



# Recorder

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## TP Seen

Out and about at THE PLAYERS

Pages 41-46



## Senior Living

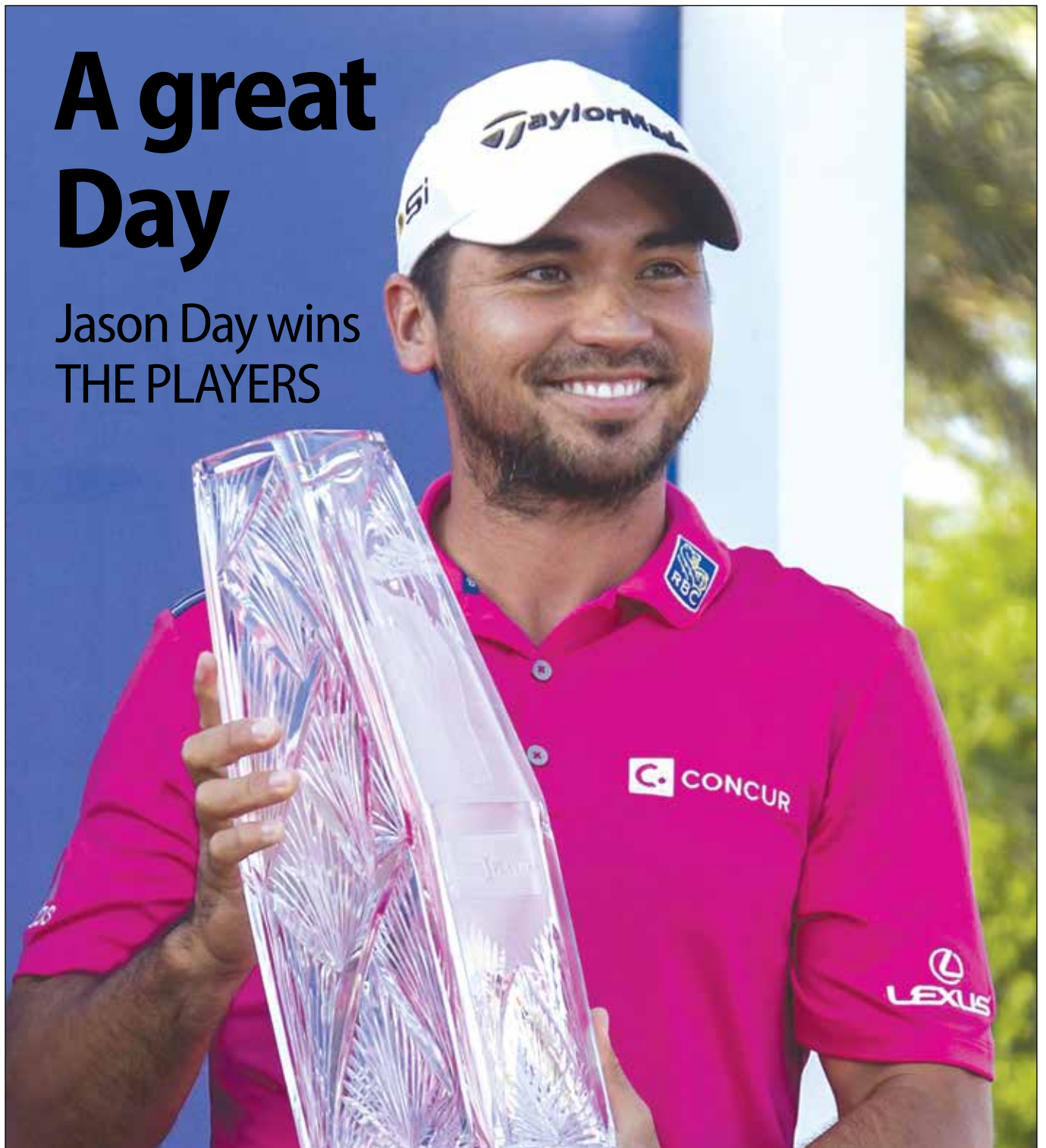
Assisted living, Dial-a-Ride and more

Pages 21-36



## All About Pets: It's National Pet Month!

Pages 38-40



# A great Day

## Jason Day wins THE PLAYERS

Photo by Don Christian

Australian Jason Day displays the trophy for winning the 2016 PLAYERS Championship in a performance that evoked numerous comparisons to Tiger Woods. Full story on page 47.

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## Send us your news

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



Visit our new website at [www.pontevedrarecorder.com](http://www.pontevedrarecorder.com)

Plus, find the Recorder on Facebook at [www.facebook.com/ThePVRecorder](http://www.facebook.com/ThePVRecorder)

## PUZZLE SOLUTIONS

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Solutions correspond to last week's puzzles.

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## WHAT'S THIS?



Do you know what this is?

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

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

No one correctly identified last week's photo as Seachasers restaurant in Jacksonville Beach. Better luck this week, readers!

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



## ADOPT A PET

### CAT OF THE WEEK

Hi there! My name is Callie and I'm a 5-year-old female Calico kitty who is looking for a new, loving home to call my own. I was given up by my owners because they could no longer care for me. I am a sweet kitty who likes to sun herself in a soft chair and I can purr louder than a motorboat when I get some loving. Come visit me today here at the pet center! #27579



### DOG OF THE WEEK

Hi there! I'm Grace, a 7-year-old mix-breed female who is looking for a new home. I was brought to the pet center as a stray. As this animal was a stray there may be some traits that are unknown at this time. #31711



Any pet being introduced to a new home will need time to adjust to a new environment. Please reinforce house training and behavioral training and be mindful of interacting with other pets. Come visit us today here at the pet center.

## St. Johns County Pet Center

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

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# Keystone purchase of Accotink Academy By The Sea falls through

## School to close May 31

By Jennifer Logue

The recently announced purchase of Accotink Academy By the Sea by Keystone Child Development Center will not move forward as planned, both parties confirmed this week.

Accotink Academy By the Sea will now close May 31, as was initially planned at the start of this school year.

“We want to express our heartfelt thank you and appreciation to the Ponte Vedra parents who allowed us to educate their children the last 18 years,” said Mark McConnell, executive vice president for Accotink Academy, Inc. of Virginia, the Ponte Vedra Beach school’s parent company. “Ponte Vedra will always be home to our family and while this is a sad ending for the academy, we hope Elaine’s legacy lives on in our students, teachers and staff.”

Last month, Keystone announced plans to purchase the school — which would become known as Keystone By The Sea — and continue with the existing Accotink Academy staff and administration along with some additions from its own staff. Enrollment was then opened for both summer and fall programs.



“A contract was executed and both parties agreed that enrollment should be opened for the 2016-2017 school year,” Keystone Founder and CEO Dr. Katherine Falwell said. “However, during the period of due diligence, the parties could not reach an agreement on the final terms of sale.”

McConnell noted that the contract negotiations did not involve Accotink Academy By The Sea or its parent company, as the property was privately owned by his parents, Warren McConnell, 95, and school founder Elaine McConnell, who died in January.

In August 2015, McConnell said, his mother — then in failing health — had made the difficult decision to close Accotink Academy By The Sea and sell the property at the conclusion of the

2015-2016 school year following many years of operating losses.

“Because of my mother’s passionate dedication to the school and the community, she took the losses year after year,” he said.

After notifying the staff about the decision to close the school, McConnell said, two potential buyers for the property came forward, but the sale with Keystone did not close after the parties could not agree on the final terms.

Falwell said that all parents have been notified that the sale will not

occur and all deposits that had been held in escrow were immediately refunded.

“Although we are extremely disappointed in the outcome, we remain committed to bringing the benefits of an exceptional preschool and child development center to families in the Jacksonville Beach and Ponte Vedra Beach areas,” Keystone Founder and CEO Dr. Katherine Falwell said. “We are actively reviewing other properties and anticipate opening a Keystone By The Sea location in the near future.”

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# Bishop Estévez ordains deacon Keegan to priesthood

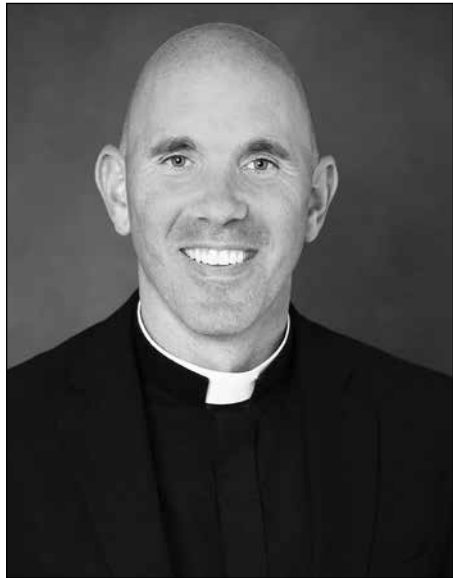


Photo courtesy of Diocese of St. Augustine

Man will serve as vicar of Our Lady Star of the Sea

David Keegan will serve as parochial vicar of Ponte Vedra Beach's Our Lady Star of the Sea Parish following his ordination to the priesthood this past weekend.

Bishop Felipe J. Estévez of the Diocese of St. Augustine ordained Keegan and Deacon Philip Timlin to the priesthood May 14 in a mass celebrated at the Cathedral Basilica in St. Augustine. Keegan, 40, is a Louisiana native who earned a degree in psychology from the University of Montevallo in Alabama.

While he originally planned to marry shortly after graduating from college, he and his fiancée called off their wedding plans and Keegan accepted a full-time job managing a restaurant in Birmingham. A year later, his sister was diagnosed with cancer. When she died in 2000, Keegan was at her bedside.

"I can see now how the Holy Spirit was preparing me for a vocation," Keegan said of that difficult time in his life.

In 2002, Keegan moved to Jacksonville to be closer to his family, who

had moved to the city. He had been working in restaurant management for eight years and dating, but felt something was missing. In 2006, a priest at St. Joseph Parish in Jacksonville invited him to a Christ Renews his Parish retreat and he said it was from there his faith life really took off.

"I was in a relationship and discerning marriage, but as I grew deeper in the faith the thought of the priesthood returned," he said. "All those memories and desires came back and it was clear as could be. It was the deepest, realest call. It was what I had to do."

Keegan entered Miami's St. John Vianney College Seminary in 2009. Following his graduation two years later, he entered St. Vincent de Paul Regional Seminary in Boynton Beach to complete his formation and training.

"It's been an amazing, incredible journey," Keegan said. "I am constantly surprised by the love I receive from the people of the diocese — how open and generous they are. It's amazing."

## Storyteller workshop

The Florida Heritage Book Festival presents a day-long workshop "Finding the Storyteller in You" on Saturday June 4 from 9 a.m. to 4 p.m. at the Gamache-Koger Theatre at Flagler College, 50 Sevilla St., St. Augustine.

The workshop will be led by nationally recognized storyteller Connie Regan-Blake. The cost to attend the workshop is \$75 through May 25, \$85 May 26-June 4. The cost includes a box lunch. Register online at [www.fbbookfest.com](http://www.fbbookfest.com).



## GRADUATION ANNOUNCEMENT

### Samantha Romero

Samantha Romero graduated from the University of Florida with a Bachelor's of Science in Business Administration degree, major in Finance with minor in Entrepreneurship, at the commencement ceremony held April 30 at Ben Hill Griffin Stadium — also known as "The Swamp" in Gainesville. She wore regalia cords awarded for Honors Finance Scholar, Florida Leadership Academy, Study Abroad and GPA above 3.5. While at UF, her activities included FLA Director of Recruitment, Warrington Diplomats, Zeta Tau Alpha, Study Abroad peer advisor and Dean's List. Samantha is the daughter of Becky Boyd Romero of Ponte Vedra Beach. She attended PVPV/Rawlins Elementary School, Landrum Middle School and Ponte Vedra High School Class of 2012. After vacationing in Thailand and Vietnam, Samantha begins her career in corporate banking as a portfolio manager for SunTrust in Atlanta.

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Photo submitted by PVPV/Rawlins

The PVPV/Rawlins HEAL Walk team

## PVPV/Rawlins HEAL Zoo Walk team raises nearly \$1,300 for Autism

PVPV/Rawlins Elementary School was well represented at the recent HEAL Zoo Walk for Autism, held April 24 at the Jacksonville Zoo and Gardens.

Fifteen people comprised the school team, which raised \$1,298 — surpassing its \$1,200 goal. For its efforts, the team

took second place, receiving a \$250 prize and two Apple iPads for ESE classrooms.

More than 1,500 participants participated in the Zoo Walk, which raised more than \$50,000 to assist individuals in Northeast Florida living with autism.



**OBITUARY**

**NANCY LOUISE SPURIA**

Nancy Louise Spuria, a longtime resident of Ponte Vedra, died May 11, 2016. She was born October 10, 1937 in Newton, Mass.

In 1954, Nancy met the love of her life, Tony Spuria, on a blind date. In 1955, she graduated from Newton High School. After a brief stint at Gamewell Corporation (the world's leading fire alarm box manufacturer), she and Tony were married in 1958, and have been inseparable ever since.



In 1959, Nancy and Tony started their family with the birth of Karen (the apple of Nancy's eye). Nancy's finest accomplishment, David, was born shortly after in 1960, and Joseph (the black sheep of the family whom Nancy adored) was born in 1963. As Tony embarked on his meteoric rise in the corporate world, Nancy served as CEO of Spuria Inc., setting up home in Newton, Mass.; Derwood, MD; Winston Salem, NC; San Antonio, TX; and Ponte Vedra; and raising two bright and beautiful children (Joe was not all that bright or beautiful).

In addition to raising a family and putting up with Tony, Nancy enjoyed miniature doll housing (as the proprietress of the retail juggernaut "Miss Muffet's Miniatures") and tooling around in her 1957 Ford Thunderbird. She was a superb cook and traveled extensively throughout the world, including to Africa, South America, China, Europe, Middle East, Russia, New Zealand, Australia and, her favorite, Fiji. Nancy was a fierce card and board-game player who regularly whipped Joe in Scrabble and David in Spite & Malice (Google that one).

She had a sharp sense of humor, which was a pre-requisite to living with Tony, and a trait that she passed on to her children. She also passed on to her children a house full of knick knacks, gewgaw, gimcrack, and tchotchkes of questionable utility.

Nancy is survived by her devoted husband, Tony; sons David (Deanna) and Joseph (Cindy); grandchildren Annie (Luigi), Alex, Matthew, Nikki and Henry; brother George (Connie); and sister Linda (Terri). Nancy was predeceased by sister Gloria (Alan) and daughter Karen, two beautiful souls who left us too soon.

A memorial service for Nancy was held May 18, 2016 in the Chapel of Quinn-Shalz Funeral Home of Jacksonville Beach. In lieu of flowers, donations may be made to Community Hospice of Northeast Florida, 4266 Sunbeam Road, Jacksonville, FL 32257 (communityhospice.com).

Please visit our online tribute at www.quinn-shalz.com. Services under the direction and care of Quinn-Shalz Family Funeral Home.



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# Mission House partners with Art 4 Charities



Photo courtesy of Art 4 Charities

Diane Machaby of Art 4 Charities and Mission House Executive Director Lori Anderson display a sample work of art that can be purchased through Art 4 Charities.

Mission House is the newest non-profit organization to partner with Ponte Vedra-based Art 4 Charities.

Through the Charity Benefits Program, the Jacksonville Beach homeless day facility will receive 40 percent of the proceeds of any artwork purchased from Art 4 Charities by Mission House supporters.

"This can be quite a nice little fundraiser for a nonprofit," said Diane Machaby, director of charity fundraising for Art 4 Charities. "My husband and I try to make raising money and holding fundraising events as easy as we possibly can for the charity."

Mission House Executive Director Lori Anderson said she recently heard about Art 4 Charities and was excited to learn more about its mission to help

charities worldwide.

"Art 4 Charities is such a wonderful and practical opportunity for Mission House," Anderson said. "The selection of art is wonderful, and Diane and Terry are so generous to do this. We are so blessed to be a part of this project that will assist us in our efforts to assist those who find themselves homeless at the Beach to obtain a roof over their head."

Founded earlier this year by Machaby and her husband, Terry, Art 4 Charities makes art available for sale on its website (www.art4charities.net) as well as through home art parties, where hosts can designate which charity receives up to 40 percent of the proceeds of all art sales. Recently, for example, a Ponte Vedra couple

hosted a home art show to benefit Crosswater Community Church's "The Future is Now" campaign.

"Everyone who attended said they were very impressed with the quality of the artwork and the silent auction items," Machaby said. "They also liked the door prize drawings they received as well."

To purchase artwork and photography to benefit your favorite charity, visit the Art 4 Charities website at www.art4charities.net. For information on hosting a home art showing to support a local charity, call (904) 469-7428 or email art4charities.dm@gmail.com.

## Ponte Vedra Memory Care Center

The Adult Day Care Center is now open at the new Ponte Vedra Memory Care Center, located at 1048 A1A N. in Ponte Vedra Beach. Hours are 7:30 a.m. to 4:30 p.m., Monday through Friday.

Designed as an activity center for adults who are living at home with a caregiver and require special supervision, adult day care allows individuals an opportunity to ex-

pand their environment and meet new friends while providing respite time for the caregiver.

The center specializes in but is not limited to the care of those with memory loss due to stroke, Alzheimer's disease, Parkinson's, or other physical changes that require therapeutic assistance. Call (904) 297-0061 for more information.

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If you watched any of *THE PLAYERS* coverage on television last week – or have watched any major professional sports coverage over the past two decades, for that matter – chances are you’ve seen the handiwork of Tommy Roy. As a producer with NBC Sports and Golf Channel, Roy has covered some of the seminal moments in sports history. A Marsh Landing resident, Roy describes some of the unique challenges of covering golf, especially the tournament held each year in his own back yard. — *By Jennifer Logue*

## Tommy Roy

### You’ve enjoyed a long career with NBC Sports. What are some of the more memorable sporting events you’ve covered?

I’ve had the great opportunity in my career to be the producer or executive producer of the Olympics, Super Bowl, World Series, NBA finals, a college football national championship game, Kentucky Derby, Daytona 500, Wimbledon, and golf’s Players Championship, US Open and Ryder Cup, among others. Some of the more memorable moments from telecasts I produced are Michael Jordan’s first three NBA titles, Super Bowl XXXII when John Elway finally won it, the 2008 U.S. Open when Tiger Woods won his last major – and did it while playing on a broken leg – and Michael Phelps’ incredible exploits at the Beijing Olympics, where he won eight gold medals.

### How is covering a golf tournament different than coordinating coverage of other sports, such as baseball or football? Is it easier or more difficult?

In baseball or football, as a producer, you are following one ball on one field. In golf, at any one time, there are up to 70 balls in play, on 18 different fields (holes), spread out over 50-plus acres. In team sports, they stop playing when TV goes to commercial, which gives the production team time to catch their breath. With golf, they don’t stop playing when we go to break, forcing us to work even harder making sure we are recording the key shots. After the Olympics, because of the massive size of the production, golf is the next most difficult to cover.

### How far in advance do you begin planning TV coverage for a tournament like *THE PLAYERS*? What sort of advance work is involved?

My planning began the day after last year’s *Players* ended. Status quo, in my book, is never good enough, so we’re always looking to improve. So we begin early work on graphics, our videotaped features and historicals, as well as preparing research for

our announcers.

Of course, on a production of this size our production and technical managers are dealing with logistical prep many months in advance.

### How does *THE PLAYERS* stack up against other tournaments in terms of coverage? Does the Stadium Course’s design play a factor in your production plans?

This is our largest, most technically advanced, golf event. The unique Pete Dye course design requires us to deploy more cameras than we normally do. For example, on the short par 3 17th, we need nine cameras to capture every angle of the island green and the players as they attempt to find land with their tee shots.

### What are the technical and staffing requirements needed to cover a major tournament like *THE PLAYERS*?

We have 60-plus cameras and a technical, announce and production team of close to 200.

### How has new technology changed the way golf is covered on television?

The miniaturization of our cameras and the use of fiber optic cables has allowed us to have more cameras, as well as have them more mobile.

And Hi Def has certainly improved the visual experience of the viewers by making the balls easier to follow and accentuating the stunning beauty of these courses.

### From a producer’s standpoint, do you enter a tournament with certain “story lines” in mind, or do you just wait and see how events unfold?

Again, golf is unique. If I were doing a Golden State game, Steph Curry is the story. Entering a tournament like *The Players*, we may think that particular golfers will be our stories, but because the field of contenders is so deep, any one of a hundred other players could lead, and we need to react accordingly.



Photo by Jennifer Logue

NBC Sports and Golf Channel Producer Tommy Roy displays some of the 30 Emmy Awards he has received over the course of his career.

### What’s the most challenging part of overseeing coverage of *THE PLAYERS*?

Keeping track of all the contenders and trying to show all of their shots, live. We’re very fortunate that the PGA Tour has really limited the commercial interruptions, which gives us the time to set up and watch the leaders, shot by shot, as they make their way around this fantastic venue.

### You worked for many years in New York. What drew you to Ponte Vedra?

Coming here every year to cover *The Players*, my wife, Anne, and I fell in love with the area. We started com-

ing here for vacation, too. And when I started producing golf primarily, I was able live anywhere I wanted, and we chose Ponte Vedra immediately. Plus, it makes sense to live close to the PGA Tour. And because many of our events are in Florida, I can drive and avoid yet another airplane flight.

### How do you enjoy spending your free time?

Well, with me being on the road so often, I enjoy spending time with my family. And, the game of golf happens to be my passion, so I play or practice whenever I have time.



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# Pros share importance of faith with youth golfers at annual 'Breakfast with the Pros'



Photos by Jennifer Logue  
Fred Funk addresses junior golfers at the FCA Golf Jacksonville "Breakfast with the Pros."

## By Jennifer Logue

PGA Tour golfer Ben Martin was riding high in his early 20s.

While still an amateur, Martin played in three major championships and was runner-up at the 2009 U.S. Amateur. In 2010, at age 23, he turned pro, won his second professional event and had qualified for the PGA Tour before the year was through.

Things were going great — until Martin suffered a number of setbacks during his rookie year and lost his tour card.

"Growing up, I thought golf was gonna be the thing that brought me

ultimate fulfillment in life," Martin told an audience of 400 local youth golfers last week. "I think God allowed me to have some early success so that he could show me golf is not what's going to fulfill me."

Martin was among a number of PGA Tour golfers who shared the importance of their faith with young golfers at the annual FCA Golf Jacksonville "Breakfast with the Pros." Hosted by Crosswater Community Church, the event brought young golfers and coaches together with professional golfers, who helped the junior golfers keep the sport in proper perspective.

"Faith gives you an identity outside of golf," said golfer Fred Funk, who called his 2005 THE PLAYERS Championship win at age 49 the highlight of his career. "We're all competitive. It may seem glamorous, but life on the tour is hard. It beats you down — all the work and the effort, the highs and lows.

"In a sport where you are your score," Funk continued, "it's so much easier when you have Christ and the Lord at your back."

Michele McManamon, chairman of this year's THE PLAYERS Championship, said that faith plays an integral role in tournament preparations.

"Our leadership team bases all that we do on prayer," she said. "We truly believe God has His hand in everything we're doing. We couldn't raise \$8.1 million for local charities last year without God, and we give Him all the glory."

At the breakfast, the Golf Channel's Todd Lewis interviewed several pro golfers, who talked about how their faith was critical to keeping them grounded in

an ultracompetitive environment.

"For my wife and me, Christ is the backbone and motivation of everything we do," Jared Wolfe told students. "It's our constant in our life."

Kevin Streelman, meanwhile, recounted his concern about kids worshipping golfers and other athletes instead of God.

"I had seen kids out on the course and the way they looked at me like I was a celebrity," Streelman said. "It didn't seem right. I thought, 'Those eyes need to be on Christ.'"

To address that, Streelman helped create FCA Gameday, a program where kids walk the golf course with pros

who share their walk of faith.

"Each of us is given a platform, and it's up to us to use the platform we've been given to glorify the King," Streelman said. "One day, God will say to each of us, 'I gave you this gift, what did you do with it?' and I just want to be able to tell Him, 'I did my best.'"

And while professional sports may focus on winning and losing, the pros agreed, focusing on God helps them realize what's truly important.

"I'm fulfilled through Christ and what He did," Martin said. "Ultimately I can rest in the knowledge that whether I win this tournament or not, I'm in good hands."



Keith Lee, Will Frey and Cole Melton from Heritage Christian Academy



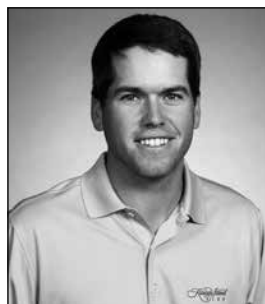
PVHS girls' golf team members  
**BACK ROW:** Ashley Burke and Sara McKeivitt  
**FRONT ROW:** Julie Snow, Megan Burke and Kendall Quinlan



Trinity Christian Academy students Ryan Horton, Preston Player and Trent Warren



Crosswater Worship Pastor Shane Collins performs prior to the breakfast.



Ben Martin

Photo provided by PGA Tour



Kevin Streelman

Photo provided by PGA Tour

## It's Open

Not everyone is as focused on golf as the pros — not even their wives, it seems.

At the "Breakfast with the Pros" event, Ben Martin noted that when his sister-in-law was planning her wedding, his wife said they would try to find a date that didn't conflict with his pro golf schedule.

When his wife later came back and said the wedding had been set for July 18, Martin said, "That doesn't sound like a good date for me, golf-wise."

"Oh, no it's fine," his wife replied. "I checked the calendar and it said 'open week.'"

Open, as in the British Open.

Martin said his sister-in-law eventually forgave him for missing her wedding.

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In addition, four pickup locations will be available along the route, including the R.B. Hunt Elementary School soccer field,

the west entrance of the Anastasia State Park's main parking lot, the Loop at the Anastasia State Park and the entrance of the St. Augustine Amphitheatre. The route time is approximately 30 minutes.

Bicycle racks and a pump station, provided in partnership with VeloFest, have also been installed near the amphitheatre entrance to encourage alternative forms of transportation. Limited paid parking will still be available at the St. Augustine Amphitheatre main lot with advance purchase of a premium parking ticket, available for purchase as the box office or online at [www.ticketmaster.com](http://www.ticketmaster.com).

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# Underwood's hosts luncheon, jewelry preview for PGA golfers' wives

By Jennifer Logue

While their husbands were preparing for THE PLAYERS Championship, PGA golfers' wives were treated to a special luncheon and jewelry collection preview at Underwood's Jewelers in Ponte Vedra Beach last week.

Approximately two dozen players' wives attended the event, which featured luncheon provided by nearby Table 1 and the chance to view the Dao Fournier jewelry collection. The jewelry itself, in fact, has a PGA connection: Designer Lucy Price is the wife of PGA Tour golfer Aron Price. She and her twin sister, Kimberly Gibson, created the Dao Fournier collection and thought PLAYERS week would be an ideal time to share their pieces with players' wives.

"Underwood's carries our collection all year long," said Price, who noted this was the third year the Ponte Vedra jewelers had hosted the luncheon. "With TPC Sawgrass and THE PLAYERS right in Underwood's back yard, we thought this would be a great way to bring together some of my friends and to benefit charity."

As part of a special Mother's Day promotion, Price said, 10 percent of all sales made at the luncheon and during the previous week benefited the PGA Tour Wives Association.

Born in Thailand and raised in the United States, Price and Gibson grew up surrounded by gemstones in their parents' jewelry boutique. In 2006, the sisters returned to Thailand to study at the Gemological Institute of America. Following their graduation, the duo spent the next four years designing Dao Fournier, which takes its name from the sisters' middle names and pays tribute to their Thai and French Canadian heritage.

The collection features bold, geometric designs featuring diamonds, yellow and white gold, quartz and more.



Photos by Jennifer Logue  
Underwood's Jewelers' John Rutkowski with jewelry designers Kimberly Gibson and Lucy Price



Dao Fournier jewelry designer Kimberly Gibson assists players' wives in selecting jewelry.



Allison Brown and Amanda Wilkinson



Audrey Leishman and friend Kellie Nelson



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Dao Fournier jewelry collection



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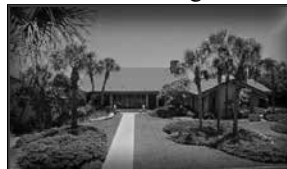
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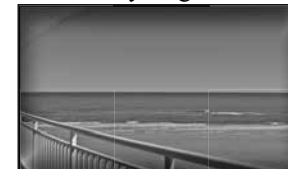
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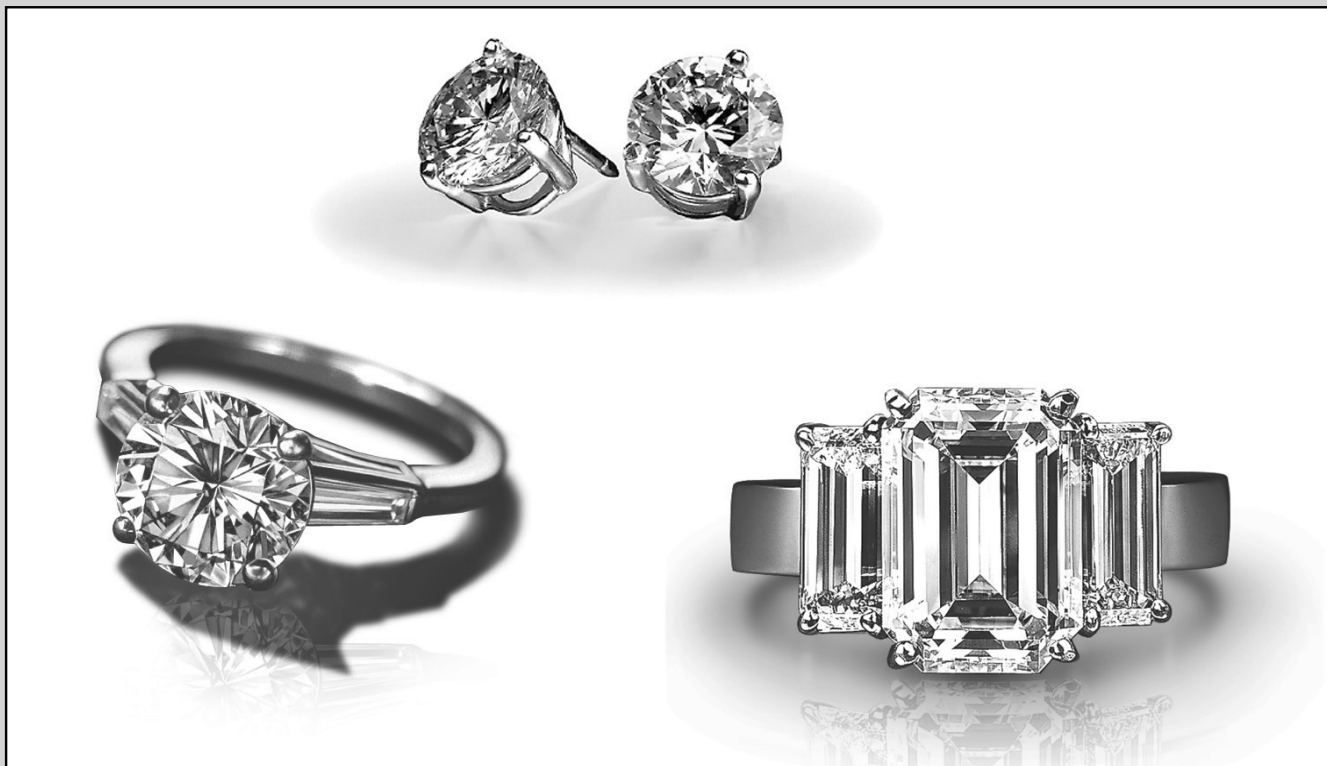
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1.64ct	Emerald Cut	GIA	I	VS <sub>1</sub>	\$ 13,500	\$ 8,800
2.05ct	Round	GIA	G	SI <sub>2</sub>	\$ 24,500	\$ 19,000
3.07ct	Emerald Cut	AGS	J	SI <sub>1</sub>	\$ 24,500	\$ 22,000
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# PGA Tour, Toby Keith salute armed forces at Military Appreciation Day

By Jennifer Logue

Good, old-fashioned American patriotism was on full display at THE PLAYERS Championship last week, when the PGA Tour and country music star Toby Keith paid tribute to the nation's military men and women at the tournament's annual Military Appreciation Day.

Held May 10 at the Stadium Course's legendary 17th hole, the event attracted thousands of residents and visitors, who cheered as military men and women marched onto the green to the strains of "God Bless America." As a giant American flag was slowly unfurled across the green, the crowd fell reverently silent as Byron Rowe, U.S. Navy retired, sang the National Anthem — only to break into cheers at the conclusion as the 125th fighter wing of the Florida Air National Guard roared overhead in a flyover salute.

U.S. Air Force Chief of Staff Gen. Mark Welsh summed up the mood of the enthusiastic crowd.

"We have warriors, golf and Toby Keith," Welsh said. "It doesn't get any better than that."

Welsh, the event's keynote speaker, recognized his wife, Betty, who was sitting in the audience along with numerous military service men and women and their families.

"She represents thousands of spouses who are the foundation of what the military does," Welsh said. "Thank you for the life of service, sacrifice and support you give us."

Welsh said one of the best parts of his job as Air Force Chief of Staff is the opportunity to meet America's military men and women, particularly those who are serving in harm's way.

"They're out there doing their nation's business and they are proud to be there," he said. "They are the greatest people on earth."

Those sentiments were echoed by PGA Tour Commissioner Tim Finchem.

"I grew up in a military family — my dad was a career Marine for 30 years," Finchem said. "From him, I learned about honor, I learned about respect and I learned about service and sacrifice."

He stressed, moreover, that appreciating America's military shouldn't be something relegated to a few holidays or ceremonies each year. "We should show our support and admiration for those who fought to defend our freedom not just today, but every day."

## Surprise proposal

A highlight of the Military Apprecia-

tion Day ceremonies came when K9s for Warriors Director of Operations Jason Snodgrass dropped to one knee and proposed to his girlfriend — and ex-wife — U.S. Army Specialist Rachael Maguire, who accepted as the crowd cheered.

A former sergeant in the U.S. Army, Snodgrass endured a difficult transition back to civilian life, carrying both significant physical and psychological scars from his many combat search-and-rescue missions in Iraq.

"It is hard to describe PTS to someone," Snodgrass told attendees. "It is hard to describe the feeling of isolation, of uncontrollable anxiety or the anger that just overtakes you. It's hard to describe to someone that you're afraid to go to sleep, afraid to drive a car, afraid to leave your home or walk into your own home for fear of being ambushed."

In 2012, Snodgrass began volunteering for K9s for Warriors, an activity he found both rewarding and therapeutic. He soon joined the staff as director of warrior operations.

"There are so many things I credit for helping to give me my life back — my family, K9s for Warriors, and of course, Rachael," he said. "If you're a soldier or veteran dealing with post-traumatic stress, please know that there is help and hope. You are not alone. I got help and you can, too."

## All-American Toby

After a brief intermission, the crowd was ready for the evening's entertainment.

"This is a man who knows the meaning of military appreciation," the announcer said. "Raise your red solo cup for a great American — Toby Keith!"

Keith, who has performed more than 230 shows for America's military, took to the stage and launched into "American Ride," "I Love this Bar" and countless other hits to an all-ages crowd that was ready to party.

Cyd and David Ferris were first-time attendees at THE PLAYERS, having just moved to Del Webb Ponte Vedra from San Francisco.

"We think it's great!" David Ferris said. "We've been here all afternoon!"

For students Claire Gibney, Halie Rash, Tanner Cormier and Dexter Carter Jr., though, THE PLAYERS is an annual event.

"We come every year," Gibney said. "We're all in college now, so this is like a reunion for us."



Photos by Jennifer Logue

K9s for Warriors Founder Shari Duval (right) joins Director of Warrior Operations Jason Snodgrass and Rachael Maguire. An hour later, Snodgrass proposed to Maguire at the Military Appreciation Day ceremonies. See more photos from Military Appreciation Day on next page.



Jacob Johnson, Emma Risher and Alayna Hagan



Bradley Hite and Wendy Hilton



Claire Gibney, Dexter Carter Jr., Tanner Cormier and Halie Rash of Jacksonville



David and Cyd Ferris of Ponte Vedra



# PGA Tour, Toby Keith CONTINUED

Photos by Don Christian



Toby Keith



Jason Snodgrass proposes to Rachael Maguire.



Members of the 125th fighter squadron perform a flyover



Members of the military stand at attention.



Toby Keith performs for the crowd, red solo cup in hand.



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## The Groov, Isaac Byrd Jr. among acts to perform at Summer Jazz Series

J.J. Sansaverino, The Groov and Isaac Byrd Jr. are among the acts that will perform as part of the 15th annual Summer Jazz Series, to be held from from 5 to 9 p.m. June 12 and 10 at the Seawalk Pavilion in Jacksonville Beach.

Presented by the City of Jacksonville Beach in partnership with local media, the two-concert event is free and open to the public. Concert-goers may wish to bring blankets or lawn chairs. Refreshments will be available for purchase from local vendors.

### CONCERT LINEUP

June 12

**Opening act:** The Groov at 5 p.m.

**Second act:** J.J. Sansaverino at 6:15 p.m.

**Headliner:** Brian Simpson, Marion Meadows & Elan Trotman as The Jazz All Starts at 7:30 p.m.

July 10

**Opening act:** Isaac Byrd, Jr. at 5 p.m.

**Second act:** Althea Rene & Jeanette Harris at 6:15 p.m.

**Headliner:** Four 80 East with special guest Art Sherrod, Jr. at 7:30 p.m.

## Jacksonville Children's Chorus Auditions for 2016-17 Season

Auditions for the 2016-2017 Jacksonville Children's Chorus will be held from 4 to 5 p.m. on Mondays and Thursdays through May 26 at 225 E. Duval St., Jacksonville.

The goal of the Jacksonville Children's Chorus is to introduce and develop a love of artistic singing in the children of the First Coast. While prior musical training is not necessary to participate in the Jacksonville Children's Chorus, an audition is required. Children will be placed in the appropriate choir group based on their skills, maturity and readiness.

Auditions are by appointment only; singers do not need to bring a prepared audition piece. A conductor will listen for the singer's ability to match pitches, to learn a simple tune and to hold one's voice part against others.

For more information or to schedule an appointment, visit [www.jaxchildrenschorus.org/audition](http://www.jaxchildrenschorus.org/audition) or call (904) 353-1636.

## American Lung Association's 18th Annual Gala: The White Affair

The American Lung Association will host its annual gala, the White Affair, on June 11 at the Atlantic Beach Country Club, 1600 Selva Marina Drive, Atlantic Beach.

The gala will feature a live and silent auction, music by Cloud 9, food and cocktails. Tickets are \$120 and available for purchase online at [www.jaxgala.org](http://www.jaxgala.org).

The American Lung Association organization strives

to save lives by improving lung health and preventing lung disease, through research, education and advocacy.

The work of the American Lung Association is focused on defeating lung cancer and improving air quality. For more information about the American Lung Association, visit [www.lung.org](http://www.lung.org).



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*Our Attention to the Details Sets Us Apart*



# Stryker celebrates partnership with K9s for Warriors

By Jennifer Logue

Five veterans suffering from post-traumatic stress or traumatic brain injuries will have the benefit of a specially trained service dog thanks to a new partnership between Stryker Orthopaedics and K9s for Warriors.

The new partnership was celebrated at THE PLAYERS Championship last week, when Stryker donated a service dog in a special ceremony held at the Birdies for the Brave Patriots' Outpost as part of the tournament's Military Appreciation Day. Stryker Vice President Lori Quigley made a special presentation to Brett Simon, director of K9 operations and son of K9s for Warriors Founder Shari Duval.

"Stryker is donating five service dogs to our warriors," Shari Duval said. "They've become one of our big partners."

A special highlight of the announcement was a surprise visit by country music star Toby Keith, who shook the hands of veterans and K9s for Warriors personnel in attendance.

"How about a hand for our military?" Keith asked the obliging crowd of active duty military, veterans and their families. "After more than 230 shows over there, I'm blessed to be able to come and play for y'all here at home."

As part of the tournament, Stryker Orthopaedics sponsored the "Stryker Mobility Zone," where attendees could receive on-site joint health assessments and learn about treatment options for knee and hip pain. In addition, a portion of the proceeds of hats sold at the Mobility Zone benefited K9s for Warriors and veterans with post-traumatic stress.

## Showing appreciation

The air conditioned Patriots' Outpost was bustling with hundreds of military personnel and their families, who enjoyed complimentary food and refreshments courtesy of Chick-fil-A, Carrabba's Italian Grill, Applebee's and more.

"THE PLAYERS is a great tournament," said 24-year Army veteran Chris Curry of Richmond Hills, Ga., who attended the event with his wife, Janet. "They do a lot for the military. They even gave out over 20,000 tickets to members of the military."

Tournament Chairman Michele McManamon said THE PLAYERS Championship has a long history of supporting our men and women in uniform.

"This is the least we can do," she said, "for those who put their lives on the line to ensure our freedoms."



Country Music Star Toby Keith addresses guests at the Birdies for the Brave Patriots' Outpost as representatives from K9s for Warriors look on.



Photos by Jennifer Logue



Stryker Vice President Lori Quigley joins K9s for Warriors' Brett Simon to announce the company's partnership.



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Janet Curry and her husband, U.S. Army veteran Chris Curry



# THE PLAYERS hosts Executive Women's Day



Photo courtesy of PGA Tour

More than 250 women business leaders participated in pre-tournament festivities last week, as THE PLAYERS Championship hosted Executive Women's Day.

Held at the TPC Sawgrass Clubhouse, the daylong event included breakfast and lunch as well as two speaking ses-

sions. Attendees also enjoyed opportunities for networking and an interactive tour of the course. Speakers at the event included Audrey Choi, CEO of Morgan Stanley's Institute for Sustainable Investing; and Morgan Stanley Vice Chairman of Wealth Management Carla Harris.

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Thursday, May 19	Friday, May 20	Saturday, May 21	Sunday, May 22
<p><b>Coffee on the Coast</b> The JAX Chamber Beaches Division Coffee on the Coast will take place May 19 from 8 to 9 a.m. at Mission House, 800 Shetter Ave., Jacksonville Beach. The cost is \$5; advance online registration is requested. A continental breakfast will be served. For more information or to register for the event, visit <a href="http://www.myjax-chamber.com">www.myjax-chamber.com</a>.</p> <p><b>North Beaches' Art Walk</b> The North Beaches' Art Walk will be held from 5 p.m. to 9 p.m. at the Atlantic and Neptune Beaches' Town Center. For more information, call First Street Gallery at (904) 241-6928 or Archway Framing and Gallery at (904) 249-2222 or visit <a href="http://www.nbaw.org">www.nbaw.org</a>.</p> <p><b>Grief Support Group</b> A Grief Support Group meets on the third Thursday of every month at St. Paul's Catholic Church, in the Library of the Family Life Center, 578 First Ave. N., Jacksonville Beach. The group is for men and women who are grieving the death of a family member or friend. The next meeting will be on Thursday, May 19, at 7 p.m. For information, call Kathy at (904) 553-8933 or Catherine at (904) 247-0665.</p> <p><b>Adventures in the Arts</b> Holly Keris, chief curator of the Cummer Museum of Art &amp; Gardens, will present "Conservation, Beautification, and a City Plan: Ninah Cummer and the Establishment of Jacksonville Parks" May 19 from 2 to 3 p.m. at the Ponte Vedra Beach Branch Library, 101 Library Blvd., Ponte Vedra Beach. This will be the final Adventures in the Arts program of the 2015-2016 season. For more information, call (904) 827-6950 or visit <a href="http://www.sjcpls.org">www.sjcpls.org</a>.</p> <p><b>Photography Show</b> The 5th Annual Saint Augustine Camera Club's (SACC) juried member photography show will be on display in the Rotunda Gallery at the St. Johns County Administration Building, 500 Sebastian View, St. Augustine through June 8. The St. Johns County Administration Building is open to the public from 8 a.m. to 5 p.m. Monday through Friday.</p>	<p><b>Moonlight Movie: 'Max'</b> The Jacksonville Beach Moonlight Movie series continues through the month of May. On May 20, the featured movie will be "Max." Movies are free and are shown on a large screen on stage at the Seawalk Pavilion. Movies start at 9 p.m. Bring a lawn chair or a blanket and picnic before the movie. A vendor will be on site selling popcorn, candy and beverages. For more information, including restrictions, visit <a href="http://www.jacksonvillebeach.org">www.jacksonvillebeach.org</a>.</p> <p><b>Free Bridge Lessons</b> Free beginning bridge lessons are available on Tuesdays and Thursdays at the Jacksonville School of Bridge, 3353 Washburn Road, Jacksonville Beach. Lessons start 9:30 a.m. and end at 10:15 a.m. This is followed by an actual game at 10:30 a.m. and ends by 2:15 p.m. Contact Burt O'Dell at (352) 428-1075 for more information.</p> <p><b>Foals with The Dog Apollo</b> X102.9 presents Foals with special guests The Dog Apollo in concert Friday, May 20, at the Ponte Vedra Concert Hall, 1050 A1A N. General admission, standing-room-only tickets are \$24 in advance; \$27 day of show. Doors open at 7 p.m.; show starts at 8 p.m. Tickets are available for purchase at the Ponte Vedra Concert Hall and St. Augustine Amphitheatre box offices, <a href="http://ticketmaster.com">ticketmaster.com</a> and all Ticketmaster outlets or by phone at (800) 745-3000.</p> <p><b>Mental Health Recovery Support</b> Free mental health support is available to the public facilitated by Georgia/Florida Certified Peer Specialist Whitney Bolin. Sessions are by appointment only Monday through Friday; call (770) 403-4991 or email <a href="mailto:whitneybat76@gmail.com">whitneybat76@gmail.com</a>. Bolin also facilitates a mental health recovery group at Flagler Hospital from 2 to 4 p.m. every Tuesday.</p> <p><b>MOSH \$5 Fridays</b> MOSH offers \$5 admission and extended hours every Friday, when the museum will be open until 8 p.m. Additional discounts or coupons are not permitted.</p>	<p><b>Katz 4 Keeps Adoptions Adoption Days</b> Katz 4 Keeps adoption days will take place Saturday, May 21, and Sunday, May 22, from 11 a.m. to 3 p.m. at Katz 4 Keeps, 935B A1A N. in Ponte Vedra Beach (next to Sherwin Williams). For more information, call (904) 834-3223 or email <a href="http://katz4keeps.org">katz4keeps.org</a>.</p> <p><b>Nocatee Farmers Market: Jaguars Rally</b> The Nocatee Farmers Market: Jaguars Rally will be held May 21 from 10 a.m. to 2 p.m. at Nocatee Town Center Field, 100 Markside Ave., Ponte Vedra Beach. The event will include special meet-and-greets and photo opportunities with former Jaguars players, members of the Jacksonville Roar and Jaxson de Ville. This event will also feature interactive Jaguars activities, a football toss and inflatables. Free face painting will be available, along with a bounce house. This free family-friendly event includes more than 80 local vendors selling everything from produce to jewelry, herbs, unique foods and more. For more information, visit <a href="http://www.nocatee.com">www.nocatee.com</a>.</p> <p><b>Cruise Into Summer</b> Tour The Hundred Oaks, the David Weekley Homes' model in The Village at Twenty Mile, on May 21 from 11 a.m. to 2 p.m. Cruise line representatives and travel agents will be on site, enter for a chance to win \$1,000 travel voucher for a cruise for two. Free hot dogs and drinks will also be available. The event will take place at 80 Jackrabbit Trail, Ponte Vedra. For more information, call (904) 201-6437 or email <a href="mailto:cpeterson@dwhomes.com">cpeterson@dwhomes.com</a> or <a href="mailto:yjyoung@dwhomes.com">yjyoung@dwhomes.com</a>.</p> <p><b>Dancin' in the Street</b> The 30th annual Dancin' in the Street will take place May 21 at the Beaches Town Center. The street party featuring local artists, two live music stages, local food vendors and a KidZone area will begin at 11 a.m. Dancin' in the Street has been held annually on the third Saturday of May since 1985. For more information, visit <a href="http://www.beachestowncenter.com">www.beachestowncenter.com</a>.</p>	<p><b>Practice with Purpose at Big Fish Yoga</b> Practice with Purpose is an all-level yoga class offered on Sundays from 4 to 5 p.m. at Big Fish Power Yoga. The fee for the class is a \$5 cash donation that goes to the charity that Big Fish Power Yoga has selected for the quarter. Big Fish Yoga is located in the South Beach Regional Shopping Center in Jacksonville Beach at 3852 South Third St. For more info, call (904) 372-0601.</p> <p><b>Travel Training Program</b> The Council on Aging's Travel Training program is designed to assist seniors in learning to ride the Sunshine Bus. Residents interested in expanding their transportation options or who would like to increase their confidence as a bus rider can receive assistance from trained volunteers in navigating routes, reading time tables and making transfers. Contact the mobility manager at the Council on Aging at (904) 315-6505 or email <a href="mailto:KatieArnold@karnold@stjohnscoa.com">KatieArnold@karnold@stjohnscoa.com</a>.</p> <p><b>Chuck Ragan concert</b> The St. Augustine Amphitheatre presents Chuck Ragan with Tim Barry and Whiskey &amp; Co. in concert on May 22. This event will feature a special Backyard Oyster Roast from 5 to 7 p.m. with music starting at 6:30 p.m. There will be drink specials and Ancient City Brew samplings and \$1 for every Ancient City brew sold will go directly to Matanzas Riverkeeper. Tickets are \$18 in advance, \$20 day of show or \$35 for all you can eat oysters and a concert ticket. Gates open at 5 p.m.; show starts at 6 p.m. The amphitheater is located at 1340C A1A S., St. Augustine. Tickets are available for purchase at the Ponte Vedra Concert Hall and St. Augustine Amphitheatre box offices, <a href="http://ticketmaster.com">ticketmaster.com</a> and all Ticketmaster outlets or by phone at (800) 745-3000.</p> <p><b>Collection Tour</b> Join the Cummer Museum of Art and Gardens on Sundays for a guided tour of its permanent collection. The tour is free with the cost of admission. The museum is located at 829 Riverside Ave., Jacksonville.</p>

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Monday, May 23	Tuesday, May 24	Wednesday, May 25	Thursday, May 26
<p><b>Caregiver Support Group</b> The Players Caregiver Support Group meets every Monday from noon to 1 p.m. at The Players Senior Center, 175 Landrum Lane in Ponte Vedra Beach. Kimberly Weir of Heartland Hospice facilitates a weekly discussion of current concerns and issues of caregivers. For more information, call (904) 280-3233.</p> <p><b>Life Enrichment Group</b> The Life Enrichment Group is a program designed for those with memory changes who like to stay active mentally, physically and socially while allowing caregivers and loved ones some free time for themselves. This program is offered weekdays from 9 a.m. to 2 p.m. at Ashford Court, 1700 The Greens Way in Jacksonville Beach. For more information, call (904) 568-8174, or email <a href="mailto:life_enrichmentgroup@yahoo.com">life_enrichmentgroup@yahoo.com</a>.</p> <p><b>For The Love of Driving</b> Volunteer drivers are needed to assist seniors in achieving their mobility goals in St. Johns County. Transportation needs range from trips to the grocery store and classes to spousal hospital visits or social activities. Contact the mobility manager at the Council on Aging, (904) 315-6505, or email Katie Arnold at <a href="mailto:kar-nold@stjohnscoa.com">kar-nold@stjohnscoa.com</a>.</p> <p><b>Annual Activity Member</b> Become an Annual Activity Member at The Players Community Senior Center. Membership includes discounts on fee-based classes, designated events and Coastal Travel along with complimentary participation in a wide variety of scheduled activities. Call Darlene Mahany at (904) 280-3233 for more information.</p> <p><b>Habitat for Humanity volunteers</b> Habitat for Humanity of St. Augustine/St. Johns County is currently seeking qualified homeowners. Habitat does not give away homes for free. Instead, homeowners pay an affordable monthly mortgage payment and Habitat helps build them a simple, decent place to live. For more information on volunteering, donating or qualifying for a Habitat home, visit <a href="http://habitatstjohns.org">habitatstjohns.org</a>.</p>	<p><b>Ponte Vedra Beach Library Book Club</b> The Ponte Vedra Beach Branch Library Book Club will meet May 24 from 3 to 4 p.m. at the library to discuss "Thomas Jefferson and the Tripoli Pirates" by Brian Kilmear. Everyone is welcome. For further information, call the Reference Department at (904) 827-6950 or visit the Library's Reference Desk. The library is located at 101 Library Blvd..</p> <p><b>Palm Valley Farmers Market</b> The Palm Valley Farmers Market takes place every Tuesday from 1:30 to 5:30 p.m. at the Palm Valley Community Center, 148 Canal Blvd., Ponte Vedra Beach.</p> <p><b>Sunset Rotary Club weekly meeting</b> The Rotary Club of Ponte Vedra Beach Sunset meets Tuesdays from 6 to 7:15 p.m. at the Hilton Garden Inn. Community leaders are welcome to attend. For more information, call Club President Ron Mott at (904) 460-7092 or email <a href="mailto:hojron@aol.com">hojron@aol.com</a>.</p> <p><b>SPLASH at PVPC</b> Tuesday evenings, 7 to 8:30 p.m. the Singles Ministry SPLASH (Single People Loving and Serving Him) gather at Ponte Vedra Presbyterian Church, 4510 Palm Valley Road, Ponte Vedra: All single adults in the community are welcome for fellowship and discussions on applying the Bible in everyday life along with a light dinner provided by KC's Kitchen. Mission and social opportunities are also available. For more information, email <a href="mailto:julie@pvpc.com">julie@pvpc.com</a> or call (904) 285-8225.</p> <p><b>Arbor Terrace Life Enrichment Group</b> The Life Enrichment Group Day Program takes place every Tuesday and Thursday from 9 a.m. to 2 p.m. at Arbor Terrace Ponte Vedra, 5125 Palm Valley Road, Ponte Vedra Beach. The group is designed for those with memory changes who would like to stay active mentally, physically and socially. For more information, call (904) 497-4346 or visit <a href="http://www.at-pontevedra.com">www.at-pontevedra.com</a>.</p>	<p><b>PV Professionals Networking Group</b> The Ponte Vedra Professionals Networking Group meets the second, third and fourth Wednesday of the month from noon to 1 p.m. at Mulligans, 43 PGA Tour Blvd., Ponte Vedra Beach. The first Wednesday of the month, the group hosts an after-work social mixer at various locations. For more information, call Dave at (904)248-9871, visit <a href="http://www.pvpng.com">www.pvpng.com</a> or email <a href="mailto:pontevedrapng@gmail.com">pontevedrapng@gmail.com</a>.</p> <p><b>Ponte Vedra Toastmasters</b> The Ponte Vedra Toastmasters Club offers opportunities for developing your leadership and communication skills. The group meets Wednesdays at The Players Community Senior Center, 175 Landrum Lane, Ponte Vedra. The meeting starts promptly at 7:30 a.m. Contact Lucy Reep at (904) 607-3695 or contact-5199@toastmastersclubs.org for more information.</p> <p><b>Music by the Sea concert series</b> Music by the Sea takes place every Wednesday through Oct. 12, 2016, from 7 to 9 p.m. at the St. Augustine Beach Pier, 350 A1A Beach Blvd., St. Augustine Beach. The annual summer music and food celebration features local bands and performers paired with local restaurants. On May 25, the Duffy Bishop Blues Band will perform and the featured restaurant will be Terra &amp; Acqua. The concerts are free; guests can purchase a dinner plate for \$10 from the sponsoring restaurant. Food is served at 6 p.m. and the music starts at 7 p.m. Concert-goers can bring with them beach chairs and coolers. For more information, call (904) 347-8007 or visit <a href="http://www.augustine.com/event/music-sea">www.augustine.com/event/music-sea</a>.</p> <p><b>Chamber After Hours</b> The St. Johns County Chamber of Commerce Ponte Vedra Beach Division Chamber After Hours and Membership Appreciation Awards event will be held May 25 from 5:30 to 7:30 p.m. at the Sawgrass Country Club, 10034 Golf Club Drive, Ponte Vedra Beach. The cost is \$25. For more information or to register for the event, visit <a href="http://www.stjohnscountychamber.com">www.stjohnscountychamber.com</a>.</p>	<p><b>Military Appreciation Luncheon</b> The Beaches Military Appreciation Luncheon will be held May 26 from noon to 1:30 p.m. at Casa Marina Hotel and Restaurant, 691 N. First Street, Jacksonville Beach. The speaker will be RDML Mary Jackson, Commander, Navy Region Southeast. The cost is \$20 with advance online registration; \$25 at the door. For more information or to register for the event, visit <a href="http://www.myjaxchamber.com">www.myjaxchamber.com</a>.</p> <p><b>Savvy Job Hunters Ministry Workshop</b> "Make LinkedIn Work for You" will be presented by Candace Moody, vice president of communications for CareerSource Northeast Florida on May 26 from 9 a.m. to noon at Christ Episcopal Church, Parish Center Conference Room, 400 San Juan Drive, Ponte Vedra Beach. For more information or to sign up for the workshop, call (904) 285-7390 or email <a href="mailto:ccorritore@christepiscopalchurch.org">ccorritore@christepiscopalchurch.org</a> or <a href="mailto:pottesen66@gmail.com">pottesen66@gmail.com</a>.</p> <p><b>Adult Coloring Club</b> The Ponte Vedra Beach Branch Library Adult Coloring Club will meet May 26 from 1 to 4 p.m. at the Ponte Vedra Beach Branch Library, 101 Library Blvd. Everyone is welcome, and supplies will be provided. For more information, call (904) 827-6950 or visit <a href="http://www.sjcppls.org">www.sjcppls.org</a>.</p> <p><b>MOSH After Dark: The History of Film</b> Learn how film has evolved over the years with MOSH After Dark's May event, "The History of Film." The program is for adults ages 18 and up and will take place from 6:30 to 8 p.m. The cost is \$8 for MOSH members, \$10 for non-members. MOSH is located at 1025 Museum Circle, Jacksonville. For more information, call (904) 396-MOSH or visit <a href="http://www.themosh.org">www.themosh.org</a> to register.</p>

**Free calendar listings for community groups and nonprofit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to [carrie@opcfla.com](mailto:carrie@opcfla.com), post online at [www.pontevedrarecorder.com](http://www.pontevedrarecorder.com) using the automated form or call (904) 686-3939.**

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For complete information on our dining and social events, visit our website at <http://www.tpc.com/sawgrass-dining>.  
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## SHORT TAKES

### Nease House Environmental Educational Days

St. Johns County Parks and Recreation and the St. Johns County Environmental Division will host a series of Environmental Education Days from 9 a.m. to noon at Nease Beachfront Park, 3171 Coastal Highway, on the following dates: June 15 and July 13.

These free workshops are open to

the public and all ages are welcome. Throughout the park and the historic Nease House, county staff will provide information and interactive activities on a variety of topics including native plant identification, right whale and sea turtle conservation, animal tracking and dune habitats, as well as wetland and coastal marsh habitats. For more information, call (904) 209-0323.

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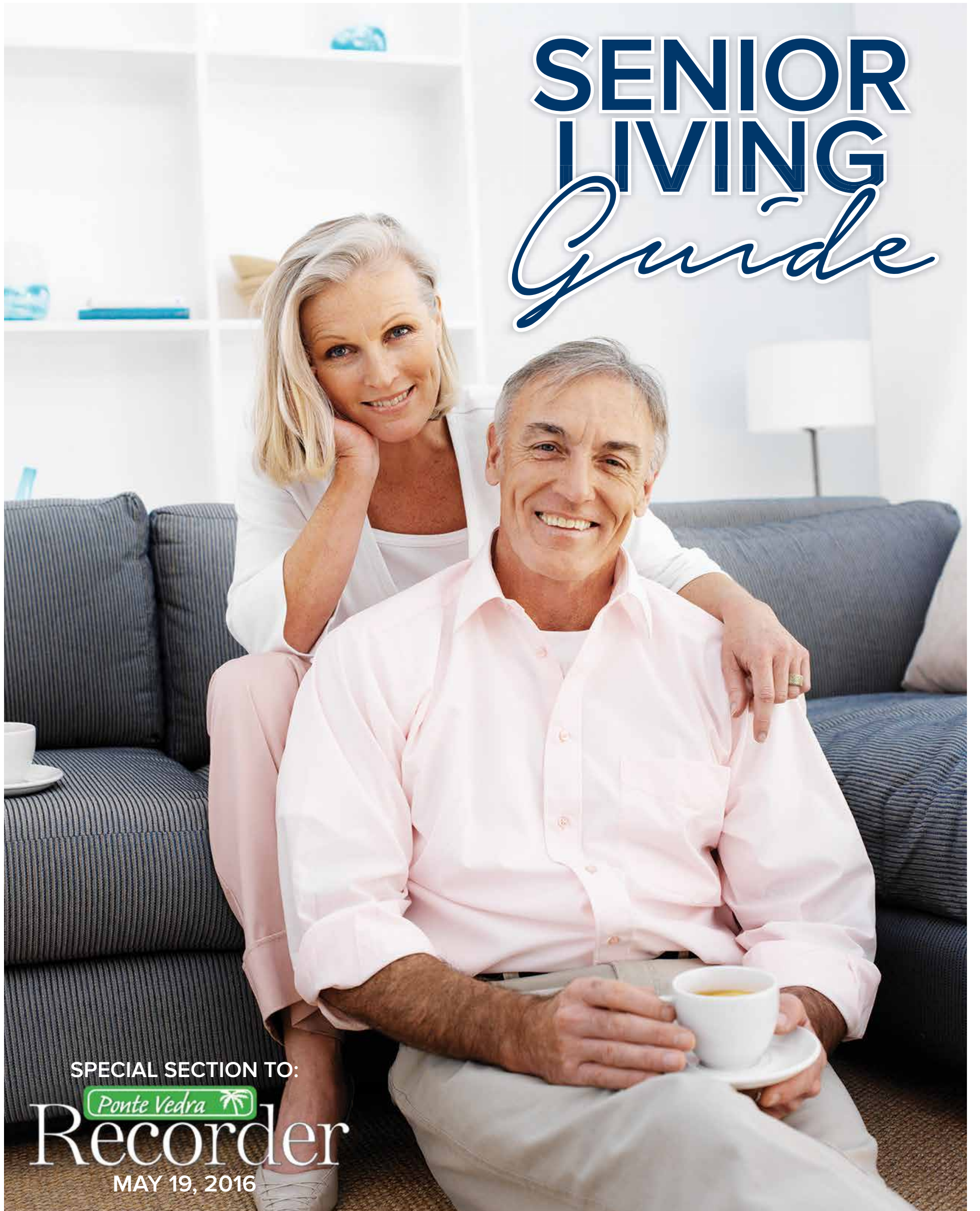
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# SENIOR LIVING *Guide*



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MAY 19, 2016



# The Palms implements new method for memory loss

By Jasmine Marshall

The route to Janice Reaves' office is marked by halls painted sorbet-orange and mint green, fresh flower arrangements and vintage memorabilia from the late 1920s through the early 1950s. It's the first thing visitors see when they make their way to The Palms' memory care unit.

The decor is part of Reaves' use of the Montessori method as part of The Palms' memory care program. The goal, the assistant activity director of memory care said, is to help residents suffering from diseases such as Alzheimer's by focusing on the things they're able to do and activities that re-familiarize them with their lives.

Since its inception in the early 20th century, the Montessori method (named for its creator, Maria Montessori) has been best known as a teaching method for children. But its principles — considering the needs, interests and capabilities of the individual while still challenging them and providing the opportunity to learn — hold true for engaging those with Alzheimer's and dementia, Reaves said.

"What I try to do is transfer those ideas into health care and assisted living," said Reaves, who joined The Palms in February. "And this method focuses on what individuals can still achieve and not on what's been lost."

Reaves said the memory care program incorporates both motor skills and memory jogging — activities that use sorting, bundling and organizational skills — with her own added twist of sentimentality to spur collaboration and encourage engagement. The idea is to constantly stimulate the senses to help individuals rediscover and remember their world.

Each activity consists of skills used on a daily basis, such as sorting and categorizing, grasping, pulling and pushing, cooking, wrapping and bundling. The difference with the Montessori method, she said, lies in

engaging each individual with an activity that has a tangible accomplishment. For Reaves' group, that could mean choosing and arranging flowers that later decorate the memory care unit's dining tables for dinner, or completing puzzles that gradually increase in difficulty in a certain amount of time. For example, Reaves may have residents sort swatches of fabric according to color or material, or ask them to identify objects and inventions that have changed their own lives to help them recall things with which they're familiar.

"It's a bit like occupational therapy, but there's a beginning, middle and end to the activities as opposed to producing no results," Reaves said. "And what I try to do is use things they'll be familiar with — things that will help them be reminded of special events and celebrated moments in their own lives."

That means in addition to short trips to places like the nearby bird sanctuary and visits from two therapy dogs, day-to-day activities consist of things that residents knew and enjoyed while growing up in the 1940s and 1950s: listening to records on a phonograph, sorting and polishing ornamental buttons, arranging flowers or folding clothes. Occasionally, Reaves brings in her own collection of antique dolls.

"By doing things like polishing the chrome of a cookware set or wrapping pennies, bundling baby socks — they're reminded of doing those things in the past," she said. "But instead of just going through those motions, they're creating something with a process. They can see what they've created and feel proud of the accomplishment."

Those feelings of accomplishment and progress are cornerstones for the Montessori philosophy. "It's a very lonely disease," Reaves explained. "And it can be scary. Often times

THE PALMS continues on Page 23



Photo by Jasmine Marshall

A room of memorabilia nestled in the memory care unit holds items Reaves uses in her day-to-day activities.



Photo courtesy of Janice Reaves

Theresa Crider rolls pennies as part of an exercise.



Photo by Jasmine Marshall

Janice Reaves looks over the activities planned for the day.



Photo by Jasmine Marshall

Gardening accessories: The residents' gardening materials are among many materials set up in 'stations' around the memory care unit.



# The Palms

Continued from 22

there will be individuals who, at first, don't want to take part in the activity. But then they see the people around them doing it and they feel encouraged to participate, too."

Executive Director Barbara Mattison believes The Palms' memory care unit will continue to grow and help more

people and families cope with memory loss.

"This method allows (residents) to engage with their families and with one another to basically enjoy their lives again," she said. "It's been really moving to see.

"This disease affects the whole family," she continued. "But here, we try to help families learn to deal with that. And since (the program) has started, it's been amazing to see how much it's helped."

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# Arbor Terrace opens third area memory care center



Photo by Jennifer Logue

Representatives from The Arbor Company and Whitehall Realty Partners join with representatives from the Jacksonville Chamber of Commerce and the senior care industry to cut the ribbon on the new Arbor Terrace San Jose assisted living and memory care facility.

## By Jennifer Logue

Arbor Terrace recently celebrated the opening of its third Jacksonville-area assisted living and memory care facility with a vintage-themed event.

Classic cars greeted guests as they arrived at the new Arbor Terrace San Jose, located at 3760 Dupont Ave. in Jacksonville. Guests also enjoyed entertainment from a jazz trio along with a variety of hors d'oeuvres, wine and Tom Collins cocktails in keeping with the event's theme.

Licensed for 70 residents, the facility follows the model of Arbor Terrace's Ponte Vedra and Ortega locations, with different "neighborhoods" for people at various stages of memory loss.

"The separate neighborhoods enable residents with similar memory acuity to live together, and allows for engagement and care to be tailored to their needs," said John Carey of Whitehall Realty Partners, which developed the property in conjunction with The Arbor Co.

Carey said Arbor Terrace's three facilities help fill a need for dedicated memory care in the Jacksonville area. "We were very purposeful in selecting locations throughout the Jacksonville area where we thought there was a great need," he said.

So much so, Carey added, that a dozen residents were already set to move in as soon as the facility opened.

# Arbor Terrace Ponte Vedra to celebrate first anniversary

## By Carrie Resch

Arbor Terrace Ponte Vedra will celebrate its one-year anniversary next month with a reception to benefit the Alzheimer's Association.

While the facility will officially mark its first anniversary on June 8, the decision was made to connect the anniversary celebration with the "The Longest Day" campaign, a team event to raise funds and awareness for the Alzheimer's Association held annually on the longest day of the year. To that end, Arbor Terrace will mark its anniversary June 20 with a wine and cheese party, silent auction and a musical performance by Priscilla Johnson, daughter of an Arbor Terrace Ponte Vedra resident.

"We figured that this is a great opportunity because of the specialty that we serve," Executive Director John Schaum said. "It's a good correlation for us to be very involved with the Alzheimer's Association along with being able to bring awareness to our public and also provide opportunities to raise some money for them and their research."

## Dedicated memory care

Located on Palm Valley Road, the assisted living facility focuses solely on serving residents with Alzheimer's or other forms of dementia, with a total of 52 apartments for 64 residents.

Executive Director John Schaum said

that over the past year, the facility has seen steady growth, both in residents and staff.

"We really look at our growth and try to space it out as much as we possibly can to be able to grow it at a steady rate so that our residents and families that are moving in can get acclimated," said Schaum, noting that the facility is currently about 65 percent full.

Arbor Terrace Ponte Vedra is part of the Arbor Company, which along with local developer Whitehall Realty Partners opened Arbor Terrace Ortega in 2013, followed by Arbor Terrace Ponte Vedra, and the newly opened Arbor Terrace San Jose (see accompanying story). The Arbor Company approach involves keeping memory care communities small in order to provide the most personal care to each resident.

All Arbor Terrace staff participate in an exclusive multilevel cognitive care education program and cognitive care training program specifically designed to teach how to positively interact with those with memory loss. The Engaged Living program, meanwhile, focuses on meeting individual needs of residents and is designed to enrich residents' health and spirit.

"Our Engaged Living program is a huge piece of what makes Arbor Terrace so different from everybody else," Senior Care Counselor Ilene Thrasher

said. "Engaging that resident activity, providing socialization, providing structure to those residents every single day is what keeps that brain at an even level and hopefully not allow it to deteriorate so quickly."

As memory loss progresses, Thrasher noted, different parts of the brain are affected, such as the language-based left-side of the brain, but rhythm, which is on the right-side of the brain, is something that dementia and Alzheimer's sufferers never lose. Because of that, music plays a large part in the daily activities of Arbor Terrace residents. As part of the Music and Memory program, each resident has a personal iPod customized with his or her favorite music.

"Studies have shown that music is very comforting to a resident — particularly if it's some variety of music that they are very familiar with," Schaum said.

Another program designed to bring comfort to the residents is the Namaste program. Accompanied by a staff member in a peaceful, self-contained area, residents experience therapies such as massage or aromatherapy as a non-chemical intervention to help residents relax.

Arbor Terrace also holds community education and outreach events through community partnerships with the Ponte

Vedra YMCA, The Plantation at Ponte Vedra Beach, and Nocatee's Del Webb community. Among the programs the facility has made available to the public is the Virtual Dementia Tour, a sensory-altering experience where participants can physically experience what life is like for those living with dementia or Alzheimer's.

"All of our staff are required to go through this virtual dementia tour, but we encourage the community to come in and go through it as well so the families really do understand what their loved ones are going through every single day of their lives," Thrasher said. "It's pretty powerful."

Arbor Terrace Ponte Vedra also offers a "Life Enrichment Group" where dementia sufferers who are being cared for in the home can meet, engage and socialize twice a week while their caregivers and loved ones enjoy a brief respite. The group meets from 9 a.m. to 2 p.m. Tuesdays and Thursdays.

"I think we're beginning to establish ourselves in the community as a provider for people who suffer from dementia and Alzheimer's," Schaum said. "I'm proud to say that feedback has been very positive in regards to the relationship with our community and helping our community be able to provide the care, treatment and guidance they may need for a loved one."





Photos by Jennifer Logue  
Judd Harper, Director Corrine Eubanks and John Carey celebrate the opening of Arbor Terrace San Jose.



Tina Schmidt and Michael Morado



Jill Islava, Georgina Leininger, and Melissa and Jason Runyan



John Schaum of Arbor Terrace Ponte Vedra serves guests at the grand opening celebration for Arbor Terrace San Jose.



Cara, Melanie and Dave Stieglitz of Oasis Senior Advisors



Amy McWilliams and Lisa Atkinson



Mike DiBella and Keith White

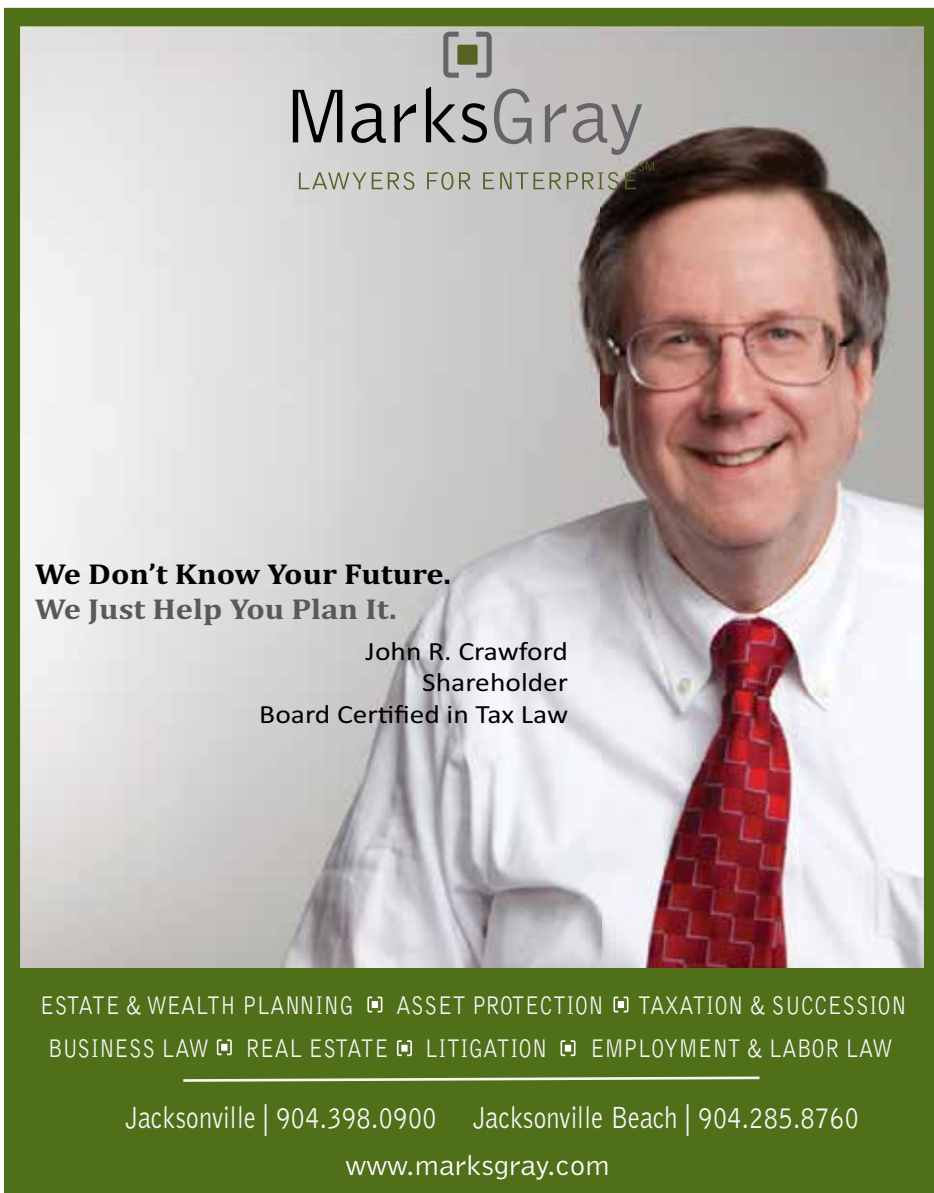
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## Senior Tutor expands into Jacksonville

Seniors looking to learn how to use technology to stay connected have a new local resource available: the Senior Tutor.

From smartphones and tablets to laptops and desktop computers, The Senior Tutor ([www.TheSeniorTutor.com](http://www.TheSeniorTutor.com)) — also known as Marianne Bailey — teaches seniors how to stay connected through the latest technology. Programs taught include Facebook, Twitter, Skype, email, Microsoft programs and blogging programs. Bailey also teaches how to navigate the Internet, shop online, use online banking service and access medical records. Senior Tutor services are provided in group settings at senior living facilities and senior centers as well as one

on one. A Jacksonville native, Bailey recently returned to the area after providing similar services in Ohio.

“It’s nice to be back in my hometown where I grew up,” said Bailey, who previously worked as a trainer for Hewlett Packard. “It’s amazing to see the changes that Jacksonville has gone through. I hardly recognize the city anymore — thank goodness for GPS on my smartphone!”

In addition to technology tutoring, Bailey also is available to speak to local groups.

“I’m really looking forward to getting involved in the senior communities in Jacksonville,” she said. “It just made sense to ‘come home.’”

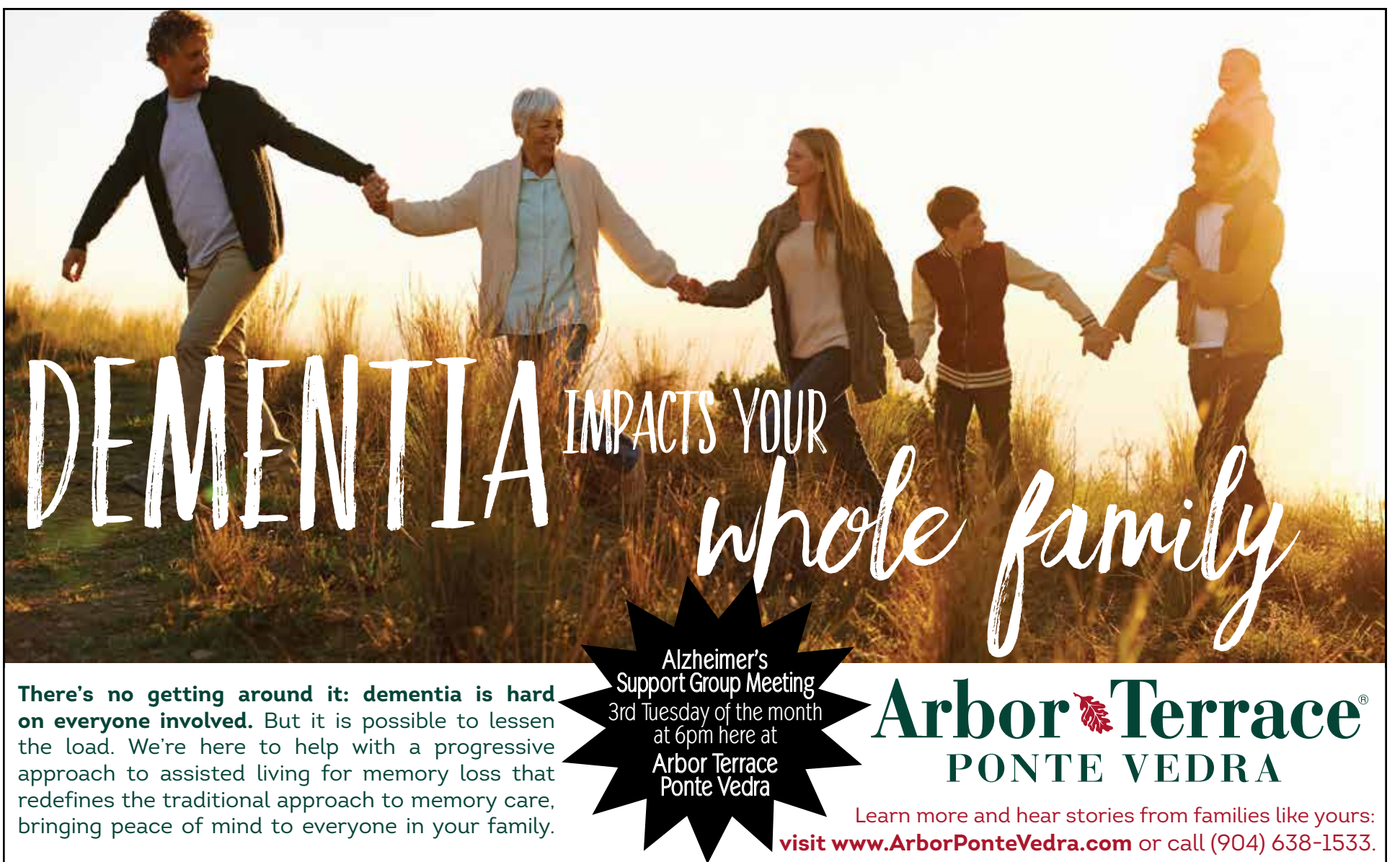
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# What to consider when choosing an assisted living facility

By Jennifer Logue

America is a graying nation. Each day, 10,000 Americans turn 65, and as people continue to live longer lives, it's predicted that by 2050 89 million Americans will be senior citizens.

That trend has more people considering assisted living as an option for their later years. The sheer number and variety of assisted living facilities, however, can make the selection process daunting, particularly for older individuals or couples faced with leaving their longtime home for unfamiliar surroundings.

What factors should people consider when selecting an assisted living facility? Dave Stieglitz of Oasis Senior Advisors in Jacksonville suggested that those involved in selecting a facility for themselves or loved ones keep the following mind:

## Health needs

Does the person or couple have special medical, physical or cognitive health concerns? "Assisted living in Florida operates under three different licensing levels," Stieglitz explained. "Matching current or future needs to the correct licensing level should be a top priority."

## Security

If there are cognitive issues, can the prospective resident function with assistance in a fairly open environment, or would they require a more secure facility to prevent wandering? Some assisted living facilities, for example, specialize in caring for individuals with Alzheimer's disease or other forms of dementia.

## Culture

In what type of environment does the person thrive? Would he or she enjoy an active, social environment with a variety of activities from which to choose? Or would a

more subdued environment be preferable?

## Independence level

Is the person capable of getting around on his or her own initiative, or is prompting required? "Medium-sized communities can be much more personalized, with 'eyes' on their residents," Stieglitz noted.

## Financial issues

Prospective assisted living residents should weigh the advantages and disadvantages of a buy-in community versus a rental community. It also helps to be aware of the various forms of funding available for senior residential care. For example, is the person or a spouse a U.S. veteran? If so, he or she may be eligible for VA benefits to help with the cost of assisted living. Another financial point to consider: Is there room in the budget for additional care charges if the person's health declines? "If funds and resources are limited," Stieglitz said, "it's important to understand how Medicaid works and to know which assisted living communities accept Medicaid."

## Research with caution

While the Internet is a helpful and convenient resource, Stieglitz said, many sites can capture your data, resulting in an overwhelming flood of marketing calls from facilities that don't suit the potential resident's needs.

"Assisted living communities are as different as the colors of the rainbow in terms of services, size, price culture and environment," said Stieglitz, a certified senior advisor. "A free, local placement service professional can help people identify their needs up front, then accompany them on tours of those communities that most closely match their requirements. It can be the 'easy button' in this very critical and complex process."







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# Downsizing to an active-adult community

**By Marsha Keller, Realtor**  
Special to the Recorder

As the Baby Boomers reach retirement age, they are approaching retirement with a desire to be busy and healthy. The term “active adult” is a commonly used phrase in place of the words “seniors,” “senior citizens,” “older adults” and “elderly.”

These active adults are the largest, wealthiest and fastest-growing segment in the population and they are searching for products, services and programs that are designed specifically for them. Essentially, these individuals are looking for a maintenance-free, activity-filled, and well-managed community where they can begin their transition into retirement.

Active-adult communities are one option that complements the lifestyles of empty nesters. These communities are a unique form of housing where individuals move in at the age of 55 or older to enjoy the perks of various amenities. The communities are typically adjacent to recreational facilities, golf courses, and often include tennis courts and swimming pools among

other perks.

Unlike traditional family neighborhoods, active-adult communities are unique because they have social directors who plan an array of activity options for the homeowners. The goal is not only to achieve an active schedule, but also to help residents make lifelong friends with similar interests, hobbies and are in the same stage of life. Some of the benefits of active-adult communities include increased social involvement, exercise, education, reduced stress and a balanced lifestyle.

Here in Northeast Florida, there are numerous active-adult communities available in a variety of price ranges. Homeowners considering downsizing to such a community may wish to consider working with a Senior Real Estate Specialist (SRES), who can arrange tours of local communities. SRES agents have extensive knowledge of the variety of differences and similarities in these communities. And as new communities become available, an SRES agent can keep buyers up to date and help them navigate the process and find a community that suits their overall lifestyle.

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# Dial-a-Ride launches new sponsorship program

Businesses and individuals can help provide safe and affordable transportation for seniors through Dial-a-Ride's new sponsorship program.

Sponsored by the Beaches Council on Aging, Dial-a-Ride provides personalized, door-to-door transportation for homebound seniors and disabled individuals from Mayport to Jacksonville Beach to medical appointments, grocery shopping and other errands. While a \$5 donation per trip is suggested, Dial-a-Ride doesn't turn any riders away for inability to pay.

To help support the program, businesses and community members can become "rider heroes," sponsoring riders for the average annual cost of \$200.

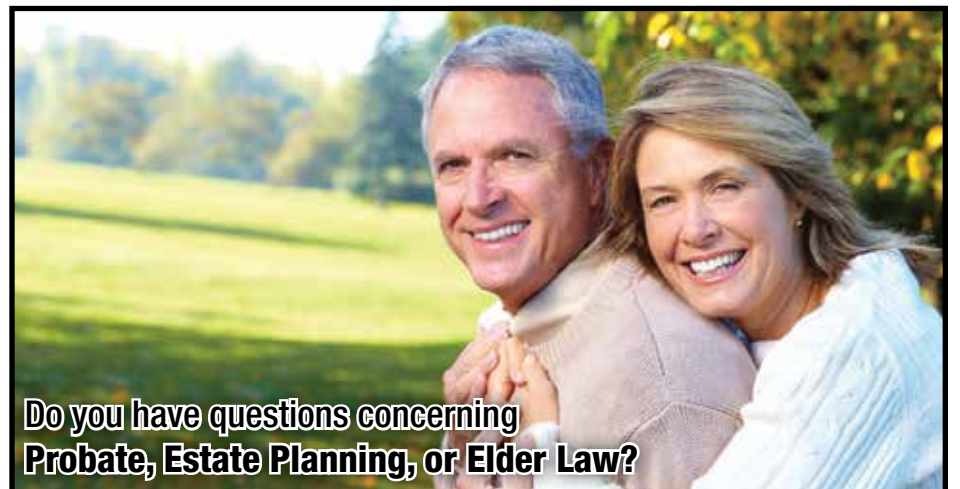
"Without the support of the beach community, the Dial-a-Ride program would cease to operate, leaving many of our riders without a means of getting to their doctors' appointments or grocery store," said Kathryn Latham, chairman of the board of directors for the Beaches Council



on Aging. "To our riders, this service is the only way that keeps them connected to the community and allows them to maintain their independence."

For more than 40 years, Dial-a-Ride has provided transportation to 350 seniors and people with disabilities annually.

To become a Dial-a-Ride sponsor or for more information, call (904) 246-1477.



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# Senior Center celebrates Cinco de Mayo

THE PLAYERS Community Senior Center held a party May 5 in celebration of Cinco de Mayo featuring a surprise visit from 12 brass musicians from St. Augustine's Ancient City Brass Band. The band played several songs in an homage to Herb Alpert & The Tijuana Brass as well as arrangements of "America the Beautiful" and popular Latin American-inspired songs.



Photos by Jasmine Marshall

Senior Center Coordinator Darlene Mahany and Program Assistant Marian Ashton



Photos by Jasmine Marshall

Visitors watch the Ancient City Brass Band's performance.



Photos by Jasmine Marshall

Dr. William McNeiland plays the tuba led by Ancient City Brass Band Co-Founder Cliff Newton.

## Senior Bistro delivers healthy, home-cooked meals

### Food delivery service's menu designed with seniors in mind

By Jasmine Marshall

As services for seniors continue to grow, one area that is sometimes overlooked has been that of food delivery — and while many restaurants offer that service, few do so specifically with seniors in mind.

Working to alleviate that issue is the team behind Senior Bistro, a food delivery service created with seniors' nutritional needs in mind.

That distinction comes courtesy of its owners, Brian McWilliams and Jane and Chris Merritt — all of whom have medical backgrounds — and professional chef Lori Thomas. As the first anniversary of their business nears in July, they hope their distinctive service remains a testa-

ment to their qualifications.

"What makes us different is that we cater to seniors specifically," Jane Merritt said. "Anyone can receive our meals, but we try to keep our meals heart healthy while being mindful of any blood or health problems, so the food is more suited for them."

Merritt said she and her husband, both registered nurses, had been working in health care for years and recognized a lack of food-delivery options for seniors.

"We both felt there was a need and that purpose just sort of overcame my husband," Merritt said. "In that same time, I developed an extreme love of food and cooking. We both wanted to have more of a purpose and give back to the community and decided to contribute to helping seniors."

And as a gerontology-certified nurse with more than 17 years of experience in health care, Merritt was qualified to help.

Senior Bistro is distinguished by its special focus on the nutritional needs of the seniors they service through complimentary "spot checks," wherein each client's needs are assessed to determine cognitive orientation, risk of injury and nutritional needs and concerns. The business doubles as an outreach to put clients and their families in touch with the resources they need to help them maintain independence in their homes.

"A lot of our seniors are homebound and don't have a lot of choices in food," Merritt said. "So our homebound seniors have been able to receive meals they enjoy the taste of and that are healthy. We're also able to refer our seniors to resources for things like mental health counseling and private-duty home health should they need it."

In many cases, she added, accessibility to food can be the one thing that allows a client to stay in their home.

"For our customers in particular, it's necessary to help them age in place," Merritt said. "And there's a surprising amount of people who are extremely homebound and struggle to get food into their homes."

Merritt said in the future they would like to expand the service as demand grows, focusing first on the Greater Jacksonville area and moving to outlying counties next. Eventually, they hope to take the service to a national level.

But for now, the team is happy to make a difference where they are.

"We really hope that seniors enjoy a service that helps meet their needs because we want them to age happily in place," she said. "So many seniors dread the thought of having to give up their homes and want to be able to stay where they are. We just hope we're able to help them do that with Senior Bistro."



## Beach House appoints Strella director of health services

Diane Strella has joined Beach House Assisted Living & Memory Care as director of health services.

Strella brings to her new role 40 years of experience working in rehab facilities and long-term care. In addition to being a registered nurse, she is a registered respiratory therapist and a licensed assisted living administrator.

Strella joined Beach House shortly before it was awarded a deficiency-free rating by the state for Extended Congregate Care (ECC). The ECC license requires adherence to state rules and regulations.

“Even when health needs change, the ECC license allows our residents to remain in their familiar surroundings longer, in the same apartment, with the same caregivers and friends they’ve come to know and love at Beach House,” Executive Director Jack Barnes said.

Licensed for up to 100 beds, Beach House offers 64 private alcove, one-bedroom, and two-bedroom apartments for residents needing assistance with activities of daily living. The facility also has 20 private suites for residents requiring specialized memory care for Alzheimer’s disease and other forms of dementia.

## First Coast Pastel Society 2016 Member Show

The First Coast Pastel Society’s 2016 Member Show and Sale will be on exhibit June 3-July 15 at The Cultural Center at Ponte Vedra Beach, 50 Executive Drive, Ponte Vedra Beach.

The opening reception and award presentation will be held on Friday June 3 from 6 to 8 p.m.

The First Coast Pastel Society is based in Northeast Florida and offers workshops, demonstrations and plein air opportunities at their monthly meetings. The exhibit will feature more than 50 works of pastel by 27 artists that showcase the pastel medium.

This year’s exhibit is juried by nationally known pastel artist Karen Margulis, who will teach a mini-workshop called “It Begins with the Sky: Painting Sky and Clouds” on Saturday June 4 from 11 a.m. to 3 p.m. at the Sawgrass Hilton Garden Inn.

For more information or to register for the workshop, visit the First Coast Pastel Society blog at [www.firstcoast-pastelsociety.blogspot.com](http://www.firstcoast-pastelsociety.blogspot.com).

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# Becoming heart-healthy can reduce seniors' risk of stroke

Every 40 seconds someone in the U.S. suffers from a stroke. The risk is especially high for those 65 and older, with nearly 75 percent of strokes occurring among this population.



**Anthony Magnano**  
Heart of the Matter

May is American Stroke Month, and it's an important time to gain a better understanding of this medical emergency and how it can be prevented. What many may not know is the strong connection between stroke and heart disease — and

how taking care of your heart can lower your stroke risk.

## The link between heart and brain

Because the brain needs oxygen-rich blood pumped by the heart, these two organs are directly connected. By definition, a stroke occurs when blood flow to the brain is abruptly interrupted, due to a blood clot creating a blockage or a blood vessel rupturing. Simply put, the more effectively your circulatory system operates, the lower your risk of stroke.

Two heart conditions that are tied closely to stroke are high blood pressure and atrial fibrillation (AFib), the most common type of abnormal heart rhythm. According to the American Heart Association, 75 percent of people

who experience a stroke for the first time have high blood pressure. It is a major cause of stroke because it gradually thickens, narrows and damages the arteries in the neck, head and brain.

High blood pressure can lead to "ischemic" strokes — which make up about 85 to 90 percent of strokes in the United States. An ischemic stroke is caused by lack of blood flow to the brain due to a blood clot or narrowing of blood vessels.

Because nearly 80 million Americans live with high blood pressure, it contributes to the majority of strokes. AFib, however, is a more potent risk factor, increasing stroke risk by five times. The arrhythmia can cause the upper chambers of the heart to lose contraction, allowing blood to pool and potentially creating clots that could travel to the brain.

Both conditions are serious and should be evaluated and treated by a medical professional.

## Lowering your stroke risk

The good news is that leading a heart-healthy lifestyle that includes regular physical activity and a low-fat diet can not only diminish stroke risk but also improve your overall health. Adults should aim for at least 150 minutes of exercise per week, and focus on a diet high in fruits, vegetables and whole grains, and low in salt and fat. Alcohol should be limited to one drink per day for women and two drinks per day for men.

One of the most important factors in lowering stroke risk is to quit smoking. According to the National Stroke Association, smoking can double the risk of stroke compared to non-smokers.

Another important part of a heart-healthy lifestyle is regularly seeing a doctor to monitor your heart and figure out the best plan for you. For those with high blood pressure, always take medication as instructed and use a home blood pressure monitor to keep track of your progress.

## Knowing the symptoms

Ideally, you can reduce your risk of stroke by managing your heart health, but recognizing the warning signs of stroke can still protect both yourself and your loved ones. Catching a stroke early and getting medical attention can not only save a life but also reduce the long-term negative effects.

F.A.S.T. is a simple way to remember the signs: face drooping, arm weakness and speech difficulty. If you notice these three symptoms, it's "time" to call 911.

As you age, potential medical problems can seem overwhelming. By preparing yourself with the right knowledge and taking preventative actions, you will have a better chance of keeping yourself on the right side of the statistics.

**Dr. Anthony Magnano is a Ponte Vedra resident and cardiac electrophysiologist at St. Vincent's Medical Center Riverside.**

## Concerts in the Plaza

The 26th season of Concerts in the Plaza kicks off June 2. The annual St. Augustine summer-long music series produces by the City of St. Augustine, runs all summer long between Memorial Day and Labor Day and will feature regional music talent playing an array of musical genres from blues, jazz and country to swing, folk and classic rock.

The free concerts take place every Thursday at 7 p.m. at Plaza de la Constitución, One Cathedral St., St. Augustine. Attendees should bring lounge chairs for seating. Picnic dinners are allowed but alcoholic beverages are prohibited in the Plaza.

On street parking is available near the Plaza and is free throughout the city after 5 p.m. Parking is also available in the Historic Downtown Parking Facility located at the St. Augustine Visitors Information Center at 10 S. Castillo Drive. The cost for parking is \$12 per entry or \$3 with a ParkNow card.

For more information, call (904) 825-1004 or visit [www.concertsintheplaza.com](http://www.concertsintheplaza.com).

### 2016 CONCERTS IN THE PLAZA SCHEDULE:

June 2 - The Driftwoods  
June 9 - Florida Brass Quintet  
June 16 - Mike Hart's Decoy  
June 23 - The Rick Arcusa Band  
June 30 - Mid-Life Crisis  
July 7 - Bob & Joline & the Friends of Mine Band  
July 14 - Ancient City Slickers  
July 21 - The Falling Bones  
July 28 - The Dunehoppers  
Aug. 4 - Triple Rock Blues Band  
Aug. 11 - Big Pineapple  
Aug. 18 - The Grapes of Roth  
Aug. 25 - Rob Ellis Peck & Friends  
Sept. 1 - Lonesome Bert & The Skinny Lizards

# Baptist Jacksonville launches new clinical stroke trials

Baptist Jacksonville is conducting two new stroke trials at the Stroke & Cerebrovascular Center at Baptist Medical Center Jacksonville. The trials, DAWN and POSTIVE, use devices and medications to potentially help stroke victims past the window for minimally invasive treatment.

"Through our clinical trials, someone who has a stroke in our community has access to treatments that are potentially very impactful for preservation of their quality of life," said Dr. Eric Sauvageau, director of the Stroke & Cerebrovascular Center at Baptist Jacksonville. "The clinical trials also help define the new frontier of stroke treatment."

According to the American Heart Association/American Stroke Association, approximately 795,000 Americans suffer

a new or recurrent stroke each year. On average, a stroke occurs every 40 seconds and is the fifth leading cause of death, taking nearly 129,000 lives a year. Stroke is also the leading cause of long-term disability.

Through the two new clinical trials, DAWN and POSTITIVE, doctors hope to reduce those numbers by providing endovascular intervention to ischemic stroke patients, who currently can't get tissue plasminogen activator, or tPA. The only FDA-approved treatment for ischemic strokes, tPA works by dissolving the clot and improving blood flow to the part of the brain being deprived of blood flow. With an endovascular intervention procedure, neurovascular surgeons can use a stent retriever device to remove the bold clot. The device can go into the

blood vessel through the groin and up to the brain to unblock the vessel.

Currently, the standard of care for interventional treatment is within six hours after the start of stroke symptoms, but the DAWN trial will explore using the stent retriever between six and 24 hours after a stroke has occurred.

The POSTIVE trial also uses devices and medications approved by the FDA for opening clotted blood vessels, but will explore treatment options up to 12 hours after symptoms first began. Patients for the trial are selected based on special advanced imaging that is new to Baptist and shows how much of the brain is still viable.

Dr. Ricardo Hanel, director of the Baptist Neurological Institute at Baptist Jacksonville, said the two trials are par-

ticularly beneficial for people who wake up with a stroke and do not know when the symptoms first occurred. For those patients, clot buster medications are not an option since the medication must be provided within 4.5 hours of symptoms occurring in order to be effective, he said.

Currently, Baptist Health has more than 20 clinical trials for stroke and aneurysms.

"Having clinical trials ongoing allows us to be on the cutting edge of new concepts, techniques and technologies," said Dr. Hanel, who is also the primary international investigator on some of the trials. "What it means for the patient is they have first-hand access to what are the latest and potentially the greatest technology before anyone else in the country."



# COA thanks volunteers at Derby Day appreciation party

The St. Johns County Council on Aging held a Kentucky Derby-themed celebration to thank its volunteers April 14 at River House in St. Augustine.

The “Derby Day” volunteer appreciation party featured Kentucky Derby cuisine, prizes and entertainment. Guests were encouraged to don their best derby attire, including Kentucky Derby hats for women and bow ties for gentlemen.

The COA operates five senior community centers in St. Johns County and two adult day care centers. Each week, the agency delivers more than 300 Meals on Wheels while also offering resources for caregivers, information on health and wellness, and classes and activities for seniors including writing, exercise, painting, yoga, book clubs, movie clubs and a

senior singles social club.

Many of those activities involve volunteers, who in addition to delivering Meals on Wheels assist with answering phones, planning activities, cleaning tables, washing dishes, serving food, rolling silverware or driving a bus or a van.

“Here at the Council on Aging, we are in the unique position of having a team of over 900 volunteers who show up whenever they can, to do whatever is asked, in order to help whomever is most in need,” Communications Coordinator Susan Johnson said. “That might mean assisting an elder resident who can’t mow her lawn, or it could mean delivering food to a homebound senior citizen in need of a nutritious meal and some company.”



Photos by Susan Johnson

Marian Ashton, St. Augustine Beach Police Chief Robert Hardwick and Connie Bandy



James and Ginny Draper



Ruth Jones



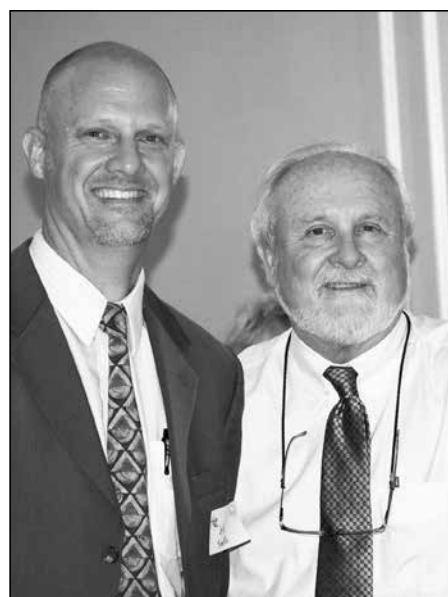
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# Petros Estate & Retirement Planning & Woman's Worth hosts annual Client Appreciation Gala

A private performance by the group Almost AHBA was among the highlights of the eighth annual Petros Estate & Retirement Planning and Woman's Worth Client Appreciation Gala, held April 28 at the Alhambra Theatre & Dining.

Nearly 400 people attended the event, which featured a reception, dinner and the Almost AHBA performance.

"The annual event serves as an opportunity to show gratitude to our clients, who we consider to be our Petros and Woman's Worth extended family," company Co-Owner Michael Macke said. "We've been serving the Jacksonville, St. Augustine, Palm Coast and Central Florida communities for more than 15 years and in that time we've built lifelong relationships with those we serve. The gala is way for us to give back and say thanks."

Woman's Worth is an affiliate of Petros Estate & Retirement Planning, LLC, a faith-based company that specializes in providing integrated Retirement Lifestyle Protection Planning services to pre-retirees and retirees.

Strategic business partners in attendance included Nick Simonic of Simonic, Simonic, Ratnecht & Associates; Chris Payne, Payne Capital Management; Kimberly Brown of Dignity Memorial; and Dr. Ellan Duke of River Hills Chiropractic & Wellness.

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# Exploring keys to longevity

By Dr. Erika Hamer

Special to the Recorder

Longevity, the length or duration of human lives, is an intriguing topic that has been studied by numerous researchers. Many methods or strategies have been proposed to increase the average human lifespan, but finding concrete evidence of what works and what doesn't is often challenging.

In most cases, living a longer life is a multidimensional achievement that involves avoiding disease and disability, keeping high levels of physical and cognitive function, and staying engaged in social, leisure and other productive activities. The search to understand the secrets of longevity is more than simply about discovering how to live longer; it is also about how to live a healthier, happier and more meaningful life. Studying regions of the world where people live measurably longer lives can provide us all with some important insights on keys to meaningful longevity.

These regions have been labeled "blue zones" by two researchers, Gianni Pes and Michel Poulain, who used it to describe longevity hotspots — regions of the world that produce the greatest concentration of centenarians. Residents of these areas are known to experience fewer life-reducing diseases and enjoy longer, healthier lives. Blue zones are scattered across the globe in towns in Japan, Italy, Costa Rica, Greece and the United States.

Even though these locations are separated by thousands of miles, blue zone residents appear to share the following lifestyle factors: they do not smoke, they place a priority on family, they participate in moderately strenuous physical activity every day, they stay socially connected and engaged, and, though exceptions exist, they consume a diet centered around fruits, vegetables and whole grains.

## Smoking and longevity

Smoking status is a common thread that binds blue zone groups, and not surprisingly, is extremely rare among centenarians. Smokers in any culture live fewer years than nonsmokers, though even longtime smokers can benefit from smoking cessation so it is never too late to quit!

## An emphasis on family and social connectedness

All blue zone groups place great significance on family time and to-



gether, and they put family ahead of their other problems or concerns.

Family-related factors that nurture longevity include spending a significant amount of time with your children, engaging in a loving, monogamous relationship, and keeping your aging parents close by. Social connectedness, or a sense of belonging in a community, helps blue zone residents in times of crisis or distress. Benefits of this permanent support network include reduced anxiety during stressful life events, a sense of belonging and purpose in the world — all factors that have a positive impact on health.

## Regular physical activity

Moderately strenuous physical activity is an intimate part of daily life in blue zone groups. Walking, gardening, tending herds and other manual tasks are built into the daily schedule, keeping many blue zone individuals in a state of near-con-

stant movement or motion. Increased physical activity levels are essential in boosting longevity, though researchers sometimes disagree on the intensity with which this exercise should be performed. Your health care professional can give you the best advice on what level will benefit you most as an individual.

## A healthy diet

Blue zone diets are largely plant-based and include plenty of nuts, beans, greens, and whole grains. Some Blue zone diets also include a small amount of meat or fish as well as cheese and red wine. Blue zone members' increased consumption of vegetables and unprocessed foods provides them with natural antioxidants and other nutrients that may help prevent chronic disease.

To stay as active and healthy as possible, consider making some changes to your diet and exercise regime, but consult with your health

care provider first before doing anything drastic, particularly regarding exercise. Certainly if you smoke, remember that it is never too late to quit and experience the health benefits associated with a non-smoking lifestyle. If you find you are lacking connectivity to family due to distance, consider establishing social connections through golf or tennis or through programs at the local library or senior center. Let's take the lessons learned from the blue zone groups and apply what we can to our own lives in order to not only live longer lives, but happier and healthier ones as well.

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



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# Green Room Brewing offers Beer Mutts dog treats

By Carrie Resch

Shortly after Green Room Brewing opened its doors in Jacksonville Beach in June 2011, the idea of making dog treats from the brewery's spent grain was born.

"My son, Eric, had just started the brewery, and he was taking the grain out of the mash tank," said Debra Logeson, whose son, Eric Luman, owns and operates Green Room Brewing along with her brother, Mark Stillman. "Green Room is very big into sustainability, so we were talking about what could we do with some of this grain."

Luman mentioned the possibility of making dog treats, so Logeson set to work on making treats for her son's dogs. Later, it was suggested that she sell the dog treats, and the business just grew from there, she said.

Logeson makes the treats in small batches in her home kitchen in Gainesville. It's a slow process — it takes between eight to 10 hours to completely dehydrate each batch of treats. The dog treats come in three basic flavors: peanut butter, pumpkin and pizza. Occasionally, Logeson will experiment with seasonal flavors, such as blueberry or strawberry. Flour, eggs, spring water and natural flavoring are added

to the spent grain to make the treats.

"I haven't found one yet that my dog Kai won't eat," said Logeson. Kai, a Labrador retriever/shepherd mix, is the unofficial "quality control officer" — all treats must meet his approval.

Logeson, who is retired, said she mainly makes the dog treats for fun, selling them under the company name Logerhead Naturals, LLC. The treats cost \$5 per bag.

Beer Mutts dog treats have been well received by Green Room's patrons.

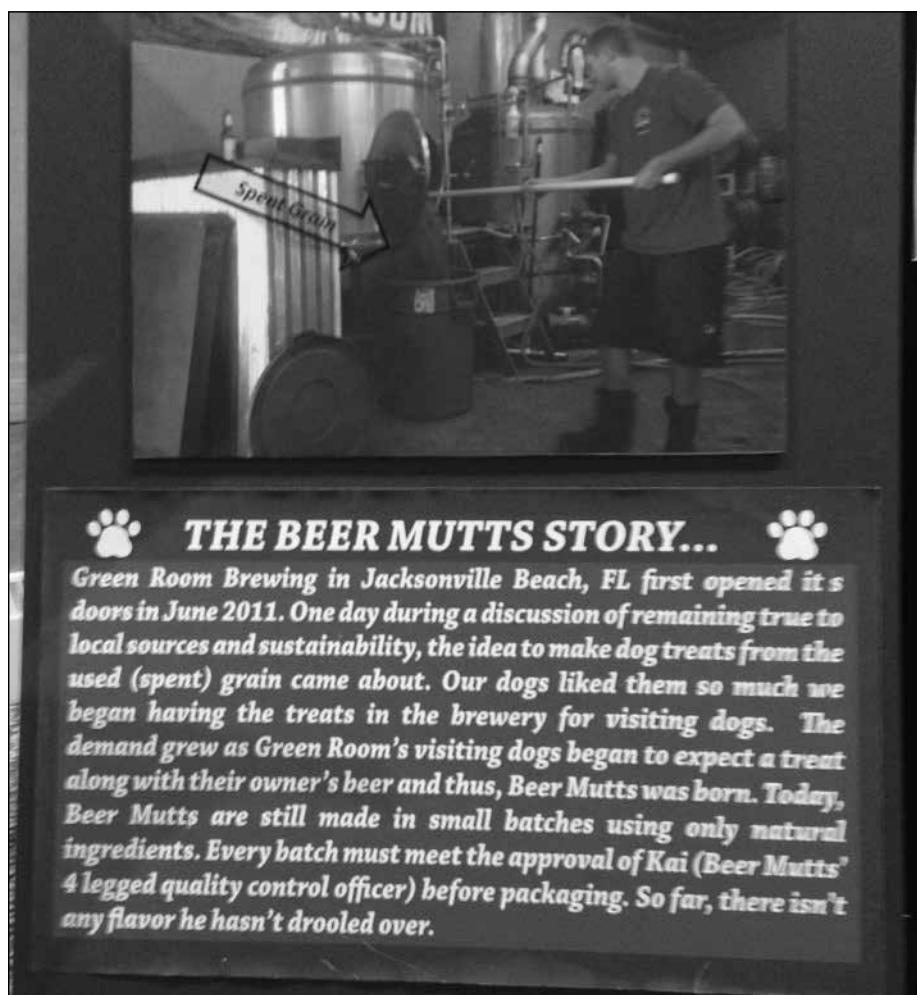
"They love it," Logeson said. "We're getting more and more popular at festivals and people are starting to call and ask for them," she said, adding that someone visiting from New York bought some treats to take home with them and liked them so much, they called Logeson and asked her to ship some additional bags to them.

She has also sold the treats at festivals such as the Kanapaha Spring Garden Festival in Gainesville, the Cedar Key Seafood Festival, the Jacksonville Home & Patio Show, and a festival at Jacksonville's Dog Wood Park. But Green Room is still the most popular place for purchasing the treats.

"They go well at Green Room," Logeson said. "People can bring their dogs in there; it's pet friendly, so that's my best seller right there."



Photos by Carrie Resch  
Debra and Bill Logeson of Beer Mutts dog treats at Jacksonville's 2016 Spring Home & Patio Show.



Under the company name Logerhead Naturals, LLC, Beer Mutts spent grain dog treats were born in 2011, shortly after Green Room Brewing in Jacksonville Beach opened. In an effort to make the brewery more sustainable, the brewery's spent grain is used to make dog treats, and the remainder of the spent grain is donated to a local farm.

## Cathedral Arts Project to host JU Fine Arts Faculty Exhibition

The Cathedral Arts Project (CAP) will host an exhibition for Jacksonville University's (JU) Division of Visual Arts Faculty in the Heather Moore Geraghty Community Gallery. The exhibition, "Confluence: A JU Faculty Group Exhibition" will run through August 2016.

Visitors will view work in a full range of media, including animation and 4-D works, design and digital media, sculpture, ceramics, glass, illustration, photography, painting and new media. It will include works from professors

Jim Benedict, Brian Frus, Bill Hill, Eric Kunzendorf, Lily Kuonen, Tiffany Leach, Ginger Sheridan, David Smith, Matt Swaim and Dana C. Tupa.

The exhibition is open to the public. The Heather Moore Geraghty Community Gallery is located in the offices of the Cathedral Arts Project at 207 N. Laura St., Suite 300, Jacksonville and is open 9 a.m. to 5 p.m. Monday through Friday and for special events. For more information, call (904) 281-5599 or visit [www.capkids.org](http://www.capkids.org).



# First Coast No More Homeless Pets opens second veterinary facility

By Jasmine Marshall

First Coast No More Homeless Pets (FCNMHP) opened the doors to its second location May 9 with a ribbon-cutting event celebrating its new veterinary facility.

Donors and local pet owners were welcomed to the grand opening, where Executive Director Rick DuCharme cut the ribbon with assistance from Dr. Charles Moreland, director of community affairs for Mayor Lenny Curry; Petco National Adoption Program Manager Karen Meader; and major donors Mary Lou Russell and Joseph A. Strasser. Meader presented a check worth \$292,500 on behalf of the Petco Foundation in support of the veterinary hospital and FCNMHP's Super- and Mega-Adoption events.

As part of the celebration, FCNMHP offered a free rabies vaccine and exam to the first 500 clients whose pets carried a city license to receive it. Guests were also treated to a tour of the facility's Mary Lou Russell Animal Welfare Complex and the Joseph A. Strasser Veterinary Hospital.

The new 10,000-square-foot facility can serve up to 300 pets daily with 12 exam rooms, a dental lab, two surgery suites, a pharmacy, an

in-house lab, an intensive care unit, isolation rooms and grooming services.

DuCharme said the new facility can serve triple the number of pets of the organization's current clinic on Norwood Avenue, and is an important service to bring to an area where few pet-care options exist.

"When you look at the map from I-10 all the way north to I-95, there's only one other place where people can go for quality pet care," DuCharme said. "It's almost a desert for veterinary care. With our type of medicine, we try and do high quality and high volume at a low cost and give owners a variety of options to treat their pets depending on what they can afford."

Ducharme noted that the new facility makes pet-care services available for approximately 40 percent less than the fees charged by the average veterinarian.

"We've realized that people would come to us having only a certain amount of money after visiting other clinics where they were unable to afford a service or a surgery that their pet needed," he said. "Our services and staff are able to do similar surgeries and procedures for less money. So we hope to save people money and pets' lives."

Proceeds from the operation of the veterinary hospital will also go toward other FCNMHP programs, including targeted spay and neuter surgeries, large adoption events and the Jacksonville Pet Food Bank.

Located at 464 Cassat Ave. in Jacksonville, the new facility is open 9 a.m. to 8 p.m. Monday through Friday, 9 a.m. to 5 p.m. on Saturday and 10 a.m. to 5 p.m. on Sunday. Appointments may be made by calling (904) 425-0005.



Inside the new facility



Director of Community Affairs for Mayor Lenny Curry Dr. Charles Moreland; major donors Joseph A. Strasser and Mary Lou Russell; Petco National Adoption Program Manager Karen Meader; and Executive Director of FCNMHP Rick DuCharme.



Photos courtesy of First Coast No More Homeless Pets

Dr. Charles Moreland, director of community affairs for Mayor Lenny Curry; Petco National Adoption Program Manager Karen Meader; major donors Joseph A. Strasser and Mary Lou Russell; and Executive Director of FCNMHP Rick DuCharme.



Veterinary technician Charles Ireland

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# Upcoming pet adoption events

May is National Pet Month. Looking to add to your pet family or want to help out a local animal shelter by volunteering for an event? Here are some upcoming pet adoption events where you can do both.

## Jacksonville Humane Society to hold Spring Fling Pet Adoptions event

The Jacksonville Humane Society will host a Spring Fling Pet Adoptions event from 11 a.m. to 4 p.m. on Saturday May

21 and Sunday May 22 at the Southside PetSmart location located at 8801 Southside Blvd., Suite 3 in Jacksonville. Sponsored by PetSmart Charities, the adoption event will include a wide selection of dogs and cats from both the Jacksonville Humane Society and Animal Care and Protective Services. The Jacksonville Humane Society will be closed during this event.

Additionally, in honor of Memorial Day,

the pet adoption fee will be waived for members of the military — both past and present — on May 27 from 11 a.m. to 6 p.m., May 28 from 10 a.m. to 5 p.m., May 29 from noon to 4 p.m. and May 30 from 11 a.m. to 6 p.m. at the Jacksonville Humane Society, 8464 Beach Blvd., Jacksonville.

For more information, call (904) 725-8766 or visit [www.jaxhumane.org](http://www.jaxhumane.org).

## Adopt at the Nocatee Farmers Market

Friends of the St. Johns County Pet Center will have some adoptable pets on site at the Nocatee Farmers Market which takes place the third Saturday of every month at Nocatee Town Center Field, 100 Marketside Ave., Ponte Vedra Beach. The Nocatee Farmers Market will take place this month on Saturday May 21 from 10 a.m. to 2 p.m.

## Katz 4 Keeps Adoption Weekends

Adoption weekends are held every Saturday and Sunday from 11 a.m. to 3 p.m. at Katz 4 Keeps, 935 A1A N., Ponte Vedra Beach.

## Friends of Jacksonville Animals, Inc.

A Riverside block party to benefit Friends of Jacksonville Animals, Inc. will be held May 28 from 10 a.m. to 2 p.m. The block party will take place on Stockton Street between Myra Street and College Street. Select tattoos from Inksmith & Rogers, 875 Stockton St., will be \$50 with all of the proceeds benefitting Friends of Jacksonville Animals. Adoptable dogs will be on site; adoptions will be \$20. The event will have pet friendly vendors, food and drink samples, and gift bags and vouchers for day-of adoptions.

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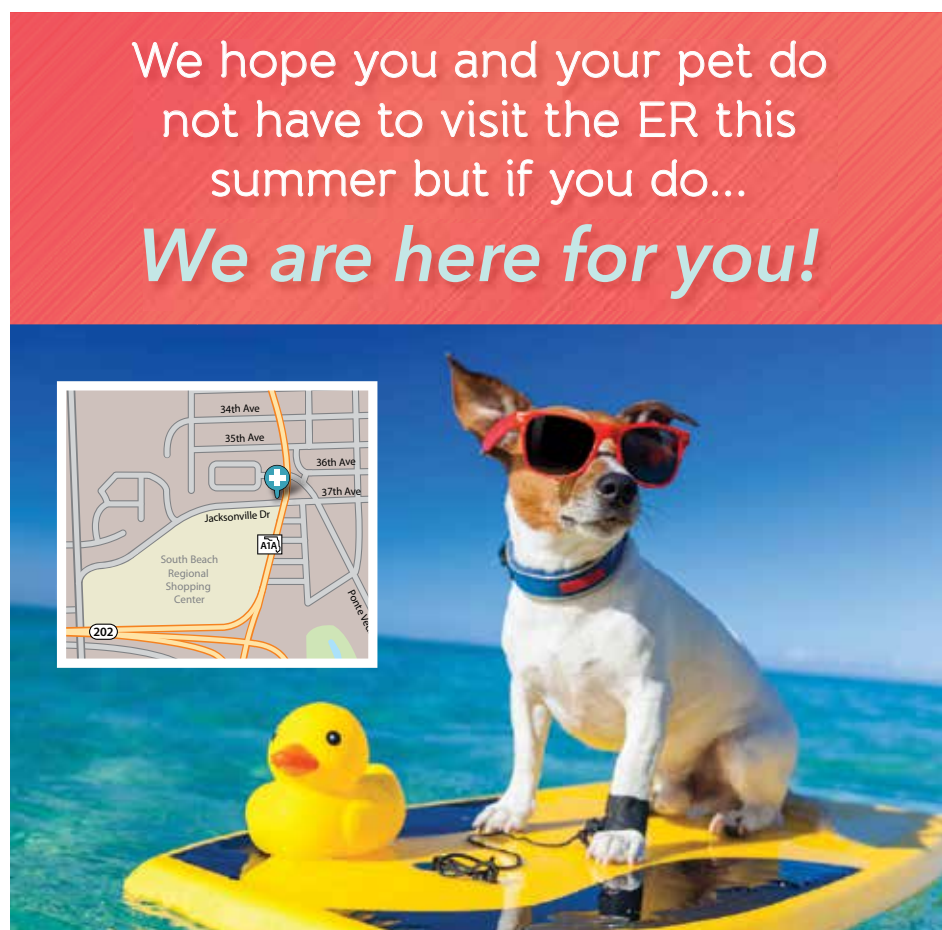
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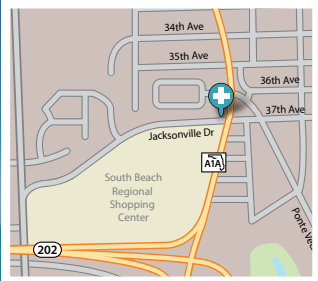
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# Community celebrates THE PLAYERS

Hundreds of local movers and shakers turned out to celebrate the start of THE PLAYERS Championship week May 9, as the tournament hosted its annual Community Celebration at the TPC Sawgrass Clubhouse.

Guests enjoyed live entertainment and such diverse menu offerings as lobster mac and cheese, salmon gyros, ahi tuna and vegetable lo mein.

Photos by Jennifer Logue and Susan Griffin



Ed and Patty Nimnicht



WJXT News Anchor Kent Justice and wife Ashlea



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# THE PLAYERS Championship after hours: The Cut Concert benefits The Boselli Foundation

By Carrie Resch

After the sun went down on the second round of 2016 THE PLAYERS Championship, golf fans and supporters of the Tony Boselli Foundation turned out for a private concert performance from Nashville artists Nate Moran, Chris Lane, and Clare Dunn at Cornerstone Park in Ponte Vedra Beach.

The Cut, presented by Compass Consulting Group and Digital Benefit Advisors, was held May 13. One hundred percent of the proceeds benefited The Boselli Foundation. Established by former Jacksonville Jaguars player Tony Boselli and his wife, Angi Boselli, the faith-based non-profit foundation helps at-risk Jacksonville youth through the foundation's Youth Life Learning Centers (YLLC), an after-school program in which children with limited financial resources are provided academic enrichment and remedial education in the areas of reading, language arts and mathematics as well as mentoring and character development.

The sixth annual event was held in a new venue this year. Previously, The Cut was held outside the Nicklaus Gate in the general parking lot off of County Road 210 as part of the so-called

"lot parties" — THE PLAYERS Championship after parties. This year, the foundation decided to hold the event in the football field at Cornerstone Park as the event outgrew the previous venue space and the decision was made to hire Executive OutReach Events, LLC.

"Tony (Boselli) and his team asked us to come out and take this event to the next level," Steve Neff, president and co-founder of Executive OutReach Events, LLC said.

This year's event featured a general admission area with seated and bar top tables, mobile bars, food trucks and a VIP area.



Photos by Carrie Resch

Steve Neff, president and co-founder of Executive OutReach Events, LLC with Tony Boselli



Eden Kendall with Angi and Tony Boselli



Nate Moran

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Chris Lane

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# Scott highlights strong state economy at PLAYERS' Governor's Reception

By Jennifer Logue

Florida's economy continues to gain steam thanks to policies that limit taxes and regulation and promote job creation and growth, Gov. Rick Scott told local business and community leaders at an economic development reception held May 12 at THE PLAYERS' Stadium Village.

Scott welcomed guests to THE PLAYERS and stressed that Florida's economy continues to provide strong incentives for businesses and residents to relocate to the Sunshine State.

"We are growing way faster than the rest of the country," said Scott, noting that he had recently returned from trips to California and Louisiana as part of his administration's efforts to encourage businesses there to come to Florida.

"They keep raising taxes and passing more regulations and we're doing the exact opposite," he said. "Florida is on a roll."

Carl Blow of the St. Johns County Industrial Development Authority noted the economic impact of

THE PLAYERS Championship.

"TPC is very important to Northeast Florida," he said. "In 2015, over 300 local charities received a total of \$8.1 million in grants from THE PLAYERS – and since 1977, TPC has provided over \$75 million to Northeast Florida."

County Commissioner Jeb Smith — who joked that he is often mistaken for Scott — said St. Johns County has benefited from Scott's leadership and now boasts the second-lowest unemployment rate in the state at 3.5 percent. With a strong agricultural base in the southwest part of the county, the tourism draw of St. Augustine and golfing events like THE PLAYERS in Ponte Vedra, Smith said, St. Johns County has a diversified economic base that has attracted businesses such as Advanced Disposal and D.R. Horton.

"As a business owner, I want to thank you," Smith told Gov. Scott. "You have proven that a conservative approach to government is a template for success."



Gov. Rick Scott describes the progress Florida has made in creating jobs, reducing unemployment and attracting new businesses.



County Commissioner Rachael Bennett and Henry Deen speak with Governor Rick Scott.



Henry Green and County Commissioner Jimmy Johns



Photos by Jennifer Logue  
Jacksonville Mayor Lenny Curry and wife Molly

# Swing into Spring party supports Seamark Ranch

By Jennifer Logue

A tropical luau was the theme of the 10th Annual Swing into Spring party held last week in conjunction with THE PLAYERS Championship.

Held May 13 in the Ponte Vedra Park Drive business park, the annual event attracted hundreds of local business and community members to celebrate the tournament while raising funds for a worthy cause. In addition to live entertainment, guests enjoyed island-style fare provided by 4 Rivers Smokehouse and the chance to win a variety of raffle prizes.

Proceeds from this year's Swing into Spring event benefited Seamark Ranch (www.seamarkranch.com), a faith-based nonprofit that provides a stable, two-parent home on a farm for children who have suffered abuse and neglect. Located in Green Cove Springs,

Seamark Ranch serves children from across the First Coast.

"We get a lot of support from folks in the Ponte Vedra area," Executive Director Fred Meiners said. "Children come to us not because of anything they have done, but because of the family situation they were in. We've had kids stay with us for seven years."

Privately funded through donations, Seamark Ranch currently serves 16 children in two homes on the ranch, which includes a farm, an equestrian program and its own school. The organization hopes to build more homes so that it can serve up to 96 children at a time.

Sponsors of this year's Swing into Spring event include Montoya & Associates, The Griggs Group, Manormo/Sotheby's International Realty, Advos, Eastern Quality Foods, Southeast Orthopedic Specialists, Assurant Employee Benefits and VyStar Credit Union.



George and Rayna Godfrey and Will Montoya of Montoya & Associates, one of the event's sponsors



Andrea Avila and Lora Harmon



Claudia and Tod Eikner



Photos by Jennifer Logue  
Jane Chefan, Judy and Russ Adams, and Whitney and Jessica Chefan



# ABC Fine Wine & Spirits celebrates THE PLAYERS

Fine wine, beer, spirits and cigars were on offer May 11 when ABC Fine Wine & Spirits celebrated THE PLAYERS Championship tasting and cigar event at its new store located at 175 Village Main St. in Sawgrass Village.

Guests sampled more than 100 wines, 30 spirits and assorted beers from GolfBeer Brewing and Abita Brewing.

Attendees also had an opportunity to try a variety of fine cigars, including Xikar, Oliva, Drew Estates and Rocky Patel.



Christina Rich, Gloria Dongara and Trudy Toche



Melissa Cloonan, Maureen Cloonan, Mike Cloonan and Lori Adams



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# Tesori Family Foundation holds All-Star Kids Clinic at Sawgrass Country Club

By Carrie Resch

The Tesori Family Foundation hosted an All-Star Kids Clinic at Sawgrass Country Club May 11.

Scheduled to coincide with the 2016 THE PLAYERS Championship, the golf clinic for children with special needs took place the evening before this year's tournament officially began. Through the event, 25 special needs children were paired with a coach who helped the child practice different golf drills, such as working on their backswing and putting.

Taking time out of their busy schedules to participate in the event were PGA Tour golfer Jordan Spieth and Jacksonville Jaguars quarterback Blake Bortles, both of whom also have foundations that assist children with developmental disabilities. Joining with the professional athletes were 20 coaches from The First Tee of North Florida as well as volunteers from the community.

Sawgrass Country Club Director of Golf Greg Lecker said it was an easy decision to say yes to the Tesoris when they first contacted him about hosting the golf clinic.

"From my perspective as a golf pro, introducing 25 kids to the game of golf and getting them to see this environment – getting to share that with them is such a special thing," Lecker said. "To wrap your arms around the Tesoris and the things they stand for, it's not hard. This is easy."

Founded in 2009, the Tesori Family Foundation supports

about 20 plus non-profits — both local and national — throughout the year. The idea for the All-Star Golf Clinic came about after the 2014 birth of the Tesoris' son, Isaiah, who has Down syndrome. Paul Tesori credits his wife, Michelle, with coming up with the idea for the golf clinic to give children with special needs a chance to participate in the sport of golf — the sport that shaped Tesori's life.

Tesori noted that playing golf is something that anyone can do at any age. After hosting previous All-Star Kid clinics in Greensboro, NC and seeing the kids who participated smiling from ear to ear, he added, he was hooked.

Last week's event at TPC Sawgrass was the first time the Tesoris have hosted the event in Ponte Vedra.

"It means everything to us," Tesori said. "Number one, this is my home town, this is where the foundation was formed and it first started."



All-Star Kids Clinic participants with Michelle and Isaiah Tesori (bottom left)



PGA TOUR golfer Jordan Spieth



Event volunteers and members of the Ponte Vedra High School Lady Sharks Golf Team Julie Snow, Gabby Abbosh, Kendall Quinlan and Sophie Membrino.



Like father, like son: Isaiah Tesori's golf club set



Participants, parents and volunteers look on as Jordan Spieth demonstrates his swing.



Kevin Egan with John



Paul Tesori speaks to the crowd at the All-Star Kids Clinic while Jacksonville Jaguars quarterback Blake Bortles and PGA TOUR golfer Jordan Spieth look on.

Photos by Carrie Resch



# Jason Day wins THE PLAYERS

By Kathy Bissell

Jason Day, world No. 1, played almost like Tiger Woods in closing out the 2016 PLAYERS Championship, winning by four shots after leading from wire-to-wire. All week, he throttled back his length advantage, using 2-iron and 3-wood off the tees, in order to overcome the treacherous angles of the golf course. He outplayed the legendary Pete Dye. And boy, did he set records.

He tied the low 18-hole score with his 9-under 63, now shared with five players.

He set the new, low number for the first 36 holes, at 15-under, at 129; previously 14-under, 130, set Greg Norman in 1994.

He tied the low start by a winner with Greg Norman and Martin Kaymer.

He set the new largest 36-hole lead of 4 shots, previously 3, by Lanny Wadkins and Greg Norman.

According to Day, he's just getting started.

"It's very stressful being the number one player in the world," Day said. "You're in the limelight a lot. You've got more things to do when you get to tournaments, more things to do off weeks. But I wouldn't change it in any way because this is exactly where I want to be, and I want to try and stay here as long as I can while I can, because nothing beats this feeling."

Clearly overcoming the best field in golf on a very difficult golf course is extra satisfying to the world No.1.

## Thursday

The first round of The Players had all kinds of fireworks, highlighted by Jason Day's course record-tying 63. It wasn't like he had a six-shot lead, however, when he finished. Justin Rose, Bill Haas, Brendan Steele, Steve Lowrey and Cameron Tringale were all just two back at

7-under, and another group that included Ernie Els was at 6-under. Still, it tied the record held by Fred Couples (1992), Greg Norman (1994), Martin Kaymer (2014) and Roberto Castro.

Day was aware of the number to beat.

"Once I got to 7, then I started thinking about the course record," he said after the round. "Birdieing 7, then I'm like, okay, I think I can birdie 8 and 9 and that'll kind of clip the course record. It would be nice to shoot 10-under."

Nice? It would have been truly amazing. Most people are closer to 62 for nine holes, never mind 18.

Shane Lowry posted a new back-nine record of 29.

Big names struggled. Adam Scott had a quadruple-bogey 8 on the 18th hole and Jordan Spieth suffered a double-bogey 7 on No. 9, his last hole of the day.

## Friday

Jason Day looked like a vintage Tiger Woods Friday, posting 66 to follow his initial round of 63. At 15-under par, it looked like the Greg Norman record of 24-under par was within reach.

Colt Knost came within a shot of posting a new course record of 62, but it was not to be. He missed a four-footer on the 18th for par which would have done it. Nerves make golfers do unfortunate things.

Rory McIlroy posted a 66 of his own, tying the lowest 9-hole score on the back nine of 28 which was held solo by Martin Kaymer since 2014.

Will Wilcox had a hole-in-one at 17th, and he went appropriately nuts for maybe 60 or 90 seconds. Really nuts. It's worth a YouTube search.

Two-time U.S. Open Champ Andy North, now working for ESPN, recalled that in the early years, the course was wilder, less tamed than it is now. He said it was significantly harder. There were grasses growing out of some of the

bunkers, which were waste bunkers then. He said there were palmettos everywhere on the course, and balls hit into them just plain never saw the light of day again.

A lightning delay stopped play shortly after 4 p.m. The leaders and several other groups went back out but did not finish until Saturday morning.

During the third round, Shane Lowry holed out his second shot at 18 for eagle. Who said it was a hard hole?

Jordan Spieth, Rickie Fowler and Phi Mickelson missed the cut.

## Saturday

On a day when everyone with eyes was convinced the PGA Tour had made a mistake with the setup, Jason



Photos by Don Christian

PLAYERS continues on Page 48

Alex Cejka



Jonas Blixt



Billy Horschel



Jason Day



Hideki Matsuyama



# PLAYERS

Continued from 47

Day hung on to his lead by his toenails.

Gone was the chance to break the Norman record as Day posted 1-over par on a day when the average score was 75.592. It was the fifth-highest average score in tournament history, including those years at Sawgrass Country Club.

Greens were overly fast, out-of-hand, and that's an understatement. Pins were set on mounds instead of flats, making the best players in the world look a little silly. They were not amused. Jason Day four-putted from 20 feet at the 6th.

Even with the high scores, Day had a four-shot advantage at the end of the round.

"I want to win this tournament bad," he said. "I really do." He had said the tournament was important because it might be what gets him into the Hall of Fame one day.

The round of the day was posted by Ken Duke, who shot a 65. Everybody was convinced he had actually played a different golf course than they did.

By late Sunday, we had a brand new champion, Jason Day, who is still hungry for victories.

"I look at Tiger and he's 79 or 80 (victories) or whatever it is, and Phil is up there, and I'm just like, okay, I want to be able to be looked back on and know that he was one of the greats in the game," Day said. "I have the opportunity to do that right now, try and work as hard as I can to really leave my footprint in this game that has given me so much."



Justin Thomas



Kevin Chappell



Matt Kuchar



Rory McIlroy



Ken Duke

Photos by Don Christian

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## PLAYERS CONT.



Jason Day

Photo by Don Christian

## Why am I still single, woman asks

**Dear Neil:** I live in a community where there are five men for every woman. Yet when a close friend of mine and I open ourselves to a possible relationship with one of these men, things go wrong. My friend and I have open hearts, are strong women, we have substance, we both have professional careers, we are good listeners and we are compassionate. I am 55 years old. I've learned to not only survive but to thrive in my life. I'm bewildered about why I still don't have a solid, committed, supportive loving relationship in my life. — Two Bewildered Single Women in Vail



Neil Rosenthal

**Dear Bewildered:** Five men for every woman in your community does not mean you have 5 to 1 odds in your general age category. It also doesn't mean you are meeting enough of the right men. This could simply be bad luck, and if that's the case, your fortune will change if you just wait it out.

But while you're waiting, perhaps you might expand your interests so you participate in new activities that you find intriguing, entertaining, thought-provoking or fun, so you are meeting entirely new people. In addition, you could try meeting new people through online dating sites, and you might consider expanding your reach beyond where you live, such as men who live within 90 minutes of you. That way, you give yourself more

romantic possibilities who are within striking distance.

You might also try volunteering at your local animal shelter, an environmental group or for a political campaign/cause. You might sign up for a tennis class, groups that hike or ski together, and you might try a dance class. You could go to wine tasting events, farmer's markets, food tasting events or other such community activities. You could also take classes at a local college, a cooking school or an adult continuing education school. In addition to expanding the crowd you socialize with, make sure you look your best. And you're more appealing when you talk about something you are interested or passionate about — but be sure to ask a man about himself, since people love to talk about themselves.

Make sure you are not coming across as critical or rejecting of the men you meet. And pay close attention to whether you're doing anything to push the men away that you are attracted to, or whether you are coming across as walled off to them.

Finally, don't give up. Keep your spirits high, and then go out there yet again and do everything you can to make your dream come true.

**Neil Rosenthal is a licensed marriage and family therapist in Westminster and Boulder, Colorado. His column is in its 25th year of publication. You can reach him at 303-758-8777, or email him through his website: [www.neilrosenthal.com](http://www.neilrosenthal.com). The second edition of his book: "Love, Sex and Staying Warm: Creating A Vital Relationship," recently hit the #1 best seller list on Amazon its first day of release, both nationally and internationally.**

## Yarbrough wins PLAYERS caddie competition

Jon Yarbrough won the annual Bruce Edwards Memorial Caddie Competition May 11, hitting his tee shot to 5 feet, 3 inches from 135 yards on the 17th hole at The Stadium Course at TPC Sawgrass.

Yarbrough, caddie for Hunter Mahan, was awarded a one-of-a-kind framed piece of 17th hole artwork by PGA Tour Scoring Of-

ficial Casey Jones. He also received an engraved money clip, a TPC Sawgrass clubhouse parking pass for the remainder of THE PLAYERS Championship week and an undisclosed monetary award provided by the player field. The PGA TOUR matched the player donation, with proceeds going to the Bruce Edwards Foundation for ALS Research.



Photo courtesy of Landrum Middle School

## Landrum takes St. Johns District Tennis Championship

Landrum Middle School's Landrum Black tennis team defeated R.J. Murray Middle School Thursday night in a clean sweep, taking home the coveted SJMSAA tennis trophy. Strong

play by Jonathon Beck and Jack BARNED in singles, and Howie Conyack, Isaac Pongdee, Remi Chenore and Ryan Gummerman in doubles led to the victory.

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The Ponte Vedra Recorder/First Coast Register seeks a bright, creative, money-driven New Business Development Rep. to join our team. If you have the knowledge and the drive, we have the resources to get you selling and making money! Advertising sales experience is required; we need a positive person who is not afraid to cold call. The ideal candidate will be familiar with the First Coast area and possess a dedicated work ethic, reliable transportation, proficient computer skills and attention to detail. The ability to meet deadlines, multi-task and sell multiple products is the key to success in this sales role.

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**THEME: MEDIEVAL TIMES**

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
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64						65	66			67				
68						69				70				
71						72				73				

**ACROSS**

- Astrologer's concern, pl.
- Lamb serving
- Ranee's husband
- Sunday strip
- Formal vote
- Rubbernecker
- "All kidding \_\_\_\_"
- \*Mythological creature
- Beginning of a sickness
- \*"Game of \_\_\_\_"
- Cow chow
- Detective \_\_\_\_ of "Around the World in Eighty Days"
- Denim innovator
- Luftwaffe's WWII enemy
- What Caesar did before he saw and conquered
- Virtual you
- Black cat, e.g.
- Boundary line
- Davy Crockett's last stand
- "Do \_\_\_\_ others as..."
- Became upright
- Snatch
- Better than nice
- Desperate
- Opposing prefix
- Perennial garden flower
- Post-it slip
- \*It gets punished in Dante's "Inferno"

- Take a \_\_\_\_ from a jug
- Tokyo, once
- \*Old Norseman
- \*Holy war
- Singing femme fatale
- Luau welcome
- Representative of Allah on earth
- Cupcake topper
- Granola grain
- Opposite of digest
- 100 centavos
- Bonanza find
- \*Galahad does this to the Holy Grail

**DOWN**

- Ella Fitzgerald's craft
- Comedy Central's "\_\_\_\_O"
- Gulf V.I.P.
- Free from
- Like a longer route?
- Cleaning cabinet supplies
- Snakelike fish
- Blooper
- "Atlas Shrugged" author
- Cathedral part
- Audience's rejection
- \*Illuminated manuscripts or tapestries, e.g.
- \*Long-haired naked tax-opponent
- SAT and ACT
- Female gametes

**SUDOKU**

	4		9			7		
7					3	8		
		9	4		7			
		4		5		2		
		3				9		
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		2			9		7	

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

- Allowing
- \*Like Arthur's table
- Embryo sacs
- "Bring back!" to Fido
- \*Fermented honey libation
- Aquarium organism
- Mountain lakes
- Stradivari competitor
- \*He stole from the rich and gave to the needy
- English playwright Coward
- Continental currency
- \* \_\_\_\_ Abelard, Heloise's unfortunate lover
- Moving like phoenix
- Barley bristle
- Derives a theory
- Cooler manufacturer
- Meryl Streep's "August: \_\_\_\_ County"
- Biden, e.g.
- \*Fleur-de-lis
- Bingo-like game
- Give a ticket
- Away from wind
- Floppy storage
- Newts in terrestrial stage
- Hot tea amount
- Listening device



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Source: Real Value of Joining a Local Chamber of Commerce  
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### Marsh Landing Harbour

Courtyard villa with guest quarters. 4/4.5/5330 sq. ft. Pool/spa area with direct access to your own 60 ft. dock! Gourmet kitchen with marble counters & butler's pantry, 6 burner gas cooktop, & sub zero fridge. Extra A/C Sunroom overlooking basin.  
\$1,999,000



### Mediterranean Estate

4/4+2HB/6720 sq. ft. estate on lushly landscaped lot in The Plantation. Fabulous screened lanai with pool, hot tub/spa, summer kitchen with dining area & fireplace. Upstairs' extras include a balcony, loft, & in-law suite.  
\$1,900,000



### Remodeled Custom Built Home

Open floorplan w/ exquisite kitchen. Immaculate & beautifully appointed 4/4/5929 sq. ft. home in The Plantation. Extras include a study, bonus room, game room, large lanai & pool. 2 story foyer, elegant staircase & finest finishes.  
\$1,700,000



### Spectacular Views

Water to 14th hole golf views from this stately custom home in The Plantation. 3 beds, 2 offices, theater room, 5 baths, screened & heated pool/spa & 5 car garage with 2 of the spaces heated/cooled.  
\$1,495,000



### Extraordinary Old World Design

Incredible architecture in this estate home located on the 11th hole in The Plantation. 4/4.5/4392 sq.ft. High ceilings, arched doorways, outdoor living area with summer kitchen, fireplace, & pool.  
\$1,375,000



### Pool Home on 13th hole

Immaculate 4/4.5/4201+ sq.ft. home located in The Plantation. Beautiful views from the living room, gourmet kitchen, outdoor living area with summer kitchen adjacent to saltwater pool, balconies on 2nd floor.  
\$1,075,000



### Queens Harbour

Wonderfully light & bright 4/4/4476 sq.ft. estate home on a corner lot with partial views of Queen Harbour's large lake & yacht basin. Spacious screened lanai, inviting foyer, family room with wall of windows, & office w/ wood trim.  
\$750,000



### Shows Like A Model

Superior built home with 4/4/3347 sq.ft. Beautiful water views from the FR, LR & MBR, screened lanai. Large backyard w/ room for a pool. 4th bed & full bath upstairs. Located in The Plantation. Tons of upgrades and extras.  
\$749,000



### DelWebb at Nocatee

Located on a preserve with LOTS of space & almost 50k in upgrades! 2/2 plus den/flex space/1927 sq.ft. Gourmet kitchen w/ island, granite, wide open living area. Spacious lanai. Extended garage.  
\$389,900



### Coastal Oaks at Nocatee

Enjoy private preserve views from this 4/3.5/2871 sq.ft. home with customized & extended lanai featuring travertine pavers & a gas fire pit. Gourmet kitchen, luxurious owners suite, & upstairs bonus room. Amazing outdoor living space.  
\$549,000



### Sawgrass Players Club

Former model home with 4/2/2218 sq. ft. Double sided fireplace, wood floors, French doors that lead to patio, updated kitchen & remodeled master bath. New windows in 2015. Easy walk to community pool.  
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<p><b>Private Party Line Rates</b></p> <ul style="list-style-type: none"> <li>• \$14.00 1 week • \$23.00 2 weeks</li> <li>• \$31.00 3 weeks • \$37.50 4 weeks</li> </ul> <p>Add lines \$2.15 each</p> <p>(Couches, TV's, Beds, Household Items, Etc.)</p>	<p><b>Commercial Line Rates</b></p> <ul style="list-style-type: none"> <li>• \$22.50 1 week • \$39.00 2 weeks</li> <li>• \$55.50 3 weeks • \$70.00 4 weeks</li> </ul> <p>Add lines \$2.15 each</p> <p>(Animals, Cars, Renting or Selling a Home or to Advertise Your Business or Services)</p>	<p><b>Employment Spotlight/Real Estate</b></p> <p>1x2 (2"x2") \$40.50/1 wk • \$70.00/2 wks. • \$100/3 wks. 1x3 (2"x3") \$61.50/1 wk. • \$112.00/2 wks. • \$150.00/3 wks. 2x2 (4"x2") \$82.00/1 wk. • \$153.00/2 wks. • \$200.00/3 wks. 2x3 (4"x3") \$123.00/1 wk. • \$225/2 wks. • \$300/3 wks.</p>	<p><b>Business &amp; Worship Directory</b></p> <p>1.5 x 2 \$55.00/month 1.5 x 4 \$96.52/month 1.5 x 6 \$149.52/month</p> <p>Rate Guide for: The Recorder</p>
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