. Unable to defend things he wasn’t sure of from the pulpit, Crim left the ministry for a career in journalism, determined to pursue truth. After a four-year stint in the Air Force, he earned his master’s degree in journalism from Northwestern University, and by the age of 30, had made it to New York—the epicenter of his profession.

As a national correspondent for ABC, Crim anchored the network’s top-rated morning radio show and covered America’s newly-developing manned space program. When Neil Armstrong took that first step on the moon, it was Crim’s voice that described the historic event for millions around the world.

UPCOMING SHOWS

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Emma Concert Association, St. Augustine Amphitheatre to present 'A Sonic Symphonic Spectacular' on April 27

The EMMA Concert Association, in partnership with the St. Augustine Amphitheatre, will present the Gainesville Orchestra in "A Sonic Symphonic Spectacular" created for the entire family on Tuesday, April 27.

The Gainesville Orchestra in "A Sonic Symphonic Spectacular" concert is sponsored in part by the Florida Division of Cultural Affairs and the St. Johns Cultural Council and marks the kickoff to the 2021 Romanza Festivale.

Designed to awe and entertain all ages, the Gainesville Orchestra will perform music from beloved productions such as "West Side Story," "Frozen" and "Star Wars" alongside classic compositions such as Tchaikovsky's "1812 Overture" and Gershwin's "Cuban Overture" plus an Armed Services Salute and several special surprises.

Led by Maestro Evans Haile, the Gainesville Orchestra is comprised of local and regional professional musicians

whose mission is to entertain, enrich and educate a diverse and broad-based audience through the presentation of quality programs in traditional and contemporary repertoire.

Tickets for the EMMA Concert Association and St. Augustine Amphitheatre present the Gainesville Orchestra in "A Sonic Symphonic Spectacular" live at the Amp are available for purchase at the St. Augustine Amphitheatre Box Office or online at ticketmaster.com.

Tickets are sold in preconfigured pods (groupings) ranging from two to six seats per pod. Each pod is at least six feet from one to the next, and all seats within the pod must be purchased together. Family pod pricing will be available. Additionally, all tickets are digital. The St. Augustine Amphitheatre Box Office will be open from 10 a.m. to 6 p.m. Friday and from 8:30 a.m. to 12:30 p.m. on Saturday, and will only accept payment via debit or credit card.



Photo by Paris Moulden

Anna Washington, of Ponte Vedra Beach, paints pet portraits during the Bark 4 Art event that supported art education programs, including the Cultural Center at Ponte Vedra Beach.

Bark

Continued from 32

Rodrigues, who opened the clinic last September, aims to host more events to help with community programs.

"Bark4Art [was] all about a family-pet-fun day," Guzzo said. "We are grateful for Dr. Rodrigues in hosting the event at her

beautiful Pawsitive Healing Clinic in Duval County where there is hope for senior dogs and their owners. Success is imminent!"

Rodrigues next plans to host an artisan market from 1 to 5 p.m. Saturday, May 8, at Pawsitive Healing, located at 1617 Thacker Ave. in Jacksonville. The event will support local artists and funds from sales will be donated to the Jacksonville Humane Society.



Dr. Carla Rodrigues stands in front of her veterinary clinic during the Bark 4 Art event.

Author

Continued from 34

At the urging of Walter Cronkite, Crim moved from network radio into the heady world of television news. At KYW in Philadelphia, Crim was paired with the late Jessica Savitch, and their anchor team spawned the idea for the "Anchor-man" movies.

To join the event, go to www.crowdcast.io/e/anchored-with-mort-crim

For more information about the Book-Mark event, call (904) 241-9026 or go to www.bookmarkbeach.com or

APRIL 22 - 25
ST. AUGUSTINE
PLEIN AIR
St. Augustine Art Association

Artists and Art lovers! The St. Augustine Art Association invites you to the 5th Annual St. Augustine Plein Air Paint Out in the nation's oldest city. This event, a nod to St. Augustine's art history, celebrates architectural and coastal beauty through the time-honored tradition of painting en plein air (outdoors). Look for artists painting around St. Augustine – works-in-progress can be viewed (and purchased) from the Plein Air Wet Room at the St. Augustine Art Association Gallery and Online!



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Cox and Box

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Act 2 is a **World Premiere** written by **First Coast Opera's Artistic Director Curtis Tucker** and **Nelson Sheeley**. The story continues, ten years later.

In the new operetta, Penelope Ann returns to put the two men in their proper places, with the typical twists, turns, accusations, revelations, and hilarity of the best British farces.

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Curtis Tucker

Jason Whitfield

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Sports

THURSDAY, APRIL 22, 2021 • PAGE 36

Send your sports news to
pvrecorder@opcfla.com

www.PonteVedraRecorder.com

PONTE VEDRA BOYS LACROSSE FALLS SHORT IN DISTRICT FINAL

The Ponte Vedra boys lacrosse team lost its first game of the season in the district final against visiting Creekside last Thursday. The Sharks, who won their first state championship in 2019, were the top-ranked team in the state and third nationally. The Knights managed to hold on for a 9-8 victory against PVHS, who ended the season with a 16-1 record. The PVHS girls lacrosse team won the district championship and will play rival St. Augustine in the regional semifinals at 7 p.m. Thursday, April 22 at Ponte Vedra High School.

Photos by Holly Tishfield



INK! selected as official charity partner of professional unique women's match-play golf tournament at World Golf Village

Organizers of the ORCA Golf Bags Women's Match-Play Championship presented by PXG announced that INK! (Investing in Kids) will be the tournament's official charity partner. INK! will be the singular beneficiary of the INK! Charity Pro-am at The Orca and will be recognized throughout the unique two-week women's professional golf tournament, with several other fundraising initiatives on its behalf.

INK!'s mission is to raise funds for public education in underserved communities throughout St. Johns County, where the tournament is being held. The unique, two-week tournament series for female professional players will take place at World Golf Village from Oct. 25 through Nov. 5. The

Orca is also a collaboration with Generation W to celebrate women's initiatives inside and outside the ropes.

The INK! Charity Pro-am at The Orca will be held Oct. 25 on King & Bear Golf Course at World Golf Village. Each team of three amateurs will play with one of the Professional players in the tournament in a scramble format. There will be 32 teams competing in the pro-am. Team price is \$2,500, and all proceeds will go to INK! Several other sponsorship and fundraising opportunities will be available, including a silent auction featuring golf and non-golf related items like trips and sports memorabilia. The INK Charity Pro-am at The Orca will feature a Meet the Players Pairings

Party the evening before, as well as a post-round awards reception. All professional players in the overall tournament will be invited to both events, even those not playing in the pro-am. For information, go to the tournament website at www.TheOrcaGolf.com.

"At the heart of The Orca is creating opportunities, and INK! is a perfect fit," said Tournament Director Mark Berman of MediaShare Consulting Group, producer of the event. "Our goal is to shine a light on the up-and-coming professional players of women's golf while creating opportunities for women inside the ropes, in the boardroom, and in the community. With INK! as our beneficiary, we get to add education as

one of those opportunities."

In addition to the INK! Charity Pro-am at The Orca, there will be several other fundraising opportunities for the St Johns County-based charity. Admission to the overall tournament will be free to golf fans who will be asked to register on official tournament website. There will be a drop down giving people an option to make a small donation. The tournament will also have donation stations on the course for fans to give during the event.

"As a smaller non-profit in our market, we're eager to take advantage of the spotlight this event affords us," said INK!

CHARITY continues on Page 37

First Coast Women's Amateur set for June at Sawgrass Country Club

The First Coast Women's Amateur (FCWA), Northeast Florida's premier annual women's golf championship, is set to be played June 24-25 at Sawgrass Country Club's East and West courses. The championship will feature 80 amateur female golfers competing across three championship divisions — Amateur, Senior and Super Senior — via a 36-hole individual, gross stroke play competition.

The championship will begin accepting applications starting May 1 via the Jacksonville Area Golf Association (JAGA) website or at jax.bluegolf.com/bluegolf/jax21/event/jax216/index.htm. Those interested in playing must first meet the USGA handicap index requirements as outlined on the website. FCWA is open to Florida residents as well as a select number of out-of-state participants. The entry deadline is June 14.

Brooks Rehabilitation is returning for the sixth year as the championship's presenting sponsor.

"We are looking forward to this prestigious championship and want to thank Sawgrass Country Club for serving as our tournament site," said Susie Fonde, 2021 FCWA committee chair. "Each year, the strength of our field continues to improve, attracting top players from the First Coast and beyond. We hope to continue to use the FCWA as a vehicle to promote female participation in this great game across all age ranges."

First founded in 1990, the First Coast Women's Amateur attracts the top high school, college and amateur golfers in Northeast Florida and boasts a strong list of past champions (complete list below), including former LPGA players, collegiate

champions and leaders in the golf industry. Additionally, the FCWA will support the following nonprofit organizations this year: Moore-Myers Children's Fund, the JAGA Scholarship Fund and North Florida Junior Golf Foundation.

The 2021 FCWA Tournament Committee includes Sarah Phillips, tournament chair; Susie Fonde, committee chair; committee members at large, Melissa Gotfredson and Emily Tillo. For any general inquiries about the FCWA, contact Melissa Gotfredson at info@fcwajax.com.

Divisions, eligibility and format:

Amateur Championship Division (age 13-plus): Open to female golfers at least 13 years of age (by June 24) with a verifiable USGA handicap index of 10.0 or better. Championship yardage: Between 5800-

6000 yards.

Senior Championship Division (age 50-plus): Open to female golfers with a verifiable USGA handicap index of 18.0 or better. Championship yardage: Between 5200-5400 yards.

Super Senior Championship Division (age 65-plus): Open to female golfers with a verifiable USGA handicap index of 18.0. Championship yardage: Approximately 5,000 yards.

Registration for two JAGA "majors" is scheduled to open as follows:

- May 1 – First Coast Women's Amateur (June 24-25 at Sawgrass CC)

- June 1 – 60th JAGA Jacksonville Amateur (July 22-24 at Marsh Landing CC)

Details on these and other upcoming JAGA tournaments may be found at www.jaxareagolf.org.

Charity

Continued from 36

Executive Director Donna Lueders. "Raising money for our public school students is our first priority, but this event will raise the organization's level of awareness immensely which will ultimately lead to even more opportunities for the students we serve."

The market's first professional women's golf tournament since 1976, The ORCA Golf Bags Women's Match Play Championship presented by PXG will feature 64 women pursuing their dream of playing on the LPGA Tour, battling over two weeks in two separate, but connected tournaments. The first week will feature a 54-hole stroke-play tournament on the King & Bear course, which will also seed the second week's event, a 64-woman Match-Play championship at Slammer & Squire. There will be no cut in the stroke-play event and all players will advance to the Match-Play tournament.

Each tournament will have its own prize purse, a guarantee of \$50,000 shared between the two events, with the Match-Play Champion also receiving a gift card from PXG. The tournament series will feature a Pro-Am event, junior clinics, local

community-based activities, and fundraising opportunities.

In addition to the golf competition, and of equal importance, the tournament will celebrate women's initiatives by providing programming such as leadership forums,

executive networking, and education.

The programming will be developed and provided by Generation W, a national nonprofit based in Jacksonville Beach, founded and run by Donna Orender, whose mission embraces the guiding tenets of education,

inspiration, and connection and the power of women's leadership.

The ORCA Golf Bags Women's Match-Play Championship presented by PXG represents two of the 14 official events on the Women's All Pro Tour (WAPT) in 2021.

CHARITY TAP TAKEOVER

Fight for Keegan

(Facebook group)

Keegan is the grandson of our long-time employee and at 5 years old is battling B-Cell Acute Lymphoblastic Leukemia.



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\$1 from every draft beer sold on Mondays in the months of March and April will be donated to the family to help Fight For Keegan

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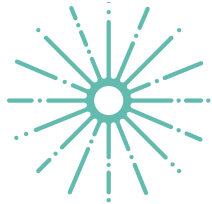
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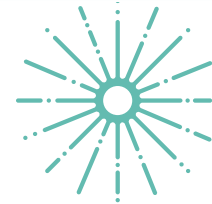


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