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> **April 27, 2023** Volume 54, No. 26 \$1.00

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Serving Ponte Vedra, St. Augustine, The Beaches and Greater St. Johns County



First Coast Register INSIDE



On A Mission: **First Coast Nonprofits** Page 15



INSIDE: CHECK IT OUT!

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



The Palm Valley Community Center hosted the Palm Valley History Festival on Saturday, April 22. See page 12 for more photos.

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S E R E N A D E D

8

3 6 5 9

8 9 4

A N O P H E L E S

9

6

INSIDE

One of Us

Page 6

Business Weekly

Pages 30-32

In the Arts

Pages 33-35

Sports

Pages 36-37

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Send us your news

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



Visit our new website at **www.pontevedrarecorder.com**

Plus, find the Recorder on Facebook at www.facebook.com/ThePVRecorder



There are posted signs heading both directions along Palm Valley Road letting drivers know that the new traffic light is ahead.



Photos by Anthony Richards

There is now a traffic light directing vehicles at the intersection of Palm Valley Road and South Roscoe Boulevard.

New Palm Valley Road traffic light is a go

By Anthony Richards

The new traffic light is now operational at the intersection of Palm Valley Road and South Roscoe Boulevard at the base of the bridge crossing over the Intracoastal Waterway.

It has been an initiative that has been talked about and in the works for some time now, with signs posted in both directions along Palm Valley Road warning drivers that a light would soon be coming.

That day is now here, and the light has created a safer option for vehicles turning onto Palm Valley Road from South Roscoe Boulevard, which before the light was a stressful situation, especially for those wanting to turn left across essentially three lanes.

However, it has also created an adjustment to be made for those who drive along the road during peak hours.

Just days after the light began functioning and directing traffic residents noticed that it was creating backups along Palm Valley Road at certain times.

Amy Storm is someone who drives along the route daily, and she noticed it taking her children to school in the morning and while picking them up in the afternoon.

She understands the reasons for the light

and the safety aspects involved, but she was also surprised by the traffic and the light's cycle is something she hopes will be looked at further and tweaked depending on the traffic patterns.

"It took 30 minutes to get to where I needed to go to PVHS, when it would usually take 10 minutes within the 3:40 p.m. to 4:15 p.m. window." Storm said.

At times when traffic was heavy, it backed up from the light to the roundabout at Palm Valley Road and Mickler Road during certain red-light stanzas, which in turn led to some congestion on the roads emptying into the roundabout during those instances.

According to Storm, the placement of the light so close to the bottom of the bridge is another concern that she has, especially coming from Nocatee because of not being able to see the other side until you clear the top of the bridge.

"I have teenagers that drive, and I know how that bridge is difficult to see over," Storm said. "Having lived in Sawmill (Lakes), I can't imagine what it is like getting out of there now."

Sawmill Lakes is a neighborhood along Palm Valley Road and the nearest neighborhood to the light with an entrance and exit way along the route.





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BRIEFS

Boys volleyball camp planned

A PVHS Boys Volleyball Summer Camp is scheduled for June 19-22 in the Ponte Vedra High School gymnasium. The camp will be run by the PVHS boys volleyball coaching staff and varsity volleyball players. All proceeds go toward supporting the PVHS boys volleyball program.

There are two separate, four-day camps:

- The Mighty Shark Camp for rising sixth through eighth graders will be held from 1 to 4 p.m.
- The Little Shark Camp for rising first through fifth graders will be held from 9 a.m. to noon.

Each camp is \$115 and includes a camp

T-shir

Campers will work on fundamentals: passing, setting and hitting. Skills will be reinforced using age-appropriate drills and games. The emphasis will be on fostering teamwork in a fun, positive environment.

All campers should bring their own water bottles. Wear comfortable workout clothes and rubber-soled sneakers.

To register, go to: hometeamsonline.com/teams/default.asp?u=PVSHARKSBC&s=ht osports&p=registration&formID=187287.

Palm Valley Market every Tuesday

The Palm Valley Market is held from 10 a.m. to 2 p.m. every Tuesday inside the

Palm Valley Community Center, 148 Canal Road. The market offers fresh produce, baked goods, local honey, tea, seasonal treats, soap, jewelry, plants and more.

Health screenings to be offered

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

Ponte Vedra Presbyterian Church will host this community event on May 19. The site is located at 4510 Palm Valley Road in Ponte Vedra Beach.

Screenings can check for:

- The level of plaque buildup in your arteries, related to risk for cardiovascular disease, stroke and overall vascular health.
- HDL and LDL cholesterol levels
- Diabetes risk
- Kidney and thyroid function, and more Screenings are affordable and convenient. Free parking is also available.

Special package pricing starts at \$159, but consultants will work with you to create a package that is right for you based on your age and risk factors.

Call 1-877-237-1287 or go to lifeline-screening.com. Pre-registration is required.

— Compiled by Shaun Ryan



Considering or Going Through Divorce? This class is for you.

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- Florida Divorce Law
- Financial Considerations
- Alimony
- Parenting Plans
- Child Support and More





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The Esplanade at Town Center

Stunning 4th floor end unit condominium. Abundance of natural sunlight by day and stunning sunsets by night. This 2 bed/2bath split floorplan offers walk-in closets, hardwood floors, and crown molding. Resort-style amenities including pool, hot tub, fitness room, game and media room- all of this, tucked away in this secure community just steps away from the St Johns Town Center! Comes with 2 assigned parking spots in garage.

2 Bedrooms, 2 Bathrooms, \$265,000



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Ponte Vedra Oceanfront Estate

This Oceanfront Estate is the epitome of luxurious coastal living. Spread across 1.67 acres of land, this grand estate sits upon a 33ft natural bluff and boasts 175ft of ocean frontage. Built by Benchmark Home in 1997 with masonry construction, features multi-level oceanfront Saturnina patios with pool and spa amply bolstered by an expansive sea wall. This property is one of 13 oceanfront homes with Geotubes installed to protect the dunes. The private drive, lush with Florida fauna, brings you to the motor court and two 2-car garages for ample parking. Upon entering, you will be greeted by an elegant foyer that leads to the spacious living room with grandiose floor-to-ceiling windows that offer panoramic ocean views. This estate features a total of 5 bedrooms and 5 full and 2 half bathrooms, with the palatial owner's suite on the 1st floor. Two guest bedrooms with ensuite baths, a wine room, large office and half bath are also on 1st level. Upstairs has an additional living space fully equipped with wet bar and dining nook, in addition to 2 guest bedrooms with ensuite baths. This Oceanfront Estate in Ponte Vedra Beach is a rare find, perfect for those looking for exclusive waterfront living, style, and tranquility. With it's stylish design, endless list of features and prime location, this estate is a must-see for anyone searching for the ultimate coastal mansion.

5 Bedrooms, 5 Full Baths, 2 Half Baths \$10,250,000



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4 COMMUNITY NEWS Ponte Vedra Recorder · April 27, 2023

OBITUARIES



George Irvin Knowles

George Irvin Knowles, 92, of Ponte Vedra Beach, FL, died 19 April 2023 peacefully at home. Born 19 March 1931 in Scranton, PA, son of the late Irving F. and Martha Marietta (Gowe) Knowles, he spent his early life in Glenburn, PA, and Clarks Summit,

George was a member of the 1949 graduating class of Clarks Summit High School. In June 1953 he graduated from Syracuse University with a B.S in Business Administration. Following college he attended Officer Candidate School, Newport, RI, and was commissioned Ensign in the U.S. Navy in January 1954. He and his wife, Jeanne M. (McMullan) Knowles were married on June 12, 1954, and relocated many times over the years.

George received an M.S. International Affairs from George Washington University in 1970 and attained the rank of Captain, USN, in 1972. After 30 years of service, he retired from the U.S. Navy and began working as Director of Marketing and Security at AMSEA in Quincy, MA. He and Jeanne lived in Scituate, MA, until his retirement in 1992. More than anything George enjoyed spending time with his large family and playing the piano.

George was a past President of the Sons of the American Revolution, St. Augustine Chapter; a member of the Mayflower Society; a member of The Military Order of the Purple Heart, having been wounded in the Vietnam

War in 1968-69; a singer with The Big Orange Barbershop Chorus and The Silver Edition Quartet.

In addition to his wife, he is survived by daughter Mary S. (Michael) Montgomery, Neptune Beach, FL; son G. Michael (Peggy), Jacksonville Beach, FL; daughter Patricia A. (Anthony) Fidrych, Port Royal, SC; son Timothy (Barbara), Danbury, CT; daughter Catherine (Seamus) O'Brien, Boston, MA; daughter Elizabeth (Raye) LaPlante, Rockland, MA. He is also survived by 12 grandchildren and 6 great grandchildren.

A Committal Service will be held Monday, July 3, 2023, at 10 a.m. at Jacksonville National Cemetery, Jacksonville, FL. In lieu of flowers, contributions may be made in his name to The Military Order of the Purple Heart.

Please visit his Tribute online at www.quinn-shalz.com.

Arrangements by



DEATH NOTICES

Quentin Englerth

Quentin Englerth, 90, of Ponte Vedra, Florida, died April 16, 2023. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery - 904-285-1130 - www. pontevedravalley.com

Kathryn Gaver

Kathryn Gaver, 83, of Ponte Vedra, Florida, died April 16, 2023. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery - 904-285-1130 - www.pontevedravalley.com

Marilyn Ginsburg

Marilyn Ginsburg, 78, of Ponte Vedra Beach, Florida, died April 16, 2023. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery - 904-285-1130 www.pontevedravalley.com

Priscilla Gonzalez

Priscilla Gonzalez, 86, of Ponte Vedra, Florida, died April 20, 2023. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100 www. quinn-shalz.com

Seymour Meyers

Seymour Meyers, 83, of Jacksonville, Florida, died April 17, 2023. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre, 904-249-1100 www. quinn-shalz.com

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Ponte Vedra Recorder · April 27, 2023 COMMUNITY NEWS 5

DEATH NOTICES

Joseph Scheider

Joseph Scheider, 62, of Jacksonville, Florida, died April 15, 2023. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www. pontevedravalley.com

Edwin Smith

Edwin Smith, 84, of Jacksonville, Florida, died April 19, 2023. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www.pontevedravalley.com

David L. Solomon III

David L. Solomon III, 75, of Atlantic Beach, Florida, died April 18, 2023. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100 www.quinn-shalz.com

Lucile Walker

Lucile Walker, 95, of Jacksonville, Florida, died April 21, 2023. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www.pontevedravalley.com



OBITUARIES



Daniel Bruce Anderson

Daniel Bruce Anderson, 53, of Ponte Vedra Beach, FL, died unexpectedly on Wednesday, April 19, 2023. He is survived by his loving wife of 28 years, Sarah (Duerr) and their daughters Abigail, Elizabeth "Pie" and son Matthew, as well as his sister Kristin (Middendorf), brother Mark, and his parents Bruce and Mary (Clawson).

Dan was an adoring father to his children and cherished every moment spent with them, especially when cheering them on at their various sporting events over the years. He took great pride in all of their accomplishments, and he loved his family more than anything. Dan was a caring and devoted husband, father, son, brother, uncle, and friend who was loved by all for his easy-going demeanor, ready smile and wonderful sense of humor.

Dan was born on September 20, 1969, in Ridgewood, NJ. He was raised in Franklin Lakes, NJ and attended Suffield Academy. After high school, he attended Valparaiso University, where he earned a bachelor's degree in finance and economics in 1992. He then began his career in finance at Smith Barney and Lazard, in New York City, before moving on to work at Excalibur Management in Boston. In 2000, he opened Excalibur's Florida office in Ponte Vedra Beach, Dan continued to make his mark on the industry, ultimately opening the family office of Pablo Capital in 2012, where he remained until his death. His dedication and expertise earned him the respect and admiration of colleagues and clients alike.

During his free time, Dan found joy in a variety of activities, including hunting, fishing, golfing, and spending time with his loved ones. He also cherished trips to the family farm, the beach and was a member of Christ Episcopal Church, Pablo Creek Club, and the Ponte Vedra Inn & Club.

A memorial service will be held at 11 a.m., Friday, April 28, 2023, at Christ Episcopal Church, 400 San Juan Drive, Ponte Vedra Beach, FL 32082 with a reception to follow. In lieu of flowers, the family requests donations be made in Dan's honor to Christ Episcopal Church or the Children's Behavioral Health at Wolfson Children's Hospital. Checks should be made payable to Wolfson Children's Hospital and mailed to the Baptist Health Foundation, 841 Prudential Drive, Ste 1300, Jacksonville, FL 32207. Please visit his online Tribute at www.quinn-shalz.com.

Arrangements by





ORTHOPEDIC SPECIALISTS

In February, Ponte Vedra resident George Miller was named executive vice president of the Construction Engineering and Inspection Divisions of England-Thims & Miller, a Jacksonville-based infrastructure and development consulting firm.



As told to Shaun Ryan

Tell me a little about your role as executive vice president for the Construction Engineering & Inspection divisions of England-Thims & Miller. What kinds of projects will you work on and what will be some of your key responsibilities?

ETM serves our region as trusted advisers, creating community through infrastructure and development consulting. As an executive vice president, I am responsible for developing the CEI leadership team and strategies to execute our business plan, maintaining our best-in-class service, and continuing our tradition of developing our team members. My objective is to assist in elevating all service lines within ETM to create opportunities in two ways: first, by focusing on client excellence by aligning our teams to our clients' needs; and second, by providing mentoring, training and exciting projects to our team members to fulfill our promise of being the best place to build a career.

ETM has a diverse range of clients and projects throughout Florida, including completing the Jacksonville Beach Pier, working with the Jacksonville Jaguars on the Four Seasons Hotel, master-planned communities like Nocatee, Wildlight and Silverleaf and high-profile interchange projects. Locally, our projects include road, drainage and bridge infrastructure for St. Johns County, the FDOT, the City of St. Augustine, the City of Jacksonville, Nassau County, JTA, Clay County and many others. We are also involved with utility improvements within JEA, St. Johns County Utility Department and Clay County Utility Authority service areas, as well as residential and commercial land development, parks and recreation improvements and environmental projects.

I am thrilled by the way ETM collaborates internally, bringing together our collective knowledge and relationships for the betterment of our community, our clients and their projects. This includes embracing new technologies to accelerate the speed of project delivery, improving communication with the community, and elevating our clients' management of their infrastructure assets. I am impressed by how ETM plans, designs, and supports the construction of infrastructure, which enhances our communities and identifies solutions for growth in our region. With so many people moving to Ponte Vedra and its surrounding neighborhoods, I'm proud to be part of a team that is helping to make sure our roads, buildings and community gathering places are ready to accommodate growth.

You joined England-Thims & Miller in January 2022. Tell me a little about the company and why it appealed to you when you were considering the next step in your career.

ETM was founded right here in Northeast Florida by three visionaries who wanted to take care of their clients with a focus on boutique, customer-centric, best-in-class services. Today, with the help of our team, ETM has built a business around taking care of not only our clients, but our communities and each other. In today's market of acquisitions and rapid growth, it is reassuring to find a firm that wants to focus more on our community, quality and people, than solely financial targets. Whether we are placing a town on the map, protecting and preserving the environment, or building the infrastructure needed to connect people to what is most important in their lives,



our "why" is creating great communities.

Choosing to join ETM was an easy decision. I had great relationships with multiple leaders within the firm and knew the type of company that ETM is: a company set to do the right thing always, while prioritizing clients' needs and maintaining a great employee-focused culture. For me, it was important to work with a local firm that prioritizes the surrounding community, values and develops their team through a family-focused culture and possesses similar strong core principles to my own.

Tell me about your background, your education and career up to this point.

In 1999, I received my Bachelor of Science in civil engineering from Michigan Technological University and began my career working with a contractor in the Detroit area. After a few years, I elected to change the scenery and moved where it was warmer, first stopping in Phoenix, Arizona, and then ultimately landing in Jacksonville, Florida, in early 2004. After spending a year in Neptune

Beach, I moved to Ponte Vedra Beach and started a family. I have been very happy in the St. Johns County community and have enjoyed seeing it grow over the years.

During my professional career, I have been fortunate to work on a diverse range of transportation projects, including large interstates, complex bridges and highways, signalization and drainage. Throughout this time, I have focused on honing my skills as an engineer and leader, while mentoring others.

What do you like best about what you do?

Building community and mentoring others are two aspects of my role that I enjoy the most. While the challenging projects drive me to work hard, the culture of ETM ensures that I do not get burnt out. I enjoy getting the job done and getting to enjoy much-needed quality time with my kids.

NOTE: This is an abridged version. To read the full interview, please go to pontevedrarecorder.com.

Aqua Grill marks 35 years, raises money for Mission House

By Shaun Ryan

Aqua Grill celebrated its 35th anniversary Sunday, April 23, and an overflowing crowd turned out to join in the festivities. In fact, every parking spot and nearly every seat was occupied.

The popular restaurant served a mouth-watering buffet, 100% complimentary to the longtime friends and customers who attended. Meanwhile, the band Vox performed classic rock on the back patio.

And Cary Paige, managing partner, took a moment to marvel at the long success of the restaurant he launched with Cary Hart in 1988.

"I'm amazed that we're still here," he confessed, but quickly revealed one of the reasons for Aqua Grill's longevity. "We never opened this restaurant thinking it was just a restaurant. We wanted to be a part of something bigger and be a part of the community."

In fact, Aqua Grill is known for its willingness to "pay it forward." Even at Sunday's celebration, that generosity was front and center.

"We're donating proceeds to Mission House, a wonderful cause," Paige said. That included all drink proceeds and whatever was generated via a 50/50 raffle and a silent auction. Mission House seeks to help the homeless in the Beaches community.

Paige said Aqua Grill is always seeking to get better.



Standing outside Aqua Grill are, from left, Mike Thomashunis, executive chef; Tara Bisogno, front-of-the-house manager; Ann Darreff, front-of-the-house manager; and Cary Paige, managing partner.

"We're only as good as yesterday's meal," he said. Even so, the restaurant's success is due to something more than just the food it serves.



Photos by Shaun Ryan

Northeast Florida band Vox performs classic rock hits for the celebration's attendees.

"It's about creating an experience," Paige said. "Becoming family with the community, family and friends. The people here are not just customers and guests. They're friends."

In fact, many of the customers have been loyal to Aqua Grill for decades. Even former employees visit to say hi and reminisce

"Never beyond my wildest imagination could we have picked a better location or a better community to set down roots," Paige said.

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Link announces programs, activities for May, June

There's always something going on at the link, located at 425 Town Plaza Ave., Ponte Vedra. Check out these activities and events at the link for May and June. See the link app at app.thelink.zone for details, instructor bios and to register for classes. Got questions? Call 904-299-3671 Ext. 1 or email Sales@thelink.zone

MAY

Collisions & Coffee — Networking Event

Wednesday, May 3 9 to 10:30 a.m.

Collisions & Coffee is designed to bring people together to network and discuss business and entrepreneurship. Attendees can expect to be "intentionally collided," connecting and building relationships.

Open to the general public. RSVP via app.thelink.zone

Cosmic Sound Bath — Sensory Immersion Experience

Friday, May 5 6-7 p.m.

Led by Julie of Wise Waves Wellness in the Flagler Health+ 360 Degree Immersive Studio at the link. Reserve your spot via app.thelink.zone.

Fitness Bootcamp / Strength Training

New class starting Saturday, May 6 9-9:45 a.m.

Included with the link membership

This 45-minute boot-camp-style workout will focus on building strength and cardiovascular conditioning with functional training movements using bodyweight and kettlebells. The workout is customized and modified to the individual fitness level.

Kids Night Out

Saturday, May 6 5:30 to 9:30 p.m.

Kids Night Out equals Parents Night

The theme is Beach Bash. There will be a PJ pizza party, games, arts-and-crafts and movies. Fun for ages 4 to 11.

Available to link members and nonmembers. Reserve a spot via app.thelink. zone

Floral Design Workshop: Tropical Flowers

Thursday, May 18 6:30 to 8 p.m.

Bring a friend and a favorite bottle of wine to a fun workshop where you will learn all about flowers, arranging and design. Make a creation to take home or



give away as a gift. Reserve your spot via app.thelink.zone.

Level Up Dance Company Competition Team Auditions

Saturday, May 20

Ready to Dance? Join the only competition dance team in Nocatee. All classes will be held at the link. Dance Team will participate in local community and regional performances, competitions and conventions throughout the year. Reserve your spot for the team auditions via app. thelink.zone.

Journey Within

Sunday, May 21

Blue Cypress Yoga and Dr. Chez Leeby transform the link into a day full of mindfulness, movement, meditation and ceremony. A day to recharge, reset and gather tools to live more immersed in the present moment. Refreshments and lunch Included.

Reserve a spot via app.thelink.zone.

JUNE

Drone Classes for Kids

New class starting Saturday, June 3 8-week session

Ready, Set, Drone! is a STEAM-ready curriculum. From coding a flight path to deliver pizza to planning a search and rescue mission, drones are helping make life's biggest challenges easier. Learn a new skill and become a remote "PIC" Pilot in Command. Fly UVA's missions to understand real-world applications and get ready to race obstacle courses.

Join Drones4kids at the link. Reserve your spot via app.thelink.zone.

Two levels:

- Fly-Code-Edventures (elementary)
- Fly-Code-Race (middle school)

Kids Night Out

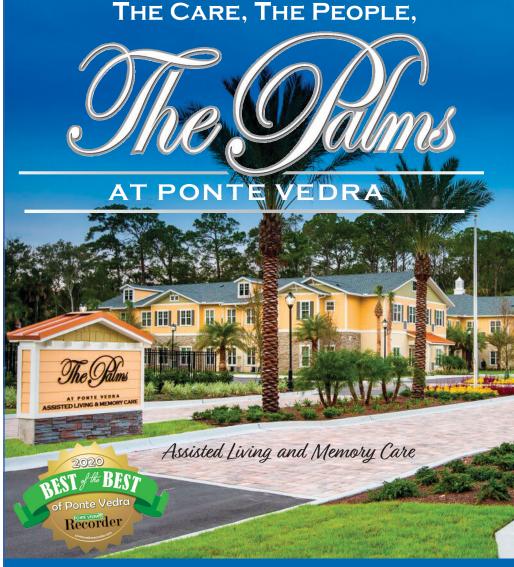
Saturday, June 3

5:30 to 9:30 p.m.

Theme: Summer Fun. There will be a PJ pizza party, games, arts and crafts, movies. Fun for ages 4 to 11.

Available to link members and nonmembers. Reserve your spot via app. thelink.zone.

ACTIVITIES continues on **Page 10**



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Ponte Vedra Recorder · April 27, 2023 COMMUNITY NEWS 9

OT plays major role in boy's treatment

Morris Center brings therapies together to help patients

By Shaun Ryan

Six-year-old Wesley is bright, creative and energetic. He's good at math and reading and happily shows off his ability to find difficult answers in a word search.

He's also well-spoken.

But that hasn't always been the case. When he was 18 months old, his pediatrician grew concerned because Wesley hadn't yet begun to speak. In fact, he still wasn't talking at the age of 2, and the doctor recommended having him see a developmental pediatrician.

"That was terrifying, because navigating the world of therapy is quite daunting when you don't even know where to start," said Wesley's mom, Caroline Diquisto.

But Diquisto and her husband are not the type of people to put something important on the back burner. For the Deerwood couple, discovering their son's disorder so early was a lucky break, and they lost no time addressing it

The developmental pediatrician diagnosed Wesley with childhood apraxia of speech, and a neurology evaluation added a diagnosis of ADHD. The boy began to work with a speech therapist. Then, when Wesley was 4, a family friend also recommended they try occupational therapy, which focuses on performance of daily activities.

This multidisciplinary approach would ultimately prove to be effective, as would the family's discovery of The Morris Center, a neurodevelopmental treatment and assessment clinic located in Ponte Vedra Beach. At The Morris Center, Wesley was entered into an intensive program that included both speech and occupational therapies.

He graduated from that on April 7 and has moved over to The Morris Center Academy, which is his current school and offers him an hour of occupational therapy daily. At the end of the school year, Diquisto said she will enroll her son in a summer camp at the center, where he will continue his therapy five days a week.

After that, he will move on to a

MORRIS CENTER continues on Page 14



Photo by Shaun Ryan

Caroline Diquisto, right, her son Wesley and Dr. Alexa Verzwivelt are seen in the occupational therapy gym at The Morris Center.



THRIVE HEALTH

CENTER

Link offers yoga and more for Mother's Day, or any day, gift

The link is offering a day retreat that includes refreshments like organic juices and a healthy curated lunch at a fee similar to a facial at the spa during an event that would make an unusual Mother's Day gift.

This event promises to be an unforgettable experience, with opportunities to connect with others, relax and rejuvenate, and enjoy delicious food. All the details about the event and how to book it can be found at thelink.fan/Yoga/PilatesrecrVjBXSpQoG4kdM.

"Journey Within — An Immersive Experience" day retreat will be held 9 a.m. to 3 p.m. May 21 at the link, 425 Town Plaza Ave., Ponte Vedra Beach. An early bird price of \$199 is available until May 1. After May 1, the price is \$225.



Blue Cypress Yoga and Dr. Chez Leeby will transform the link into a day full of mindfulness, movement, meditation and ceremony — a day to recharge,

reset and gather tools to live more immersed in the present moment. Refreshments and lunch are included.

Mindfulness & Meditation

Participants will explore the use of meditation and self-inquiry tools.

Cacao Ceremony & Soul Food

The link's immersive room will be the place to celebrate chocolate in its purest "seed" form. This is an ancient ceremony.

Yoga & Sound Bath

Participants will explore gentle and mindful movements pared with live sound vibrations to decrease tension and stress

Participants should dress for yoga. Bring your refillable water bottle and yoga mat.

Activities

Continued from 8

Summer Camps Start

Monday, June 5

The Summer Camp program runs June 5 through Aug. 4. Both full-day and half-day camps are available for kids age 5 and older.

Camps include: Olympic-style Fencing,

LEGO Robotics & Drones, Sapna Creativity, Dance & Tumble and Culinary Arts for Kids. All Summer Camps are available for members and nonmembers alike. Go to app.thelink.zone for more details on all classes and events. Got questions? Call 904-299-3671 Ext. 1 or email sales@thelink.zone.

Collisions & Coffee — Networking Event

Wednesday, June 7 9 to 10:30 a.m.

Collisions & Coffee is designed to bring people together to network and discuss business and entrepreneurship. Attendees can expect to be "intentionally collided," connecting and building relationships.

Open to the general public. RSVP via app.thelink.zone

Daddy Daughter Dance

Saturday, June 10 6 to 8:30 p.m.

Celebrate Father's Day early at the Daddy Daughter Dance. Enjoy some great photo ops at the selfie station. Snack on some sweets and treats. Dance the night away to the DJ playing your favorite tunes. Tickets are available now via app. thelink.zone.

Immersive Dining Experience Featuring Chef Wesley Nogueira

Sunday, June 25 6 to 8:30 p.m.

Chef Wesley Nogueira was born in 1987 in Sao Paulo, Brazil. A few years later he moved to the States and resided in Philadelphia. His Filipino mother raised him and his younger brother by ingraining hard working values derived from his Filipino and Brazilian backgrounds. Nogueira was very fond of the kitchen at a young age and found himself always being around his mother and her friends while they cooked simple Filipino dishes. At the age of 15 he moved to Jacksonville. Here, he attended Robert E. Lee Senior High School and University of North Florida. While in college he worked at a few family-owned restaurants, but it was not until the birth of his daughter Khloe that he was determined to turn an everyday job of cooking into his passionate career. Nogueira dropped out of college and started working in 2009 in Bistro Biscottis (bbs), a highly established local casual dining restaurant. He worked under the influence of Chef Carlos Ramirez and Chef Josh Agan. In 2014, at the age of 27, he was promoted to executive chef at bbs. While at bbs, Nogueira has used his platform to bring new age dishes to the Jacksonville area and has worked numerous events with local chefs such as Tom Gray and Matthew Medure. In May 2017, Nogueira started his chef-owned catering company called Khloe's Kitchen inspired by his daughter. He serves modern-eclectic inspired cuisine obtained from his fine dining knowledge and his upbringing from





Contributed photos





Food + Wine Festival: 350 beverage samples, 40 restaurants

The third annual St. Augustine Food + Wine Festival, named "One of Florida's Top 10 Food & Wine Festivals" by USA Today, will take place on Florida's Historic Coast, May 3-7.

The festival, presented by Publix GreenWise Market, will once again be a showcase of culinary, beverage and culture that highlights celebrity guest chefs, local chefs, celebrity winemakers/ proprietors, live music, artisans, farmers, local craft spirits and beers, along with renowned wine, spirits and beer brands from around the globe.

The number of available tickets for some events is very low.

New this year, all events include culinary and beverage samplings — including the Saturday, May 6, Grand Tasting. Nearly 40 restaurants and chefs from around the South and Northeast Florida are participating from in events throughout the week of the festival, with more than 350 varieties of beverage tastings

featured on Saturday at the Grand Tasting.

Some of the restaurants include: La Cocina International Restaurant, River & Fort, 1912 Ocean Bar & Rooftop/Sawgrass Marriott, Blacksheep Restaurant Group, The Reef, SoNapa Grille, Real Peel Pizza, Johnny's Oyster Bar/Meehan's, Farmery, Hurricane Patty's, Drakes Catering, Peculiar Pig, Pi Artisan Pizza, Biscottis & BB's, Sysco, Publix, First Coast Technical College, Atlantica.co and

Legacy Gold BBQ, Heart & Soul Food Truck, One Hot Mama's, The Darling, Vilano Main Street Diner and more.

The festival recently added the Champion Brands Craft Brews Alley for Smoke on the Walk and the Grand Tasting. It will showcase a great selection of local breweries and ciders throughout Northeast Florida.

Celebrity guest chefs include Jernard

FESTIVAL continues on Page 34



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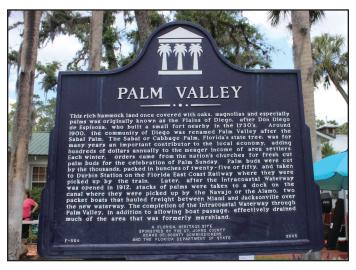
12 COMMUNITY NEWS

Photos from the Palm Valley History Festival Photos by Susan Griffin









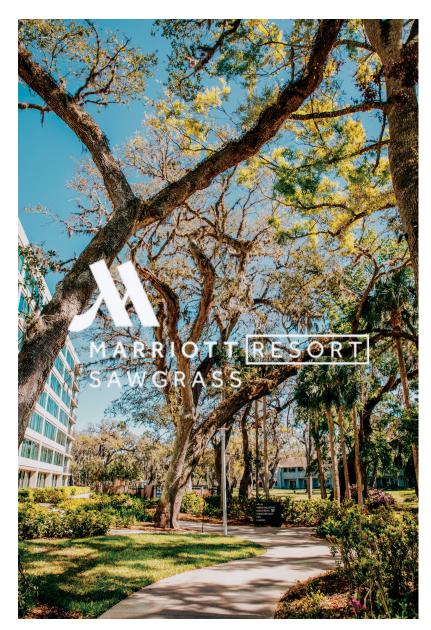
















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COMMUNITY NEWS 13 Ponte Vedra Recorder · April 27, 2023

Marjorie Kinnan Rawlings conference to be held in St. Augustine

The St. Johns Cultural Council, the organization that promotes arts, culture and heritage in St. Augustine, has announced that the Marjorie Kinnan Rawlings Society's 34th Annual Conference will be held in St. Augustine on April 28-30.

The Marjorie Kinnan Rawlings Society honors the memory and celebrates the life and work of the Pulitzer Prizewinning author through annual meetings throughout Florida in locations relevant to Rawlings' literature and locale. Rawlings owned a second home in Crescent Beach and she, along with her husband Norton Sanford Baskin, owned the Castle Warden Hotel in St. Augustine.

"We're delighted to partner with the Marjorie Kinnan Rawlings Society to host this event to celebrate one of Florida's most renowned authors," said Christina Parrish Stone, executive director of St. Johns Cultural Council. "Rawlings' award-winning works are lasting cultural staples in Florida and beyond, and St. Augustine is the perfect place to celebrate this legacy as the site of her second Florida home."

To celebrate, share, study and discuss the local legend's literary legacy, the conference will present programs about Rawlings' contemporaries and her influence today with historians, as well as tours, lectures and discussions.

The weekend kicks off with presentations on Rawlings' life, including a lecture on her life in St. Augustine, and a trolley tour of the residences of writers who called St. Augustine home, led by historian David Nolan.

A wine-and-cheese reception followed by a banquet, featuring historian Gary Mormino as the keynote speaker on his latest books and studies of Florida, will be held Friday evening. Saturday's events will include a discussion led by four-time Emmy-award winning journalist Bob Kealing, who will give a presentation about The Beatles in 1960s Florida, Saturday will conclude with a scenic river cruise of the Matanzas River.

The weekend will also offer visitors a chance to see a production of the never-before produced short play "Color Struck," written by Rawlings' friend and fellow author Zora Neale Hurston. The play, partially set in St. Augustine, will be performed at the Lincolnville Museum and Cultural Center on Friday and Saturday nights at 7:30 p.m. and on Sunday at 2 p.m.

"The Marjorie Kinnan Rawlings Society was established with the purpose of facilitating ways by which all who are interested in Rawlings' writings may learn from each other," said Darien Andreu, president of the society. "We are excited to present this engaging weekend for participants to learn more about one of Florida's most renowned writers in a

location of such significance to her life." Rawlings authored many widely read

and respected books including the 1939 Pulitzer Prize-winning "The Yearling," subsequently turned into a movie, and the 1942 nonfiction classic, "Cross Creek," her memoir on moving from New York City to her cracker-style homestead in

Cross Creek, Florida, now the Marjorie Kinnan Rawlings Historic State Park. During the 1940s, she married her second husband, Norton Sanford Baskin, and spent time between her Cross Creek homestead and her second home in St. Augustine, where Baskin managed their

This event is hosted by the Marjorie Kinnan Rawlings Society, in partnership with the St. Johns Cultural Council.

For tickets to the events, go to rawlingssociety.org/conferences-upcoming. To make a reservation for the Scenic Matanzas River Cruise, go to sceniccruise.com.

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Tennis triumphs

Ponte Vedra High School's boys and girls tennis teams are competing in the state championships this week, having won their regional contests on Thursday, April 20.

Photo provided by Kelly Doyle-Larger



Morris Center

Continued from 9

private school.

"We don't have any issues with his

speech anymore," said Diquisto. "He uses full sentences. They're not broken like they were before."

In addition, Wesley has learned to express his emotions, something he hadn't been able to do previously.

"I never knew what he was feeling," his mom said. "He never expressed how he was feeling about something."

Not being able to express frustration, for instance, prompted him to start kicking or acting out in another way.

Alexa Verzwivelt, who holds a doctoral degree in occupational therapy from the University of St. Augustine for Health Services, has been working with Wesley since he started at The Morris Center.

"Our approach is to kind of address the whole sensory system," she said, listing the various skills that involves: coordination, strength, balance, visual motor, fine motor and gross motor. "We help to strengthen all those areas that can, as a whole, facilitate better functioning at school or at play."

Every case is unique, and occupational therapists tailor their approach to the individual they are treating. One of the reasons the local clinic is successful is that disciplines are not siloed.

"At The Morris Center, we have a transdisciplinary approach," Verzwivelt said. "We have OT. We have language instructors. We have psychology services. And we all collaborate together each week, talk about every child every week to help facilitate more progress."

In the short time Wesley has been at The Morris Center, Verzwivelt has witnessed his rapid improvement.

"He has grown so much, mentally and physically," she said. "His emotional regulation has just skyrocketed."

Parents whose children are struggling at school, are unable to sit still or are distracted, are unable to play appropriately with peers or lack coordination may want to have them assessed to determine whether they need occupational therapy.

For Diquisto, there is no doubt that it made the difference in her son's progress.

"I really think that for Wesley, his occupational therapy is the most important thing," she said.

The Morris Center is located at 50 Executive Way, Ponte Vedra Beach. Learn more at themorriscenter.com or call 904-834-2482.







Underwood Jewelers supports Angelwood with annual trunk show fundraiser

By Anthony Richards

Angelwood teamed up once again with Underwood Jewelers for its annual tradition of hosting a trunk show to benefit the nonprofit's mission of assisting families in the care for the special needs of their loved ones.

According to Angelwood CEO Diane Tuttle, it is a mission that has been the focus ever since the nonprofit was founded 30 years ago, and relationships with local businesses such as Underwood Jewelers go a long way in helping the cause.

"They (Underwood Jewelers) have always been so good to us, and it's something that goes on all year long," Tuttle said.

The trunk show event featured jewelry from the 2023 spring collection of Penny Preville, with a portion of the sales from those items going toward Angelwood.

The money raised during the event will go toward helping the nonprofit with any general needs that arise.

"We have to raise a lot of money throughout the year, because we have five group homes and we really work to keep them up and just went through a renovation with bathrooms in two of the houses," Tuttle said. "There is a lot of maintenance that goes into it, but it is also a great way for volunteers to get involved."

The nonprofit also has a fleet of seven vehicles to help transport those it offers to help, which require their own regular service and maintenance as well.

ANGELWOOD continues on **Page 17**



Photo by Anthony Richards

Angelwood and Underwood Jewelers partnered for the annual trunk show fundraiser April 20.





Photos by Anthony Richards



The jewelry featured during the trunk show was the 2023 spring collection of Penny Preville.

Angelwood

Continued from 16

"All of that is ancillary, but at the end of the day, it's about the people that we are taking care of," Tuttle said. "We have a summer camp for kids, and we'll not only take the child who personally has a disability, but we also take their siblings."

The unique approach of having an integrated camp is one way that Tuttle believes Angelwood is embracing that the

whole family plays a bigger role to play.

"When there's a developmental difference in a family, the whole family lives with it," Tuttle said. "A lot of the reasons why we started the camp in the first place is because there are so many great camps in the summer, but our kids can't go to 90% of them because they might need help walking. By having a camp where we can help with that just makes the experience even more special for them."

According to Tuttle, the summer camps like so much that Angelwood offers is



Attendees enjoyed wine while perusing the jewelry selection during the fundraiser.

done with the hopes of letting families feel the comfort of knowing that they are not doing it alone in the world and that there is someone who has their back and there to help them along their journey.

"We've encountered so many parents over our 30 years of helping, and they all love their children so dearly," Tuttle said. "Knowing they're not alone means the world to them."

One of the more recent ways Angelwood is looking to help and raise money is possibly by opening a thrift store, which they are currently in the process of looking into and gathering all the data to see if it is the right avenue to take at this point.

"Our hope with the thrift store would possibly be to have it serve as a training ground where folks can learn retail in the community," Tuttle said. "They may start as a volunteer but then eventually make some money and even go out and get a job somewhere else. We're really excited about that."







Chemo Noir's Caddyshack Cocktail Party had a "champagne door," where attendees could ring the bell and get a glass of champagne.



Guests look over the selection of auction items.

Chemo Noir's busy year of fundraisers continues with run, wine tasting

By Anthony Richards

Registration has now opened for the 2023 Chemo Noir 1 Mile & Tasting Event set for June 17 beginning at 10

The fundraising event is an area tradition that is unique because it combines both running enthusiasts and wine aficionados under one roof.

They will take part in the event with the sole purpose of continuing to help Chemo Noir achieve its mission of providing financial aid and support for those battling cancer.

It is such a unique event that it has become known as the "classiest one-mile fun run," which is something Chemo Noir founder Kat Casey is proud of as it is the goal of the nonprofit to come up with wine-centric social events to serve as fundraisers.

Check-ins on race day will begin at 10 a.m. with the race scheduled for 11 a.m. with the start line near the Jacksonville

Beach Pier and going down the beach.

The course will be highlighted by the half mile turn, which will be dedicated to Tara Newton Richardson, who was one of the first Chemo Noir supporters and friends of the nonprofit.

Following the run will be the festive wine tasting event held in the Casa Marina courtyard. The tasting will last from 11 a.m. to 2 p.m. as people will have the opportunity to mingle and discuss both the run they just finished while promoting the goals of the organization.

All participants will receive a signature Chemo Noir hat that commemorates the

It is the second marquee event of the

FUNDRAISERS continues on Page 19



For more information email AllisonWenzel@

SulzbacherJax.org or visit SulzbacherJax.org.

Community Hospice & Palliative Care celebrates volunteers

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

Throughout the month, the volunteer department have been highlighting individual volunteers and their stories through social media channels. A volunteer appreciation celebration was planned at The University of North Florida.

Volunteers make up a vital contribution to the ongoing operations of Community Hospice & Palliative Care," said Dan Batty, manager of volunteer services. "In 2022, volunteers provided a cost

savings of \$1.2 million to our organization with 36,341 service hours. The skills and talents of volunteers serve the social, emotional and spiritual needs of our patients and provide welcomed clerical support for our departments. Whether it is pet therapy, music, art, making a heart pillow or quilt, or pinning a veteran, our volunteers serve in many diverse ways."

Community Hospice & Palliative Care has more than 500 volunteers who bring their many talents and educational backgrounds to help make a difference in the

If you are interested in becoming a volunteer, go to Volunteer.Community-Hospice.com for more information.

Fundraisers

year for the nonprofit with the Chemo Noir Caddyshack Cocktail Party that took place in February.

According to Casey, the event raised more than \$50,000 during the cocktail party, which was held at 3 Palms Grille and The Yards in Ponte Vedra Beach.

The night included an array of auction items for attendees to bid on provided by local sponsors and supporters of the event, as well as a selection of wine and food to choose from.

It was a festive night, with some attendees even dressing up in their best retro golf attire to go all out and fit the Caddyshack theme of the event.

Photos by Susan Griffin



Chemo Noir founder Kat Casey speaks during the event.



There was a lot to smile about during the fundraiser.



Guests hit the dance floor.



Greg Taylor, who has been on bike rides to raise money in support of Chemo Noir's mission shared a few words at the



The Caddyshack Cocktail Party was held at 3 Palms Grille and The Yards.



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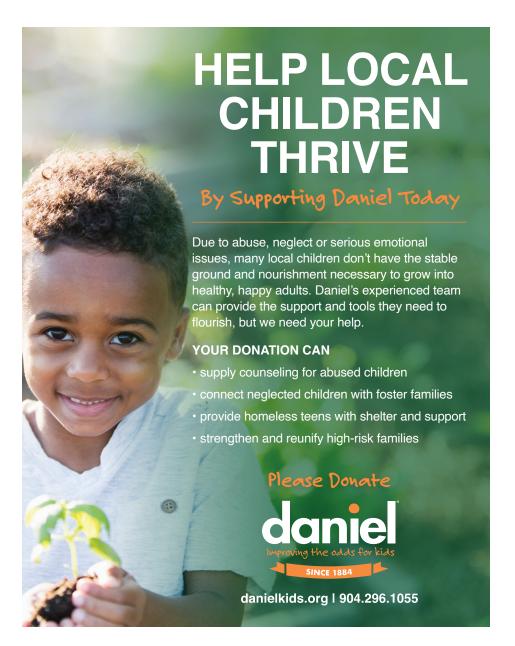
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- 77



Here Tomorrow: People who are willing to listen

By Shaun Ryan

Where do you turn when worried about a loved one at risk for suicide?

Where do you turn if that person at risk is you?

What if it's a mental health crisis unrelated to suicide?

A clinician is the most obvious answer, but frequently there's a backlog and a long wait to make an appointment. There's also the suicide hotline, 988. But what happens after the call

Fortunately, there is Here Tomorrow, a suicide prevention and mental health support nonprofit. Because it's located in Neptune Beach, area residents can visit in person. But it also offers virtual assistance to people living anywhere in

Though not staffed by licensed mental health professionals, Here Tomorrow has a team of state-certified recovery peer specialists who truly understand.

"Our peers all have lived experience with different mental health struggles, substance abuse struggles, life experiences such as homelessness, incar-

ceration, domestic abuse, so that when someone reaches out, they can talk to someone who truly gets where they're coming from," said Maia Savage, outreach and collaboration coordinator. "There is no judgment."

Those who seek help from Here Tomorrow may wish to enroll in its yearlong program whereby the recovery peer specialists provide regular support and reach out on a regular basis.

Said Savage, "It's not just help now. It's help tomorrow. It's help the day after. It's help for a full year."

The team can also connect friends – the organization does not use the terms patient or client — to resources from its vast network of partners. In some cases, the organization can arrange to connect them with a therapist and even fund some of the sessions. It's a service reserved to those who qualify, so as to ensure funds are properly spent.

Here Tomorrow also conducts support groups and offers suicide prevention training.

To learn more about Here Tomorrow or make a donation, go to heretomorrow.org. If you need help, call 904-372-9087 or, after hours, 988.



Sometimes all a person needs is someone to talk to. Here Tomorrow is staffed by people who make no judgments.

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Volunteer Spotlight

Since its grand opening in 2021, the link has made several volunteer opportunities available to local high school students. This year, four teen Volunteers of the Year were selected.



Jackson Blasy

Jackson Blasy, a junior at Beachside High School was born in Michigan and moved to South Texas in 2018. His family moved to Jacksonville last year. Jackson plans to study business

and sports management at the University of Central Florida.

a child and has tried to find a way to have



Emre Ulaer

Emre Ulger, a senior at Allen D. Nease High School, was born in Istanbul, Turkey, and moved to Florida when he was 12 years old. He has enjoyed helping people ever since he was

a positive impact on others. He enjoys hanging out with his friends, working out, cooking, reading, playing guitar and wood carving. He wants to study biomedical sciences in college and follow that path throughout his life.



Isabella Bertuglia

Isabella Bertuglia, a junior at Allen D. Nease High School, moved to Florida from New York about two years ago. Family beach days are one of her favorite things to do. Spending time

with her family is one thing that is very important to her. In her spare time, she loves to play tennis with her sister.

She is involved with the Link Crew Club and loves to help incoming students adjust and show them around. She said her favorite class is probably American Sign Language.

She works at the Nocatee pools and enjoys greeting all the residents. In the future she would like to attend college in Florida. Working with and helping kids is something she is very much interested in for her profession. Volunteering at



the link has given her the opportunity to realize how much she loves working with children.



Daneilla Bertuglia

Daneilla Bertuglia is a sophomore at Allen D. Nease High School. Her family moved to Nocatee from New York about two years ago. This was a big transition but one Danella is grateful

for. She loves spending her free time with her family and friends.

Daneilla enjoys ceramics classes. In addition to volunteering at the link, she also works at the Nocatee pools greeting all the residents. Volunteering and working have allowed her to meet many new people. She plans to attend college in Florida. Her family is important to her, therefore she wants to stay close to them.

The link is located at 425 Town Plaza Ave., Ponte Vedra Beach. For further information, go to the link.zone.

A Community of Healing Offering a Place of Compassion and Camaraderie

William is an Air Force Veteran who spent time at The Gabriel House of Care while healing from a heart transplant with his wife and caretaker, Terri. "We are so happy to be here and thankful that a facility like Gabriel House exists," explains William. "Without it, a lot of people would not be able to get this kind of care."



William & Terri



Everett & Renata

Everett was a guest at the Gabriel House of Care with his wife Renata while he recovered from a kidney and heart transplant. "Staying at Gabriel House has been such a blessing to us," explains Renata. "They have different activities like the art class and mindfulness exercises - things you can do to keep your mind off your problems."



4599 Worrall Way • Jacksonville, FL 32224 | (904) 821-8995 | Learn more at gabrielhouseofcare.org

Kinsey, Palencia Dental donate to tournament benefitting Camp Boggy Creek

Stephanie Kinsey DDS, owner and founder of Palencia Dental in St. Augustine, sponsored the recent 11th Annual Palencia Charity Tennis Tournament to benefit Camp Boggy Creek for special needs children.

Kinsey is a member of the original board that started the tournament and has helped raise more than \$120,000 for the camp organization through sponsorships and participation. The charity tennis event was held from March 31 to April 2 at Palencia Tennis, 600 Palencia Club Drive in St. Augustine.

Camp Boggy Creek in Eustis, Florida, was founded in 1996 by actor and philanthropist Paul Newman and Herbert Norman Schwarzkopf Jr., a U.S. Army general and war hero. Since 1996, the camp hosts children with serious illnesses in a safe. medically sound environment where children can participate in fun activities through fellowship and friends. Programs are free of charge to campers and families thanks to donors, partners and volunteers who support the nonprofit.

'We are honored to continue our participation in the local fundraiser with a goal to raise more than \$20,000 each year from tournament players, an exhibition match,

vendors, raffles, goodie bags, meals and more," said Kinsey. "The dental practice mission to give back is part of our annual giving campaign to local nonprofits."

According to Tom Salmon, Palencia's tennis director, this year's event attracted 109 teams and 218 players in 10 different divisions. Salmon is planning the event for next year in April. For more information, contact him at 904-825-4012 or email tom. salmon@hines.com.

For more than 28 years, Kinsey's concentration has been in neuromuscular, sleep apnea, temporomandibular joint and temporomandibular joint disorder, migraine pain dentistry treatments and oral surgery, along with implants and cosmetic dentistry and facial aesthetics, to name a

She is an American Academy of Dental Sleep Medicine Qualified Dentist. Her St. Augustine and Northwest St. Johns County dentistry practice is dedicated to restoring and enhancing the natural beauty of one's smile combining conservative and stateof-the-art procedures along with advanced dental medicine and aesthetics.

Kinsey is also a fellow with The International Association of Physiologic Aesthetics and serves as a member and fellow



Contributed photo

Dr. Stephanie Kinsey and Palencia Dental sponsored the 11th Annual Palencia Charity Tennis Tournament to benefit Camp Boggy Creek for special needs children.

with the association's founding organization, the Las Vegas Institute for Advanced Dental Studies. She is certified with the Florida Board of Dentistry to administer intravenous conscious sedation for patient comfort during dental procedures.

Kinsey graduated with honors in 1994 from the University of Colorado Health Science Center in Denver, Colorado, and

was accepted into a general practice residency in Chicago at the Illinois Masonic Medical Center as chief resident.

Palencia Dental is an independently owned dental practice at 159 Palencia Village Drive, Suites 107-109 in St. Augus-

For more information, call 904-826-4343 or go to palenciadental.com.

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North Florida Land Trust rolls out new branding package

North Florida Land Trust has changed its look and now has a new way for the community to get involved.

The nonprofit land conservation organization debuted its new branding package recently along with a new membership program. The new logo utilizes fresh colors and vivid natural images. The new membership program was created to engage supporters on a whole new level with opportunities for an inside look at many of the nonprofit's special projects and properties.

"It is now or never for land conservation in North Florida, and we as an organization are moving into the next phase to make sure we are positioned to best protect these natural spaces," said Allison DeFoor, president of NFLT. "We needed a new strategic plan that is more visionary and representative of our continued growth. This new look and our new mem-

bership program are representative of our new and improved organization that has grown exponentially in both protected lands and support, but we still need more because it is now or never. Our goal is to make North Florida Land Trust the number one land trust in the U.S.'

NFLT's new primary logo features an image of a roseate spoonbill found in many of the habitats that the nonprofit has protected. The branding package also includes logos for programs and projects that NFLT spearheads including the O2O Wildlife Corridor Partnership and the Amelia Forever Campaign.

The new annual membership program will help the nonprofit preserve land. The unrestricted donations generated from the program will help NFLT act quickly when preservation opportunities arise.

The program has six levels designed to allow members to share thoughts on NFLT's conservation efforts and to contribute to program successes and its future plans. Each level includes a subscription to the monthly newsletter, early access to ticketed events and an NFLT sticker and car decal.

The membership levels range from the \$45 Friend Level to the \$1,000 and over Champion Level. Each level has increased benefits including merchandise and merchandise discounts.

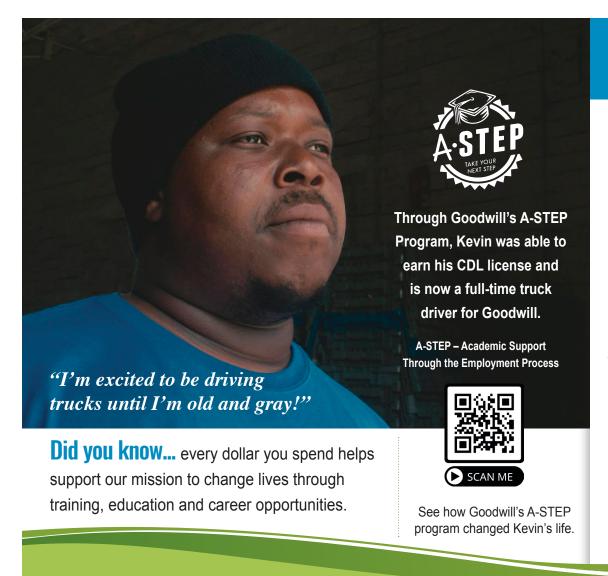
To learn more and to become a member of NFLT, sign up online at nflt.org/membership or mail a check to North Florida Land Trust at 843 W. Monroe St., Jacksonville. Include your name, address, email and phone number.

Members can also contact NFLT at info@nflt.org or 904-479-1967.









Goodwill Industries of North Florida programs include:















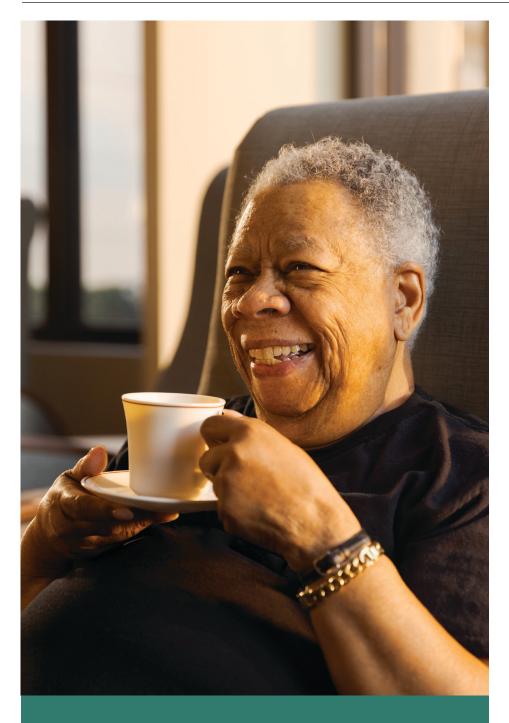






Goodwill Industries of North Florida is a local, not-for-profit organization that removes barriers to employment through training, education, and career opportunities for the communities we serve.

Learn more at www.goodwilljax.org



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Betty Griffin Center fashion fundraiser is June 8

Local models will highlight fashion from the Betty Griffin Thrift Shoppes during the second-annual "Fashion for Action" fundraising event from 6 to 8 p.m. June 8 at Hardage-Giddens St. Johns, located at 1284 St. Johns Parkway.

All proceeds will benefit the Betty Griffin Center, which provides shelter and support for survivors of domestic and sexual abuse in St. Johns County.

A silent auction will take place during the fashion show, emceed by a local television personality, and drinks and hors d'oeuvres will be served.

"This fun event helps us fund our mission, and we hope it will inspire more people to shop at our Betty Griffin Thrift Shoppes, which further supports the survivors we serve," said Betty Griffin Center CEO Kelly Franklin. "Our models are all local volunteers, featuring the community's influential women, men and children, who will walk the runway wearing some unique finds from our thrift shops.'

Tickets for the event are \$35 per person and can be purchased through Eventbrite. com at https://bit.ly/BGCFashionForAc-

Event sponsorships and VIP tables are available, and volunteers and silent auction items for the event are still being accepted.

For more information, see the special event page at bettygriffincenter.org or email Betty Griffin Center Event Coordinator Carole Sullivan at caroles@ bettygriffincenter.org.

The Betty Griffin Center was founded in 1990 by concerned citizens and incorporated as the Safety Shelter of St. Johns County to develop plans to provide shelter for local victims of domestic violence and their children. Today, Betty Griffin Center serves more than 1,000 victims of domestic and sexual abuse annually, operates a 24-hour help line, emergency shelter, provides professional counseling for victims of domestic and sexual abuse, provides age-appropriate violence prevention training and operates thrift stores at Julington Square and Anastasia Square to assist in funding the agency's ongoing

For more information, go to bettygriffincenter.org.

Career Campus program to bridge vocational gap

The Arc Jacksonville and Florida State College at Jacksonville (FSCJ) have partnered to launch a first-of-its-kind program in the State of Florida for students transitioning to their next step in life.

Beginning in the 2023-24 academic year, 15 inaugural students with intellectual and developmental differences (IDD) will endeavor on a vocational program culminating in FSCJ certificates of completion, college transcripts, and gainful employment or additional education depending on their career path preferences.

The Arc Jacksonville staff and FSCJ faculty will work in tandem to give young adults with IDD a new choice in education. FSCJ courses will be taught by credentialed faculty and The Arc Jacksonville staff will provide additional coursework, skills training in simulated classroom job sites and internships at local businesses.

Career paths include child care, welding, digital media, nursing, clerical and more.

"We are looking forward to the impact Career Campus will bring to young people's lives and the local workforce," said Kari Bates, CEO of The Arc Jacksonville. "Every day we meet young adults with

incredible work potential but no consolidated path to achieving their goals. Career Campus will provide that path and unlock their full potential."

The Arc Jacksonville has a history of innovating vocational programs through partnerships with high schools, colleges/ universities and local businesses to open up career paths and educational opportunities for students with IDD.

On Campus Transition at the University of North Florida was among the first in the nation to offer higher education to students with IDD. In addition to that, High School High Tech, a partnership with The Able Trust, exposes high school students with IDD to potential careers in STEM fields

Now, the Career Campus program will fill a void for young adults with IDD who are seeking specialized instruction to secure competitive employment.

"FSCJ is thrilled to partner with The Arc Jacksonville to launch the Career Campus program," said Greg Wurth, FSCJ dean of workforce education. "We are eager to play a part in the positive impacts this program will bring to students and the community overall."

Sparkling Ice, K9s For Warriors team up for good cause

Thursday, April 20, Sparkling Ice teamed up with K9s For Warriors, the nation's largest provider of trained service dogs for military heroes, to sponsor a special veteran and dog pairing as part of K9s For Warriors' April graduation. The event celebrated the unbreakable bond of veteran Nuno M. and service dog Luna, marking a significant milestone in the journey towards healing and recovery.

K9s For Warriors matches highly trained service dogs with military veterans to help alleviate the symptoms of PTSD and other service-related trauma. The organization rescues dogs from shelters and pairs them with veterans, saving both the lives of veterans and dogs.

"We're honored to partner with K9s For Warriors and sponsor the matchmaking of sweet Luna and Nuno," said Nina Morrison, senior VP of community experience at Talking Rain, makers of Sparkling Ice. "At Sparkling Ice, we have always been passionate about giving back to our nation's heroes, and this partnership is a testament to that commitment. We know the incredible impact that these service dogs have on the lives of our brave veterans, and we are proud to be a part of that life-changing journey for Luna and her veteran partner."

"K9s For Warriors' mission is simple — to end veteran suicide. The program, backed by scientific research, empowers veterans who fought for our freedom to live a life of dignity and independence," said K9s For Warriors CEO Carl Cricco. "Graduates of the program live a life they previously did not think was possible. Many have reunited with their families, returned to school, found renewed enjoyment in life, and significantly reduced their medications. We are so grateful for the support from Talking Rain and Sparkling Ice. Their support allows us to continue saving veteran and K9 lives."



Photo by Matthew Paskert

K9s For Warriors held its April graduation last week.

During the event, 12 veterans and their new service dogs received their official certification during a special graduation ceremony. This cherished, heartfelt moment is where the dog and the warrior officially became a lifelong pair. Veterans also shared their emotional stories and personal anecdotes highlighting their experience at K9s For Warriors and how this organization has instilled hope

for their futures.

K9s For Warriors and Sparkling Ice are committed to making a positive impact on the lives of veterans across the country. Through their partnership, they are helping to raise awareness about the importance of service dogs for veterans and the need for continued support for these vital programs.

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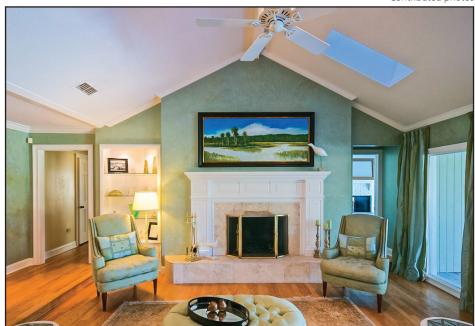
Contact us about getting staff trained on how to prevent child victimization in your communities and serve as ambassadors for this life-changing work.



Contributed photos



A staged room looks inviting and sparks the imagination of the potential buyer.



A well-staged home can make the difference between a quick sale and a long wait.

Setting the stage for selling a home

By Shaun Ryan

At its core, home staging is about first impressions.



Becky Harmon

Transformations Staging & Redesign owner Becky Harmon compares a house showing to speed dating. In the latter, romantic hopefuls get five minutes to impress another person.

In real estate,

home sellers get five seconds.

"Your first impression is everything, and it has to be as good as possible," Harmon said.

That's why so many people are turning to home staging experts who understand

the importance of presentation. A well-staged home will first remove anything "negative" from the scene.

"The clutter and the day-to-day things, like a soap dish that's not pretty on the sink — things that are distracting to the home buyer," explained Harmon.

This done, the pro brings in accents — sometimes furniture — to give the home a "wow" factor.

"The best analogy I can think of is that decluttering is pulling the weeds and staging is adding the flowers," Harmon said.

Harmon knows her business. A former interior designer, she started her Jacksonville-based company in 2004 when she realized people didn't always need everything to be completely redone. And interior design is not inexpensive.

In fact, the Transformations team will

frequently work with the homeowner's own furnishings. This can save customers money.

"I don't want the homeowner to spend a fortune," Harmon said.

Still, she maintains a warehouse of accessories and a business arrangement with a furniture leasing company so that appropriate articles can be brought in for a showing or open house.

She cited statistics revealing that a home will often sell up to four times faster if it is staged. And, convenience of a quick sale aside, this can have financial implications.

"Over a period of two or three months, you have probably taken two or three markdowns, which can be as much as 10% of the home's value," Harmon said. "The cost of staging with furniture averages 1% of the home's value, or less."

And using the owner's furnishings generally costs about a quarter of that, she said.

An important factor in staging a home the right way is understanding the style of the home, so that everything looks right. Many Ponte Vedra homes are in the Charleston Traditional style, Harmon said. Atlantic Beach, by contrast, is more Boho

"At Marsh Landing, we want to give it a traditional, but Southern, flair," Harmon said

Still, she said, "we don't do the same thing for any two houses."

In addition to staging, Transformations does renovations and furnishes Airbnbs. Harmon teaches classes, which she said is her favorite part.

STAGE continues on Page 29

JUST SOLD!

What a pleasure it was to work with my neighbors Margaret Ann and John Brown on the listing of their beautiful water to golf home in our neighborhood of Old Barn. It went quickly under contract and our sales price of 2,180,000.00, is the highest price per square feet of the most recent sales in Old Barn. Old Barn Island used to be Ponte Vedra Beach's best kept secret, but not any longer. Just minutes to the beach golf, tennis and fitness center, you can experience vacation living year round on Old Barn Island, your private oasis in a country club setting!



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GUEST COLUMN

Seasonal Staging and Ready-For-Market Home Staging Tips

By Stephanie Augusta

If you're serious about selling your home, it's important to understand, when your home is on the market, it's no longer considered your home. It becomes a place where buyers are shopping for a functional kitchen, a cozy living room, etc. Buyers aren't "buying" your collection of trinkets. If a home is packed full of furniture, or counters are lined with appliances and other clutter, it's difficult to see anything past the mess.

"Professional Quality

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Consider touring a model home, then apply what you see to your home by following these easy steps below:

1. Go room by room and remove items that aren't serving a real purpose, then organize the space (be sure remotes, magazines, etc. are unseen), if decorative pillows or rugs are worn or unsightly, remove them and purchase new ones in trendy, neutral colors. Adding current décor can instantly update and alter the look and feel of any room.

2. Pack up all small knickknacks, collectible items and personal photos. (I like to leave just a few here and there, remembering: less is more)

3. When you get notification of a showing, tidy up! Invest in an under-the-bed storage bin with lid to clean up everything quickly, as well as a large decorative basket to quickly clean up kids' toys. Find a small basket to store your everyday bathroom essentials, then store it under your sink, only bringing it out when needed; no towels or clothes left on your floors; kids' toys should be put away and your counters and kitchen table should be free of clutter; but don't stuff everything in a closet, because a buyer will surely open that closet door!

If you recently moved into a new home and are having difficulty arranging your furniture and accessories, or you simply cannot figure out what your décor color palette should be, and you're no longer interested in perusing Houzz for ideas, consider calling a pro. A good interior decorator is one who is willing to listen to your thoughts, likes and dislikes, and work within your budget to arrive at a design plan vou'll love!

Lastly, if you love your home and you're not interested in selling or a complete redesign, perhaps you would like seasonal décor.

This is when your home gets a minimakeover celebrating certain seasons, or special holidays. Perhaps you'd enjoy seeing the different colors each season brings, but you don't have time to dedicate to decorating, you don't have the confidence to bring it all together, maybe you don't have the storage space for the extra décor.

Allow Ponte Vedra Seasonal Staging to transform your home or business for any season you feel like being festive!

Stephanie Augusta is owner of Ponte **Vedra Seasonal Staging.**

Photo courtesy of Ponte Vedra Seasonal Staging



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Budget-friendly ways to freshen up your home's exterior

As any homeowner knows, renovation projects tend to cost a lot of money. The average cost of a home renovation is difficult to gauge, as such endeavors run the gamut from complex projects like a kitchen overhaul to simpler ones like painting a room inside a home. Indeed, the National Association of the Remodeling Industry notes that scope is what drives the cost of a renovation project.

Though there might not be an "average cost" of a renovation project, homeowners can expect to spend thousands of dollars on projects that are not very small in scale. Navigating such an expense at a time when inflation remains high might be difficult for some homeowners looking to maintain the appearance of their home exteriors. However, there are many budget-friendly ways homeowners can tend to the exterior of their properties.

• Power washing: Power washing won't break the bank but it can revive the look of a home. Power washing removes dirt and grime from the siding of a home and a power washing can be used to clean porches, walkways and patios as well. Hardware chains like Home Depot and Lowes typically rent power washers, but homeowners who don't want to do it themselves can hire a professional for a few hundred dollars, if not less. Power washing after winter can be a good idea, as the elements can take a toll on a home's exterior. A good power washing before spring and summer entertaining season can thus give a home a fresh, clean look without breaking the bank.

- Furnished front porch: A furnished front porch can serve as a welcome sign to neighbors and provide a great place to relax with a morning cup of coffee and a good book. Homeowners with a small porch won't need to bust their budgets to upgrade their front porch furnishings. Some small chairs with bright cushions, a small table and a rug underfoot can revamp an entryway at low cost.
- Window box installation: Installing window box planters is another cost-effective way to brighten up a home's exterior. Homeowners can hang window boxes outside windows on the front of their homes and then fill them with brightly colored flowers to add an inviting pop of color to their home exteriors. The experts at Better Homes & Gardens urge homeowners to take weight into consideration before buying window planters. Keep in mind that soil and developed plants can be heavy, so look for a sturdy box as well as one that has drainage holes.
- Replace hardware: Another simple way to freshen up a stale exterior is to replace hardware. Door knobs, knockers, house numbers, and even the mailbox can appear dated after a while. Replacing these items is inexpensive and quick but can have a profound impact on how the exterior of a home appears to residents and visitors.

Exterior renovations need not break the bank. Various simple and inexpensive tweaks can quickly revitalize the exterior of a home.

Stage

Continued from 27

"We're one of only a handful of accredited training centers around the country," she said. "People come to my classes from as far away as California." Even after nearly two decades, the art of home staging hasn't lost its appeal for Harmon.

"To go into homes and make them beautiful, it's just exhilarating," she said. "I'll never get tired of that."

To learn more about Transformations Staging & Redesign, its services and classes, go to transform-us.com.



Contributed photo

The Blake at St. Johns recently began construction

The Blake at St. Johns recently began construction and held a mix and mingle event on site. Once the project is finished, it will be a senior living community located at 2430 County Road 210 in St. Johns. The location will offer many resort-level luxuries once completed.

Photos by Susan Griffin



Dana Sargent, Nicole Briggs and Katherine Bunnell stand next to the rendering of The Blake at St. Johns during a mix and mingle social event on site.



The Blake at St. Johns is under construction. It will be located at 2430 County Road 210.



30 BUSINESS WEEKLY Ponte Vedra Recorder · April 27, 2023

BUSIN For MORE business news, go to facebook.com/ ThePVRecorder THURSDAY, APRIL 27, 2023

www.PonteVedraRecorder.com



Dr. Erica Joy Siegel of Joy Vision Acupuncture was the guest speaker at the Ponte Vedra Woman's Club April meeting.



Ponte Vedra Woman's Club members get food prior to the



Photos by Anthony Richards

The meeting was held at Marsh Landing Country Club.

Myths about acupuncture disproved at Woman's Club meeting

By Anthony Richards

Eyes and acupuncture were the focus of the Ponte Vedra Woman's Club's April meeting as acupuncture physician Dr. Erica Joy Siegel of Joy Vision Acupuncture was the guest speaker.

She began her talk by dispelling some myths that are often associated with acupuncture, including that it is voodoo and that it is not research-based.

"Acupuncture over the past 20 years

or so, especially has had a huge amount of research behind it and they've started doing doctorate programs and the acupuncture schools and those programs are based on getting people to do the research," Siegel said.

Not only is it evidence based, but it also has time-tested results that date back beyond most other forms of medicine.

"It dates back for over 1,000 years, and even the 'iceman' that they found in Scandinavia had tattoos that they found

on acupuncture points that would have been 10,000 years ago," Siegel said. "It's medicine so old, that you've probably had it in a past life or many past lives."

China was where the methods of acupuncture were refined throughout the years and they have a rich history of using it as a healing tool, which is why Siegel went to China to train and grow her skills within the practice of it.

Another myth is that acupuncture is just a placebo effect, which is where

believing a medicine causes therapeutic effect.

"Acupuncture works on animals, so if you see a limp horse that can't walk but then gets acupuncture and starts walking, they're then not sitting around talking about their belief systems, so although positive thinking can be beneficial, it is not essential to acupuncture's success," Siegel said.

ACUPUNCTURE continues on Page 31

Fort Mose Historical Society hosts Chamber After Hours







BUSINESS WEEKLY 31 Ponte Vedra Recorder · April 27, 2023

Benchmarks of Success

A look at major career developments in the area



Stephanie Marquardt

Stephanie Marquardt honored by Alignable

The largest online referral network for small businesses. Alignable.com, has announced the results of its annual national search for leaders who

have gone above and beyond guiding peers and supporting entire communities as many small businesses continue to combat major economic challenges.

Alignable's network of 7.8 million small business owners has chosen Stephanie Marquardt of Continuous Synergy LLC as Ponte Vedra's 2023 Business Person Of The Year.

During the contest, which ran from Jan. 9 to Feb. 17, more than 226,000 votes and close to 51,000 testimonials were posted praising more than 125,000 local leaders for helping their peers and communities through a turbulent year with many challenges, including high inflation, rising interest rates and fears of a recession.

"In our local business community, we look out for each other and refer businesses down the street or around the corner to help make everyone in town as successful as possible," said Marquardt. "And the challenges we've all encountered have compelled many of us to offer counsel to peers fighting to keep their businesses afloat. While I'm thrilled to receive this award, it's really a testament to our entire community. And it

reinforces my resolve to push toward a full recovery for everyone here in Ponte Vedra by the end of 2023."

Marquardt received a special badge on her Alignable profile, recognizing this win. In past years, the awareness generated through similar contests has spurred expanded connections, as well as new business for many winners.



Daryl Atkins joins real estate company

Berkshire Hathaway HomeServices Florida Network Realty has welcomed Daryl Atkins to the Ponte Vedra/Nocatee office.

Daryl Atkins Atkins is a broker associate who comes from another local brokerage with 23 years of experience. He has earned

numerous prestigious top producing designations and represents the top 1% of Realtors serving the needs of Greater Jacksonville and Beaches areas.

Atkins and his family reside in St. Johns County. When not selling estate, Atkins enjoys spending time with his wife and three children playing golf, beachcombing and theme park hopping.

For more information, Atkins can be reached at 904-415-7323, Daryl.Atkins@ FloridaNetworkRealty.com and DAtkins. FloridaNetworkRealty.com.

The Ponte Vedra/Nocatee office, 333 Village Main St., Suite 670, Ponte Vedra Beach, is managed by Holly Hayes, who can be reached at 904-802-0432, Holly. Hayes@FloridaNetworkRealty.com, and floridanetworkrealtycareers.com.

— Compiled by Shaun Ryan

Signature First Coast Realty holds ribbon cutting

Dena Kleiner with Signature First Coast Realty joined the St. Johns County Chamber Ponte Vedra Beach Division and celebrates with a ribbon cutting ceremony



Acupuncture

In recent years, Siegel has seen more people begin to embrace the help acupuncture can provide, and it often comes after they've undergone the procedure themselves.

"I've had many people who came to me as a last line of resort after they've tried everything," Siegel said. "Lo and behold, just a couple weeks later and they are singing acupuncture's praises and wishing they would have done it 20

Perhaps one of the most common misunderstandings she encounters is the belief that acupuncture is painful, which she reiterated to the crowd is just not

According to Siegel, the thing is most people just compare it to the hypodermic needles used when getting a shot, but the two are extremely different.

"Most acupuncture has little to no sensation to it," Siegel said. "If you take your arm hair and give it a little tug, that's about what it feels like for about a

second and then it goes away. Acupuncture needles are stainless steel and there is nothing in them. We're not putting anything in or taking anything out."

However, at the end of the day acupuncture is successful because a person's body is full of electricity and water, so by sticking the metal slightly in, signals can be sent up to a person's brain which in turn controls everything and can therefore help in the first step toward relieving pain or tension in the various parts of the body.

"We're basically just using your brain to help heal yourself, because you have a built-in mechanism for self-healing," Siegel said.

While Siegel has performed acupuncture on many areas of the body over the years, she now specializes in the pressure points on the body that can most make a difference and impact a person's eye health.

She even is working toward developing a connection with the Florida School for the Deaf and the Blind, in hopes of working with the students to try and help heal their certain issues they are facing.





32 BUSINESS WEEKLY Ponte Vedra Recorder · April 27, 2023

A toasted twist on award-winning Florida bourbon

St. Augustine Distillery's brand-new Toasted Finish Bourbon was released April 15. Available in-store only, this 94-proof spirit boasts a warm and inviting flavor profile unlike any other in the distillery's collection.

St. Augustine Distillery was founded in 2013 on the dream of bringing America's favorite spirit to the Sunshine State.

Since selling the first bottle of bourbon in 2016, the distillery has remained committed to crafting the "Spirit of Florida" by prioritizing quality from grain to glass, according to company officials.

The distillery's small, but dedicated production team seeks out both tried-and-true and brand-new production processes to honor their commitment to crafting high quality spirits.

The Toasted Finish Bourbon pairs St. Augustine Distillery's award-winning bourbon with a modern finishing technique to create a stand-out spirit. The beginning of this spirit's journey follows a similar path to the distillery's flagship, Florida Straight Bourbon.

The Toasted Finish Bourbon begins

its aging process by entering 53-gallon American white oak barrels that have been toasted and charred. Then, the barrels age for three to five years in St. Augustine's unique coastal climate, which provides ideal conditions for maximum flavor extraction. The initial aging period allows the spirit to gather 100% of its color and up to 70% of its flavor from the charred oak barrels.

To create the Toasted Finish Bourbon, the distillers transferred the mature Florida bourbon out of the charred oak barrels and into barrels that had been lightly toasted for a final finishing period. This toasting process brings the wood's natural sugars to the surface so they can be captured by the bourbon.

Just a brief time in the toasted barrels allows the bourbon to adopt a warm character featuring notes of vanilla, marshmallow and malt. The result, distillers say, is an approachable, delightfully inviting bourbon with palatable complexity.

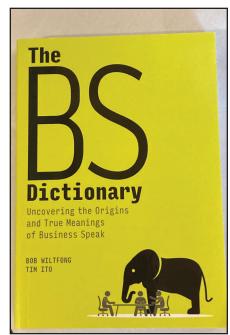
For more information, go to staugustinedistillery.com.

Wiltfong speaks at Rotary Club of Palm Valley about book

Bob Wiltfong spoke to the Rotary Club of Palm Valley about his book "The BS Dictionary: Uncovering the Origins and True Meanings of Business Speak," which has been in the top 1% of all books sales available on Amazon since its release in April 2020.

Photos by Susan Griffin





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INTHEARTS 33 Ponte Vedra Recorder · April 27, 2023

In the Arts

Send your arts news to news@pontevedrarecorder.com

THURSDAY, APRIL 27, 2023 • PAGE 33

www.PonteVedraRecorder.com

Images provided by First Coast Cultural Center





Enrique Mora a fine art painter receives Ron and Hilah Autrey Arts Education and Advocacy award.



First Coast Cultural Center Beaches fundraiser attendees Teresa Cook, clothing designer and Emerging Artist award nominee, and her son.

Beaches — A **Celebration of the Arts set for May 7**

This year's First Coast Cultural Center Beaches — A Celebration of the Arts annual fundraising event will be held from 6 to 8 p.m. May 7 at Casa Marina Hotel, 691 1st St. N. in Jacksonville Beach. The gala event will feature keynote speaker and honorary chair Florida Secretary of State Cord Byrd at the oceanfront venue with a locally inspired, beach-themed dinner menu and additional food and beverage specialties, entertainment, art, award presentations and cultural performances.

The cost per person is \$257.50 and tables are available for seating eight guests at \$2,575 per table. For more information about purchasing tickets, tables, sponsorships, program inclusion and more, go to firstcoastculturalcenter.org/events/upcoming-events.

Highlights of the evening will include the Irene Lazzara — Beaches, A Celebration of the Arts Award. Additional awards include the Emerging Artist Award, The Ron and Hilah Autrey Arts Education and Advocacy Award, Community Impact Award (Member's Choice) and The Art of Giving Award.

According to Donna Guzzo, president and CEO of First Coast Cultural Center.

the evening features award recipients who have dedicated their expertise, philanthropy and services to the nonprofit throughout the

"We are honored to have as our keynote speaker and honorary chair Florida Secretary of State Cord Byrd," said Guzzo. "He was appointed by Gov. Ron DeSantis as Florida's 37th Secretary of State and is a local resident. Secretary Byrd will address guests about the importance of the arts and culture to Floridians."

Event funds will support the nonprofit through ticket sales, sponsorships, program and signage opportunities, and honoring leaders in arts and culture.

"We are pleased to recognize statewide and local leaders, professionals, artists and volunteers who generously share their time and knowledge to help the center, residents, visitors and students throughout our community," said Guzzo.

Sponsorships for awards and naming rights are currently available. For more information about the event, contact Callie Johnson, community connections manager at cjohnson@firstcoastculturalcenter.org or call 904-280-0614, extension 1202.



Festival

Continued from 11

Wells, an award-winning TV host/celebrity chef/bestselling cookbook author, who will participate on the Publix Cooking Demo Stage on Saturday, May 6. He is the host of "New Soul Kitchen" and "New Soul Kitchen Remix" on CLEO TV. He is a contributor on "The Best Things I Ever Ate" on Cooking Channel and on "Food Fantasies" on Oprah Winfrey Network.

The World Golf Hall of Fame and the Official Hotel partner, World Golf Village Renaissance St. Augustine Resort, are the host location sites for the 2023 festival, located 20 minutes north of historic downtown St. Augustine and the beaches.

Events in St. Augustine's historic district will take place at San Sebastian Winery and the Lightner Museum. The festival is made possible in part by support from St. Johns Cultural Council and a 2023 St. Johns County Tourist Development Grant.

St. Augustine Food + Wine Festival Schedule of Events include (events and talent subject to change):

• Wednesday, May 3: "River Walk Tastings" in the historic district at San Sebastian Winery and the Homewood Suites St. Augustine San Sebastian. 6:30 to 8:30 p.m., with trolley shuttle, live music and food and drink tastings at both venues. Culinary tastings from Norberto

Jaramillo and Drake's Catering. The progressive tasting tours begin at San Sebastian Winery.

• Thursday, May 4: "Harvest, Premium Wine Tasting and Harvest Awards." New event. Lightner Museum, 75 King St., St. Augustine. The wine lover's ultimate tasting event with premium wines and showcase wine pairings, along with the festival's select official beverages. The historic Lightner Museum which is the centerpiece of St. Augustine's historic district, provides the elegant backdrop to tasting wines from around the world and sampling some of Northeast Florida's best restaurants.



- Friday, May 5: "Cinco de Mayo Tacos & Tequila," presented by Publix and Mijenta Tequila from 11:30 a.m. to 1:30 p.m. at the World Golf Hall of Fame courtyard patio. New event. Celebrate Cinco de Mayo with a festive selection of tacos and signature tequila drinks.
- Friday, May 5: "Smoke on the Walk," presented by Sysco, the Florida Times-Union/Jacksonville.com and the The St. Augustine Record/staugustine.



com. 6:30 to 8:30 p.m. Walk of Champions, World Golf Hall of Fame, 1
World Golf Place, St. Augustine. This all-inclusive barbecue extravaganza is a showcase of the Southeast's most celebrated pitmasters and grill masters with wine, beer and spirits along the Walk of Champions with live music from Remedy Tree. Enjoy unlimited beverage tastings in a souvenir glass, along with grilled, smoked and roasted gourmet barbecue bites — all included with ticket price. Free parking. This is a 21-and-older-only event; no pets allowed.



- Saturday, May 6: "Grilling with One Hot Mama, Orchid Paulmeier." New event/master class. 10-11 a.m. Next Food Network star/owner of One Hot Mama's, Hilton Head Island, South Carolina, on the Publix Cooking Demo Stage at the World Golf Hall of Fame. Orchid will showcase some of her famous grilling techniques and guests will get to taste a variety of special recipes, paired with a signature cocktail.
- Saturday, May 6: "Rioja in the 21st Century" with Ana Fabiano, 11:30 a.m. to 1:30 p.m. at World Golf Hall of Fame Museum Tower. New event. Rioja is world-class and recognized as one of

the five greatest red wine regions in the world. Travel to Rioja through the glass and guide of Ana Fabiano, noted Rioja wine expert and author of the award-winning book, "The Wine Region of Rioja." This authentic European wine region embodies ancient, classic and modern grape growing and wine making that is steeped in both heritage, tradition and cuttingedge innovation. This class and tasting will range from whites to aged reds and educate, entertain and empower your palate and wine experience in life. Tasting bites will be paired with the wines.

• Saturday, May 6: St. Augustine Food + Wine Festival Main Event, Walk of Champions, World Golf Hall of Fame, 1 World Golf Place, St. Augustine. 2-5 p.m. New all-inclusive food and drink tasting ticket for 2023. A fun afternoon of culinary and beverage tastings with live music in the lakefront surroundings of the Walk of Champions, the centerpiece of the World Golf Hall of Fame. Tickets include a souvenir cup for unlimited beverage tastings from hundreds of wine, beer and spirit exhibitors, artisans, Publix Cooking Demo Stage, Jacksonville Magazine Music Stage with Chillula, Edible Northeast magazine's People's Choice Harvest Awards, presented by Sysco and more.

Publix Cooking Demo Stage, presented by The Local Palate magazine schedule: 2:15 to 3 p.m., Ansley Kinchen, senior managing chef, Publix Aprons Cooking School, 3:15 to 3:45 p.m., Orchid Paulmeier, One Hot Mama's/Food Network Star; 4 to 4:30 p.m., Sysco Team; 4:30 to 5:00 p.m.; Jernard Wells, award-winning chef/author and TV personality.

• Sunday, May 8: "The Jazz Brunch" (family-friendly event), 11 a.m. to 1:30 p.m., St. Johns County Convention Center, 500 S. Legacy Trail, St. Augustine. The Jazz Brunch is one like no other with an all-inclusive-priced ticket featuring live music, brunch buffet with carving station, indulgent sides, madeto-order omelet station, seafood station and a variety of desserts. Bloody Mary bar, champagne, mimosas and a host of unlimited beverage stations from the festival's partners include wine, beer, spirits beverage tasting stations inside the brunch — coffee, iced tea and soft drinks beverages included.

The most up to date festival information is available on the website, staugustinefoodandwinefestival.com, and the festival's social media channels: Facebook, Instagram and Twitter.





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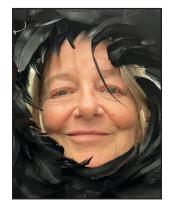
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PAStA Fine Art Gallery features glass artist



Artist Rose Hawley

The Professional Artists of St. Augustine (PAStA) Fine Art Gallery, of 214 Charlotte St., St. Augustine, is proud to introduce the varied and unique glass work of artist Rose Hawley.

Although, during her childhood, Hawley found the stainedglass windows of the churches and cathedrals

of Europe fascinating, glass was not her first artistic venture. As a clay artist, she developed a clay that would withstand repeated freezes and thaws, without cracking or breaking. Using her new resilient clay, she created sculpture and pottery for gardens in the northern clime.

As fate would have it, she was approached and asked if she would melt wine bottles in her kilns. Not to let the opportunity to learn something new pass her by, Hawley ended up slumping over 200,000 wine bottles into hanging cheeseboards, which sold nationwide.

With her new interest in glass, she traveled regularly to Bullseye Glass Factory in Portland, Oregon, for a top-rated glass education. Hawley has traveled extensively throughout North America and Europe, visiting and collaborating with experimental glass artists and has since incorporated lead crystal and glow-in-the-

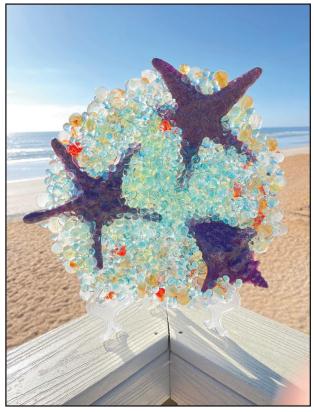


Glass starfish glow in the dark, a creation of artist Rose Hawley.

dark glass to her body of work.

Like many artists during the COVID years, Hawley moved to be closer to family in the St. Augustine area. Working in a smaller and temporary capacity led her to explore the nuance of glass surface decoration, which can be seen in her highly detailed crusty little seashells, and other items.

Currently, Hawley is working on four bodies of



Contributed photos

One of Rose Hawley's sea-inspired glass creations.

work, of which three are experimental and one includes a 3,000-year-old Chinese technique.

See her work by at pastagalleryart.com or facebook. com/pastaartgalleryFacebook.



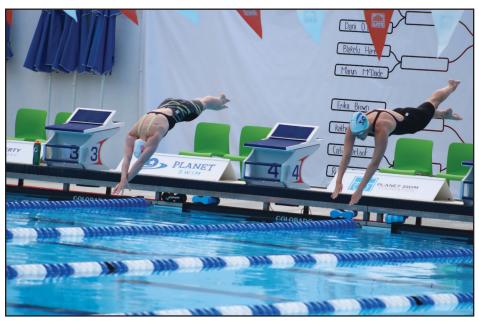
36 SPORTS Ponte Vedra Recorder · April 27, 2023

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THURSDAY, APRIL 27, 2023 • PAGE 36

Planet Swim Academy swimmers got to dive into the pool and compete against Olympians during the 2023 JAX50 event.



Photos by Anthony Richards

Four-time Olympian Kasia Wasick (right) congratulates a swimmer after a race.

Swimming with Olympians

Planet Swim, JAX50 event offers unique opportunity

By Anthony Richards

It is not every day that children get to compete against their heroes, much less when they are Olympians, but that is exactly the opportunity many young swimmers had during the annual JAX50 Sprint Dual Championship.

The event was hosted by Planet Swim Aquatics and was a three-day event that included a dinner and was capped with a competition on April 22.

What makes the competition so unique from other swimming events in the world is that it pits swimmers from the Planet Swim academy against eight swimmers who have competed at the highest level in the Olympic Games for their respective countries.

One of the Olympians was David Curtiss, who is currently ranked No. 2 in the world in the 50-meter freestyle and is a strong contender to make the United States Olympic team next year.

"It's really cool to come down to Florida and be in the pool with these young athletes who are also aspiring to be Olympians one day," Curtiss said. "It's just fun to support them and Planet Swim in that journey."

According to Curtiss, the event really



Laughs were shared both in and out of the pool during the event.

made him think back to when he was younger and first devising his goals to one day be an Olympian.

"It's cool to see it from the other side, because I was always one to race against Cullen Jones and he was my role model for my entire life and now we're good friends," Curtiss said. "It's fun to see them (young swimmers) light up and knowing you contributed to that excitement."

One of those young swimmers was Matthew Koziol, who went head-to-head with Jones during the tournament.

"Meeting these guys has been really cool, and I'm not nervous at all, just



David Curtiss, who is currently ranked No. 2 in the world in the 50-meter freestyle and is a strong contender to make the United States Olympic team next year, competed at the championship.

happy to get out there and race them and get that experience," Koziol said.

Part of not just being in the pool but just being around them is the chance to ask questions and pick the brain of an Olympic athlete.

"I was thinking about asking David Curtiss if there's anything I could do to help get an advantage as a short sprinter against taller sprinters or if there's something I could improve on," Koziol said.

For Kasia Wasick, a four-time Olympian from Poland, she returned to take part in JAX50 after competing in it last year for the first time.

According to Wasick, being involved

with the event reminded her why she started swimming in the first place.

"To be able to inspire the younger generation is amazing," Wasick said.
"They're such great kids and they have a lot of energy and drive to do better."

The dinner the night before the competition also served as a fundraiser with all money raised going towards the Planet Swim Foundation, which promotes water safety and swimming development programs.

The foundation has been able to offer summer swim lessons in St. Johns, Duval and Clay counties for each of the past 10 years as a result of the continued support.

Ponte Vedra Recorder · April 27, 2023



The Sharks have found success with a record of 9-2 in the third year of the boys volleyball program.



Photos by Anthony Richards

A battle for a ball at the net takes place during Ponte Vedra High boys volleyball practice.

Sharks boys volleyball tastes success three years in

By Anthony Richards

From growing pains to success, that has been the story for the Ponte Vedra boys basketball program since it was first started three years ago.

"In year one, our team was majority seniors except for me as a sophomore, and there were very few volleyball players on the team, it was more just athletes from other sports," said senior captain Merritt Crowe. "There was a lot of learning and learning through failure basically."

According to Crowe, having gone through the adversity makes getting to the point where the team is at now, with a record of 9-2, even sweeter.

"After this, I have no problem leaving on a good note and knowing that we've developed a good reputation not on at the school but within the county," Crowe said. One of those leaders on the team that will take over an increased leadership role next year is junior Logan Johnson who has been playing competitive volleyball since he was 12 years old.

"It's been pretty cool to watch us just grow as a team over the years," Johnson said. "I'm ready for my role next year as a senior."

Since Ponte Vedra's program got underway many more schools in St. Johns County have been quick to follow suit and begin their own teams during the last couple of years.

Having teams nearby makes it huge difference not just because it demonstrates the continued growth of the game, but also simply in terms of less travel time required.

The first year of the program, Ponte Vedra and St. Augustine High were the only schools in the county with boys volleyball teams, which meant the Sharks had to travel to Orlando just to find someone to play the majority of the time.

"It was definitely tough, because we were traveling to Orlando like twice a week," Kinsey said. "It got pretty old."

Kinsey is co-captain on the team and first joined as a freshman three years ago. He has seen the development not only of the team as a whole but also of himself as a player during that time, as he had played volleyball for fun over the years but is now part of a high-level club volleyball team to help refine his game as a libero.

"I decided to really take it seriously, and it has paid off," Kinsey said. "It's a lot different playing competitively compared to playing for fun. It's all about knowing where everyone is supposed to be and not just your position, because volleyball is a very team sport. You have to have a super strong connection with everyone on the court at the same time or

just doesn't work."

Part of the program's development has included increased numbers of players trying out for the team each year, which Crowe believes is a sign that boys volleyball continues to be of growing interest to the rest of the student body.

"A big part of my responsibility has been helping spread the word about boys volleyball," Crowe said. "Our first year we had about 14 or 15 guys try out and this year we had more than 20 and next year we're expecting more than 30 to 40. We're making a mark and people are realizing this is a legit sports program."

Of course, he also realizes that the winning definitely helps gravitate new players and fans to the game, as the Sharks have only lost twice all season and have won all nine of their games in straight sets.

"The program's in good hands going into the future," Crowe said.



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15

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- 1. It's all over the beach
- 5. A cirque
- 8. Corpuscle count (abbr.)
- 11. Influential report author
- 13. Satisfaction
- 14. Recurring only at long intervals
- 15. Islamic calendar month
- 16. Neither
- 17. Gelatinous substance
- 18. American electronic music producer
- 20. Old computer system
- 21. Professional organization
- 22. Malaria mosquitoes
- 25. Not composed of matter
- 30. It's in the ocean
- 31. Pevton's little brother
- 32. French commune
- 33. Eyelashes
- 38. Equal (prefix)
- 41. Quality of little or no rain
- 43. One who beheads
- 45. Suna to
- 48. Influential punk artist
- 49. Amount of time
- 50. Polio vaccine developer
- 55. Abba ___, Israeli politician
- 56. Job
- 57. Flat-bottomed sailboat
- 59. Japanese wooden clog
- 60. Folk singer DiFranco
- 61. FL city
- 62. Naturally occurring solid
- 63. Language of indigenous Asian people
- 64. Dark brown

- 1. Soviet Socialist Republic
- 2. Zoroastrian concept of holy fire
- Venomous snake genus
- Uninteresting

5. Straightforwardness

CROSSWORD

13

16

20

19

22

39

49

56

60

63

38

43

- 6. Expression of wild excitement
- 7. Arrange in order
- 8. East Indian cereal grass
- 9. Hillsides
- 10. Bird beak covering 12. Baseball stat
- 14. Edge of a surfboard
- 19. Wrapping accessory
- 23. Express approval
- 24. Deduce
- 25. Similar
- 26. Born of
- 27. Automobile
- 28. Obliged to repay
- 29. Live in
- 34. Influential journalist Tarbell
- 35. Set aflame

- 36. OJ trial judge
- 37. Scottish town
- 39. African nation
- 40. Egg-shaped wind instrument
- 41. Mimic
- 42. Frees
- 44. In slow tempo 45. Sword
- 46 Related on the
- mother's side 47. Mars crater
- 48. Plant of the lily family
- 51. Suitable in the circumstances
- 52. Hillside
- 53. Metrical foot
- 54. Amazon river tributary
- 58. Adult male human

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

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle

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RIOJA IN THE 21ST CENTURY WITH ANA FABIANO, 5/6/23



CINCO DE MAYO. **TACOS & TEQUILA** 5/5/23, World Golf Hall Of Fame



SATURDAY, GRAND TASTING



SMOKE ON THE WALK 5/5/23, World Golf Hall Of Fame



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