

Ponte Vedra Recorder

Not your average newspaper, not your average reader

July 6, 2017
Volume 47, No. 27
75 cents

PonteVedraRecorder.com



Summer Health & Beauty Guide
Pages 17-24



In the Arts
Pages 26-27



Business Weekly
Pages 28-32



Historians gather at St. Augustine's Castillo de San Marcos the weekend before July 4 to tell visitors from around the world the story of America's oldest city.

Photo by Jon Blauvelt

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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. E-mail submissions to pvrecorder@opcfla.com or bring them by our office at **1102 A1A N., Unit 108, Ponte Vedra Beach.**



Visit our website at www.pontevedrarecorder.com

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PUZZLE SOLUTIONS

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Solutions correspond to last week's puzzles.

WHAT'S THIS?



Do you know what this is?

Email your answer with your first and last name to jonb@opcfla.com by Monday at 5 p.m.

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

Four readers correctly identified last week's photo as Cap's on the Water. The winner of the random drawing was Becky Dodds.

Congratulations, Becky – you may pick up your prize at the Recorder office during normal business hours.



ADOPT A PET

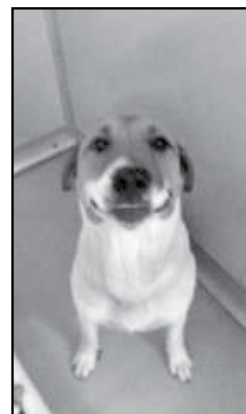
CAT OF THE WEEK

My name is Sabrina, and I am a 1-year-old female cat 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. Come visit us today here at the pet center! #38296



DOG OF THE WEEK

Hi my name is Barron, and I am a 2-year-old male dog who is looking for a new home. I was brought in because my owners did not want me anymore. Come visit me today here at the pet center! #38296



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

St. Johns County Pet Center

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



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

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

Samantha Logue
Reporter
samantha@opcfla.com
(904) 686-3945

Rob Conwell
Circulation Manager
rob@opcfla.com
(904) 686-3936

Ed Johnson
Senior Account Executive
ed@opcfla.com
(904) 686-3940

Kristin Flanagan
Account Executive
(904) 285-8831

April Snyder
Sales Assistant
april@opcfla.com
(904) 686-3937

Leigh Mitchell
Cary Howard
Page Designers
pagedesign@theitem.com

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Ponte Vedra man arrested on child molestation charge

A 38-year-old Ponte Vedra man was arrested last week on a charge of lewd or lascivious molestation of a child under 12 years of age, according to the St. Johns County Sheriff's Office.

Bryan Brown, of 272 Woodland Greens Drive in Nocatee's Green Leaf Village, turned himself in June 29 after a warrant was issued for his arrest. The victim told deputies, per a SJSO police report, that Brown molested her on three to four separate occasions between January and April. Authorities said Brown is an "acquaintance" of the victim. SJSO jail records state that Brown was released June 30 after posting a bond in the amount of \$200,000.

The victim said Brown entered her bedroom when she was alone watching television each of these incidents and touched her in the crotch region. The report explains that Brown would stand next to the victim's bed, reach inside her clothing and touch her

inappropriately, leading the victim to explain to him that he was touching her "where she goes to the bathroom from."

Deputies said the victim knew Brown's actions were wrong only after she heard a lecture at school about sexual child abuse.

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COLLECTION



MEADOWS AT ST. JOHNS

\$284,000

This charming home is nestled on a lush lot and is a short drive to restaurants, shopping and much more. The interior boasts an open floor plan with 4 bedrooms, large kitchen and great room, and an amazing deck with both a open section and screened room. MLS 887408

Rhonda Gummerman 904.994.1721
RGummerman@WatsonRealtyCorp.com



SEAVIEW

\$289,900

Enjoy watching the sunrise on the ocean from the balcony of this charming 3rd floor condo. Take a stroll along the beach in the afternoon then swim a few laps at the condominium's private pool or walk to any of the wonderful shops and restaurants that surround the area. MLS 886965

John Richardson 904.465.5110
JRichardson@WatsonRealtyCorp.com
Barbara Hubbard 904.349.1864
BHubbard@WatsonRealtyCorp.com



SAWMILL LAKES

\$499,950

Situated on a wooded lot, this delightful home boasts 5 bedrooms with 3.5 baths and more than 3000 square feet allowing you plenty of room. Spend your weekends at the community's club house and pool or take a short drive to Mickler's Beach. MLS 888603

Deborah Sifontes 904.707.5831
DeborahSifontes@WatsonRealtyCorp.com



NEPTUNE BEACH

\$525,000

This classic Florida beach cottage duplex was built in 1938 and boasts all the charm and character of a vintage beach property with modern conveniences. Take a short walk to the beach in the afternoons or visit Jarobe Park and the Corner during the weekends. MLS 888847

Diana Kelly 904.859.4368
DianaKelly@WatsonRealtyCorp.com

Ponte Vedra Rotary Club installs new president, presents awards



Photos by Jennifer Logue
Michael Bruce passes the gavel to incoming Ponte Vedra Rotary Club President Billy Wagner



Michael Bruce and Rookie of the Year Jennifer Logue



The 2016-2017 Board of Directors: Peter Reynolds, Dick Williams, Chuck Day, Vickie Cavey, Sherry Mahoney, Mark Farrell, Joni Zwick, Al Hammack, Chris Taylor, Christine Ng, Toni Boudreaux and Michael Bruce.



Donald F. Blackburn Service Award recipient Bruce Barber and Michael Bruce

The Rotary Club of Ponte Vedra Beach welcomed new President Billy Wagner last week at the club's final meeting of the 2016-2017 year.

Held June 29 at Marsh Landing Country Club on the 34th anniversary of the Ponte Vedra Rotary Club's founding, the meeting concluded President Michael Bruce's term as president – a year that saw the club raise thousands of dollars for both Rotary and local charities, and receive both a Rotary presidential citation and a Platinum Premier Club Award. The Ponte Vedra club was one of just three clubs to receive the prestigious Platinum Pre-

mier honor out of 62 Rotary clubs in the local district.

The transition meeting also featured the presentation of awards to numerous club members. In addition to recognizing members of the club's board of directors, Bruce presented the club's Rotarian of the Year Award to incoming President Billy Wagner.

"The best thing I did as president was secure Billy as president-elect," Bruce said in presenting the award. Bruce noted Wagner's many contributions to the Rotary Club during the previous year, which included serving as chairman of the club's annual Mineral City benefit that

raises funds to support numerous local charities.

Other awards presented included the Donald F. Blackburn Service Award to Bruce Barber, the Service Above Self Award to Christine Ng and the Rookie of the Year Award to Jennifer Logue.

Among the initiatives highlighted for the upcoming Rotary year were plans to celebrate the 30th anniversary of women joining Rotary, and an international service project to provide clean drinking water to families in Guatemala.

FREE ADS!

The Recorder is now offering all Garage/Yard Sale & Lost/Found Classified ads at no charge to you!

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Ponte Vedra Recorder

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PV2-LV39771

Nease transgender student sues school board after being denied access to boys' restroom

By Jon Blauvelt

A transgender student at Allen D. Nease High School is suing the St. Johns County School Board in federal court for discrimination because he said the district is prohibiting him from using the boys' restroom.

Drew Adams, a 16-year-old and rising junior at Nease, is asking the court to force the district to change its policy requiring transgender students to use gender neutral restrooms and allow them to use the restrooms they identify with as their gender.

"I hope to show both my school district and every other school district that discrimination is not tolerated and that trans kids are normal kids," said Adams, who has been living as a boy since 2015. "I want to share that there's hope for change and that things are going to get better."

Lambda Legal, a LGBT legal advocacy group, filed the federal discrimination lawsuit in the Middle District of Florida June 28 on behalf of Adams and his mother, Erica Adams Kasper. The organization's complaint argues that the school district's policy excluding transgender students from the restrooms that match their gender is unconstitutional because it discriminates based on sex in violation of the Equal Protection Clause of the Fourteenth Amendment and Title IX of the 1972

Education Amendments Act.

In a statement from the district, Superintendent Tim Forson said they disagree with the plaintiff's interpretation of the law.

"It would be inappropriate for us to try this case in the media," said Forson. "We will work through the legal process with our school board and its general counsel."

The district was not available for any further comment.

According to the complaint, Adams used the boys' restroom when he began his freshman year at Nease in 2015. Within two months, however, someone anonymously reported that he was doing so, which led to school officials instructing him to use the gender-neutral restrooms moving forward.

"When I was pulled out of class and told I could no longer use the boys' restroom, I was shocked and demoralized," said Adams, an International Baccalaureate program student who wants to eventually attend medical school to become a psychiatrist. "It made me feel like my school didn't want me just because I'm transgender."

The complaint states that Adams felt singled out from other students, as well as embarrassed and insulted to walk halfway across the school and pass several boys' restrooms to find one of Nease's three gender-neutral restrooms. Two of these restrooms are located in

the administrative building. The other is in a building known as the "H-pod" and has been available intermittently, per the complaint.

To access these restrooms, Adams said he has to sometimes walk 15 to 20 minutes, which causes him to miss class time. As a result, he has avoided using the restroom altogether and restricted his fluid intake throughout the day.

To address the situation, Kasper noted she met with Nease officials, who told her in October 2015 that the school's hands were tied and that it was a district issue. Upon meeting with district officials in November 2015, Kasper said they refused to change their policy. According to the complaint, the district officials expressed concerns about the reluctance of the community to accept a change to the policy, as well as potential legal action from other students' parents, among other apprehensions.

"They made it very clear that they did not wish to accommodate Drew in this regard," said Kasper. "For them, gender neutral bathrooms were by far the best possible outcome we could expect."

She proceeded to contact the Office of Civil Rights within the United States Department of Education to file a complaint, which led to an investigation that lasted several months. She



Photo courtesy of Lambda Legal

said that investigation came to a halt, however, due in large part to President Trump's decision to recently rescind the Obama White House's guidance compelling schools to treat transgender students consistent with their gender identities. As a result, Adams and Kasper felt they had no choice but to sue.

Paul Castillo, an attorney from Lambda Legal who is representing Adams and Kasper, said the next step in the process is for the school board to respond to the complaint. He noted they anticipate filing a preliminary injunction to ask the court to force the district to change its policy and accommodate for Adams while the lawsuit is taking place. Castillo said lawsuits take time, and Adams doesn't have the luxury of time since school is starting in August.

"They availed themselves of every avenue to resolve this sort of litigation," said Castillo. "Drew is just a normal boy who wants to be treated and respected by the students and the school as the boy he is."

SHORT TAKES

Shakespeare Abridged

Apex Theatre will present "The Complete Works of William Shakespeare Abridged" July 21-22 at the Ponte Vedra Concert Hall. London's longest-running comedy, the play features three performers who weave their way through all 37 of Shakespeare's plays at breakneck speed. The opening performance will begin at 8 p.m. Saturday, July 21 and will be followed by two additional performances at 2 p.m. and 8 p.m. the following day. The venue is located at 1050 A1A North. Tickets are \$25 each. For more information visit www.pvconcerthall.com or call (904) 209-0399.

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Begins August 16



Peter Reynolds is managing partner of Pivot CPAs. The Ponte Vedra Beach firm recently opened new offices in Nocatee and Gainesville and has signed on as the official CPA firm of the Web.com Tour Championship.

Peter Reynolds

By Jennifer Logue

What are your primary duties and responsibilities as managing partner of Pivot CPAs?

We very much have a team environment at Pivot, but my specific role is to provide strategic guidance. I help build, create and sustain our firm's culture, and I interact with the community as the firm's representative. That said, we all represent the firm in that capacity because it's an important part of our culture. There isn't a person on our management team, and maybe on our entire team, that isn't involved in the community.

What distinguishes Pivot CPAs from similar firms?

Most fundamentally, "Local firm attitude, national firm aptitude." Knowing the local markets is incredibly important to what we do. We have a unique culture here, and we serve the local market well. That doesn't mean small businesses. There are plenty of large companies here whom we serve, but we recognize the uniqueness of North Florida. At the same time, because we are in the BDO Alliance, we have all the resources of a large national firm so we have the firepower to service large, national companies as well as companies that focus on the regional and local markets. It's certainly a point of differentiation for us.

Pivot was previously known as The GriggsGroup. What was the impetus behind the name change?

The partnership and management team felt it was time to break with the tradition of naming the firm after the partners. We wanted a name that truly communicates the value of an accounting firm within its clients' business. After talking to our clients, we learned that they think of us as business partners and not just a vendor who does their taxes and audits once a year; that they rely on us for guidance and leadership. One definition of "pivot" is a central point of focus and a resource on whom people rely, which led us to the name Pivot CPAs. We are grateful to play a pivotal and trusted role in our clients' business and thrilled to be the ones our clients call with an idea or an issue. We are excited to be what may be the first CPA firm, at least in our market, to not be named after its partners. We're unique in what many think of as a commoditized industry, and the new brand demonstrates that.

Your firm recently opened a new office in Nocatee Town Center. What types of services does your new office provide?

It's not that we provide any different services in Nocatee – or our newly opened Gainesville office – than we do in our Ponte Vedra Beach office. It's really more of a reflection of our dedication to being in the markets we serve. It is no secret that Nocatee is growing quickly, and strategically we wanted to be there early. But it's just a further reflection of supporting that community.

What types of civic or charitable activities does Pivot support?

We have recently been significant sponsors behind the Roscolusa event in Nocatee – which ultimately benefits the Jay Fund – and we recently signed on as the official CPA firm of the Web.com Tour Championship in Atlantic Beach, which supports Wolfson and Nemours hospitals. Those are two of our more visible commitments, but it's consistent with our firm's culture of involvement with the communities we serve. Our approach to charitable endeavors is to encourage our professionals to get involved with charities in a board and



Photo by Jennifer Logue

advisory capacity, though many times, like the Donna Foundation, we just love the cause or have a personal connection to it. We're involved in close to 20 organizations, including Ponte Vedra Rotary, Boys & Girls Clubs of Northeast Florida, Daniel, Beaches Educational Foundation, the Cultural Center at Ponte Vedra Beach, Junior Achievement, Juvenile Diabetes Research Foundation, Girls Inc., the Ponte Vedra Woman's Club and so many more. We really stress the importance of giving back to the community.

You grew up in Atlantic Beach and have lived in all of the Beaches communities. What do you enjoy most about living on the First Coast?

I think there is a sense of pride on the First Coast that maybe you don't see in other parts of Florida. It's like we all

feel as though "we're in this together." There are so many different cultures here, from the beaches to the city. Having grown up here, I've kind of seen it all, and it's exciting – and it's still an exciting time to be here.

How do you enjoy spending your free time?

As typical as it may sound, I just enjoy being with my family and my kids. Whether it's chasing them around the ball fields or going to the beach, it's about that balance. I play some golf with "the guys" when I can, but my family comes first. When you put in the hours we all put in at Pivot, particularly from January through April, that time is so meaningful. It's something we stress within the firm – when you're out of the office, you're out of the office.

A sample of our listings



1299 PONTE VEDRA BLVD.
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315 PANTHER CHASE
\$3,350,000

241 N ROSCOE BLVD.
\$3,295,000 - with dock

113 CUTTER COURT
\$2,599,000

325 PANTHER CHASE TR.
\$2,350,000 - New Construction

9707 OAK HAMMOCK CT.
\$1,500,000 - 40 Acres in Deerwood

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804 HAWKS NEST
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REDUCED
7505 FOUNDERS WAY
\$1,475,000

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124 TEAL POINTE LANE
\$1,447,000

PABLO CREEK RESERVE

| | |
|-------------------------|-------------|
| 14358 COTTAGE LAKE | \$1,425,000 |
| 14126 MAGNOLIA COVE RD. | \$1,424,000 |
| 5239 BENTPINE COVE RD. | \$1,350,000 |
| 14043 MAGNOLIA COVE RD. | \$1,225,000 |
| 5221 BENTPINE COVE RD. | \$1,159,000 |
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\$1,099,000

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132 CLEARLAKE DR.
\$998,000

Pending
MARINA SAN PABLO #401
\$995,000

Under Contract
109 LAMPLIGHTER ISLAND CT.
\$920,000

7240 OAKMONT CT.
\$889,000

New Listing
MARINA SAN PABLO #306
\$699,900 - Rent for \$4,000/mo.

108 PALM FOREST PLACE
\$699,000 - Marsh Landing Lot

Found Forest
210 DEER COLONY LOT #4
\$695,000 - Marsh Landing Lot

3858 BRAMPTON ISLAND CT N.
\$675,000 - Jacksonville Golf & CC

MARINA SAN PABLO #705
\$499,000

145 KINGFISHER DR.
\$499,000 - Marsh Landing Lot

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\$1,189,500

Presented by Tricia Bowers
148 GOVERNORS ROAD
\$795,500

Presented by Tricia Bowers
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239 BELLE DR.
\$449,950 - Satsuma, FL

450 ROYAL TERN RD-S LOT #24
\$478,500 - Marsh Landing Lot

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\$396,000 - Jacksonville, FL

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All properties listed are in Ponte Vedra unless otherwise noted

| Thursday, July 6 | Friday, July 7 | Saturday, July 8 | Sunday, July 9 |
|---|--|---|---|
| <p>Harry Potter Trivia Throwdown “Harry Potter” fans ages 8-12 are invited to partake in this trivia challenge July 6 at the Ponte Vedra Beach Branch Library. From 2 to 5 p.m., kids will have the opportunity to showcase their knowledge of the Harry Potter book series in a game of Harry Potter Trivial Pursuit. After the game, there will be a showing of “Fantastic Beasts and Where to Find Them” on the library’s big screen with surround sound. Kids are encouraged to wear their favorite Hogwarts House colors. Children age 10 and younger must be accompanied by an adult. The Ponte Vedra Beach Branch Library is located at 101 Library Blvd.</p> <p>Fluidity & Nature’s Beauty, Life’s Pleasures Exhibit Fluidity & Nature’s Beauty, Life’s Pleasures Exhibit will be on display at the Cultural Center at Ponte Vedra Beach from June 26 through July 7. Created by Sharon Goldman, Doug Gerhart and Judy Gerhart, the exhibit’s works combine bold, bright colors and scenes of relective water to create an artistic tribute to summer. The artwork is on display in the Main and Community Galleries and can be viewed Monday through Friday, from 9 a.m. to 5 p.m., and Saturday from 10 a.m. to 4 p.m. Admission is free. The Cultural Center is located at 50 Executive Way. For more information, visit www.ccpvb.org or call (904) 280-0614.</p> <p>Concerts in the Plaza St. Augustine’s Plaza de la Constitución will host the oldest city’s summer-long concert series, “Concerts in the Plaza.” The series will provide free concerts featuring local musical entertainment every Thursday night at 7 p.m. On July 6, Doug Carn and the Lincolnville Brass Band will perform street parade jazz. All of the “Concerts in the Plaza” shows are free to attend, and visitors are encouraged to bring lounge chairs for seating. Picnic dinners are allowed, but alcoholic beverages are prohibited in the plaza.</p> | <p>Ancient City Game Fish Challenge From July 7-9, the annual Ancient City Game Fish Challenge will be held at the Camachee Cove Yacht Harbor in St. Augustine. The event, which will include a two-day Kingfish Tournament, a Backwater Challenge and a Junior Kingfish tournament, will open with a mandatory captains’ meeting July 7 at 7:30 p.m. Food trucks and live entertainment will be onsite July 8-9. All events will take place at 3070 Harbor Drive in St. Augustine, except for the captains’ meeting, which will convene at 3030 Harbor Drive. For more information, call (904) 824-8322.</p> <p>Live Music at Table 1 Table 1 at 330 A1A N. in Ponte Vedra Beach will host live music starting at 7:30 p.m. In addition to the entertainment, guests can enjoy bar bites starting at \$7 and 2-for-1 well drinks, domestic drafts and house wine by the glass.</p> <p>PV Professionals Networking Group The Ponte Vedra Professionals Networking Group meets Fridays at 9 a.m. at Watson Realty Corp., 615 Highway A1A N.. For more information, visit www.pvpng.com or email pontevedrapng@gmail.com.</p> <p>Coastal Wine Market Wine Tasting Coastal Wine Market hosts Friday wine tastings from 6 to 8 p.m. at 641 Crosswater Parkway, Suite B, Ponte Vedra Beach. Taste six wines for \$10. For more information, call (904) 395-3520.</p> <p>Cosmic Concerts at MOSH The first Friday of every month, MOSH visitors can attend “Cosmic Concerts” every hour on the hour from 7 to 10 p.m. in the Bryan-Gooding Planetarium. Complete with laser lights, high-definition images and digital sound, these concerts will overload the senses. Attendees are encouraged to arrive 15 minutes in advance of show times. Tickets are \$2.50 per person, per show for MOSH Members, \$5 for nonmembers. Laser glasses cost \$1. For more information, visit www.themosh.org or call (904) 396-6674.</p> | <p>Rick Ross and K. Michelle at Times-Union Center International recording artist Rick Ross will perform with R&B singer K. Michelle at the Times-Union Center for the Performing Arts at 8 p.m. July 8 as part of their Da Don and Diva Tour. Ross, an award-winning rap artist, released his ninth studio album “Rather You Than Me” earlier this year. Singer-songwriter and television personality K. Michelle is currently working on her fourth full-length album. Tickets are available at the Tom Bush Family of Dealerships Box Offices at the Times-Union Center and Veterans Memorial Arena, online at www.ticketmaster.com or over the phone at (800) 745-3000.</p> <p>Art Show at Cypress Village The Cypress Village Art League will present “We Are Family” from 2 to 4 p.m. July 8. The kinds of art featured will include water color, acrylic and oil paintings, as well as quilts. The work of Lew Jacobs will also be on display. Jacobs, who began painting in oil in 2000, has taught painting classes for seniors for several years. The opening reception will be held in Egret Hall on the Cypress Village campus at 4600 Middleton Park Circle East, Jacksonville and will be free and open to the public. Refreshments, wine and cocktails will be served.</p> <p>BFAST The annual Beaches Fine Arts Series Triathlons will be held July 8 at Mickler’s Landing in Ponte Vedra Beach. The races, which will begin at 7 a.m., will include a sprint distance race and an Olympic distance race. There will also be a post-race party with food provided by Taco Lu and beer from Bold City Brewery. All proceeds will benefit the Beaches Fine Arts Series’ free concerts and educational outreach programs. For more information, visit www.bfasracing.org.</p> | <p>Katz 4 Keeps Adoption Event Join Katz 4 Keeps July 8-9 for an adoption event helping cats and kittens find their forever homes. The event will be held each day from 11 a.m. to 3 p.m. at the Katz 4 Keeps facility located at 935B A1A North in Ponte Vedra Beach. For more information about this event or organization, call (904) 834-3223 or email info@katz4keeps.org.</p> <p>Christmas in July with the Jumbo Shrimp The Jacksonville Jumbo Shrimp will celebrate Christmas in July Sunday, July 9 at 6:35 p.m. as they take on the Biloxi Shuckers. The Jumbo Shrimp will play in ugly Christmas sweater jerseys that will be auctioned off during the game for charity. Auction winners will come down onto the field after the game to retrieve their jerseys from the players. Before the game, fans will also have the opportunity to meet Mickey Mouse as he roams the stadium. The Baseball Grounds are located at 301 A. Philip Randolph Blvd., Jacksonville. For tickets and additional information, call (904) 358-2846 or visit www.milb.com.</p> <p>Life Enrichment Group The Life Enrichment Group is designed for those with memory changes who want to remain mentally, physically and socially active, while giving caregivers and loved ones some free time for themselves. The program is offered daily, serving Jacksonville Beach and Ponte Vedra area. For more information call (904) 417-7354 or email life_enrichmentgroup@yahoo.com.</p> <p>Annie at Alhambra The classic Broadway musical “Annie” continues its run at the Alhambra Theatre & Dining on Sunday, July 9. The Alhambra’s summer family show, “Annie” tells the story of a Depression-era orphan who is chosen to live with a millionaire for a short time. A three-course dinner will be served starting at 5:30 p.m., and the curtain will rise at 7:30 p.m. The show will run through August 13. The Alhambra is located at 12000 Beach Blvd, Jacksonville Beach. For tickets and additional information, visit alhambrajax.com or call (904) 641-1212.</p> |

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PV2-LV39906

| Monday, July 10 | Tuesday, July 11 | Wednesday, July 12 | Thursday, July 13 |
|--|--|---|---|
| <p>Camp Cummer Week five of Camp Cummer sessions kicks off July 10 through through June 13. During these day camp sessions, children will print, draw, paint, work with clay and learn new facts and techniques behind the art in the museum's galleries and gardens. Sessions are intended for children in grades 1 through 6. Registration is required and costs \$180 per week for members and \$215 per week for non-members. For more information, email education@cummuseum.org or call (904) 355-0630.</p> <p>MOSH Daily Programs Join Jacksonville's Museum of Science and History for its Daily Animal shows. On Monday at 2 p.m., explore "Skin and Scales" in the Florida Naturalist's Center, during which guests learn about the cold-blooded world of reptiles and amphibians. Prior to the program at 1 p.m., museum-goers can witness the exploration of space in the Bryan-Gooding Planetarium during "Astronaut," an interactive venture lead by a test astronaut named Chad. For tickets and additional information, visit www.themosh.org.</p> <p>Theatre Jacksonville Camp Kids age 7 to 14 are invited to Theatre Jacksonville for a four-week theatre camp from July 10 through Aug. 4. Between the hours of 9 a.m. and 2 p.m., kids will take classes in acting, musical theatre, dance and improvisation, and will also take part in an original production written by camp staff. Theatre Jacksonville is located at 2032 San Marco Blvd. in Jacksonville. For more information, visit www.theatrejax.com.</p> <p>'Friends for the Arts' Get involved in the arts by joining a team of fellow art supporters at the Cultural Center at Ponte Vedra Beach. Help develop and support fundraising projects and help initiate special projects to benefit and promote the Cultural Center and the arts in our community. For more information, visit www.ccpvb.org/friends-for-the-arts.</p> | <p>Jax Beach Art Walk The Jax Beach Art Walk takes place on the second Tuesday of each month from 5 to 9 p.m. View the works of local artists and visit the participating businesses throughout the downtown Jacksonville Beach area. Some businesses will have live music and specials for patrons. Participating businesses will include Carrabba's Italian Grill, Jax Beach Surf Shop, Lynch's Irish Pub and more. Artists interested in displaying their work may email info@betterjaxbeach.com.</p> <p>Adult Coloring at the Library As part of their Adult Summer Reading program, the Ponte Vedra Beach Public Library will host an Adult Coloring event July 11 from 10 a.m. to noon. Guests are invited to relax and de-stress as they color their own "Build A Better World" coloring journals. Attendance is free and supplies will be provided. The library is located at 101 Library Blvd. in Ponte Vedra Beach.</p> <p>Sunset Rotary Club Meeting The Rotary Club of Ponte Vedra Beach Sunset meets Tuesdays from 6 to 7:30 p.m. at the Hilton Garden Inn. Community leaders are welcome to attend. For more information, call club President Janeene Hart at (904) 412-5409 or email jwhart1208@gmail.com.</p> <p>Tapas Tuesday The Cummer Museum of Art & Gardens presents Tapas Tuesday at the Cummer Cafe every Tuesday from 5 to 7:30 p.m. View the sunset on the Cummer Cafe patio while listening to local musicians and enjoying beer, wine or artfully inspired tapas for sale at the Cafe. Reserve your table by calling (904) 899-6022. For more information, visit www.cummuseum.org. The museum is located at 829 Riverside Ave.</p> <p>Lunch with a Curator at MOCA Join Museum of Contemporary Art Curator Jaime DeSimone July 11 from noon to 1 p.m. for a discussion of Gabriel Dawe's Project Atrium installation in progress. A boxed lunch will be provided from NOLA MOCA. Tickets are \$15 for members and \$20 for nonmembers. MOCA is located at 333 North Laura Street, Jacksonville. For more information, call (904) 366-6911.</p> | <p>Wednesday Market Each Wednesday from 8 a.m. to 12:30 p.m., approximately 60 to 80 vendors participate in the Wednesday Market in St. Augustine Beach. Vendors and artists display produce, prepared foods, local seafood, art, crafts and more, placing an emphasis on home-grown and homemade items. The market is held at the St. Johns County Pier Park at 350 A1A Beach Blvd, St Augustine Beach.</p> <p>Toastmasters Club Toastmasters Club #5199 of Ponte Vedra Beach meets every Wednesday at 7:30 a.m. at the Players Community Senior Center. These meetings will help attendees improve public speaking and gain leadership skills. The senior center is located at 175 Landrum Lane in Ponte Vedra Beach. Email Carmen at carmen@sardinas@gmail.com for additional information.</p> <p>Music by the Sea Concert Series The "Music by the Sea" concert series returns to the St. Johns County Pier for its 15th year, bringing free weekly concerts in a variety of genres from 7 to 9 p.m. every Wednesday. Visitors are encouraged to bring a chair or blanket. Dinner is offered for \$10 or less beginning at 6 p.m. The July 12 concert will feature Billy Buchanan & Free Avenue. The St. Johns County Pier is located at 350 A1A Beach Blvd. in St. Augustine Beach. For more information, visit www.sabca.org.</p> <p>Jacksonville Armada v. Puerto Rico Cheer on the Jacksonville Armada Football Club as they face off against the Puerto Rico Football Club in a July 12 soccer match at 8 p.m. at Hodges Stadium in Jacksonville. Tickets range from \$19 to \$23. Hodges Stadium is located on the University of North Florida campus at North Entrance Road, Jacksonville. For more information, visit www.armadafc.com.</p> | <p>Ted Nugent at the Florida Theatre Rock artist Ted Nugent will perform live at the Florida Theatre July 13 at 8 p.m. as part of his 2017 summer tour. Ticket prices range from \$32.50 to \$49.50. For more information, visit www.floridatheatre.com or call (904) 355-2787.</p> <p>Art of Cooking: Wine Pairing The Cummer Museum of Art & Gardens will host a wine tasting event from 6 to 8 p.m. July 13. Attendees will join Certified Sommelier Nathan Asaro of Stacole Fine Wines and Cummer Café's Chef Jamey Evoniuk to learn helpful tips for pairing wine with gourmet foods. Registration is required and is \$30 for members, \$40 for non-members. For registration and additional information, call (904) 899-6038.</p> <p>Concerts in the Plaza St. Augustine's Plaza de la Constitución will host the oldest city's summer-long concert series, "Concerts in the Plaza." The series will provide free concerts featuring local musical entertainment every Thursday night at 7 p.m. July 13, Bob and Joline Patterson's Friends of Mine Band will play classic folk music. All of the "Concerts in the Plaza" shows are free to attend, and visitors are encouraged to bring lounge chairs for seating. Picnic dinners are allowed, but alcoholic beverages are prohibited in the plaza.</p> <p>LEGO Club at the Library Kids ages 6 to 10 and their caregivers are invited to attend this club for LEGO-lovers Thursday, July 13 from 2 to 4 p.m. at the Ponte Vedra Beach Branch Library. With LEGOs provided by the library, kids will be able to build their own creations and form friendships with fellow enthusiasts in their age group. There will also be LEGO books on display for viewing. The Ponte Vedra Beach Branch is located at 101 Library Blvd. in Ponte Vedra Beach.</p> <p>Free calendar listings for community groups and nonprofit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to samantha@opcfla.com, post online at www.pontevedrarecorder.com using</p> |



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PV2-LV39854



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| <p>2-4-1 Mondays at The Sea View Grille Every Monday Evening</p> <p>Taco Tuesday Every Tuesday Evening</p> <p>Wing Wednesday Every Wednesday Evening</p> <p>Thursday Night Steak Out Every Thursday</p> <p>Prime Rib Saturdays Every Saturday</p> <p>Party Bridge Every Thursday Noon</p> <p>Prime Rib Saturday Every Saturday Evening</p> <p>Trivia Monday, July 10</p> | <p>Kids Painting Class Friday, July 14</p> <p>Book Club Tuesday, July 18</p> <p>Chef's Cooking Class: Chilling & Grilling Friday, July 21</p> <p>Kids Movie Night Friday, July 21</p> <p>Tour de Vin de France Saturday, July 22</p> <p>Tuesday Tasting Tuesday, July 25</p> <p>Kids Yoga Workshop Wednesday, July 26</p> <p>Kids Cooking Class Wednesday, July 26</p> |
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PV2-LV39853

WWII veteran takes Honor Flight to nation's capital

By Jennifer Logue

As First Coast families celebrated Independence Day, a Cypress Village resident was reliving new patriotic memories made on a recent Honor Flight to Washington, D.C.

World War II veteran Herb Seubert, 99, had an opportunity to visit the nation's war memorials and connect with other heroes through the Honor Flight program, which provides veterans with free trips to the capital. Seubert was one of 24 veterans to participate in his Honor Flight, which included veterans from World War II, Korea and Vietnam.

Accompanied by his daughter – who flew to Jacksonville from North Carolina to accompany her father – Seubert and his fellow heroes participated in a roll call at the airport in Orlando, where the

group departed to the cheers of hundreds of grateful Americans. They were greeted in Baltimore with similar fanfare along with a police escort to the capital, where the veterans viewed the memorials and relived old memories.

The greatest generation

Seubert, who grew up during the Depression, recalls reading in Life magazine in 1939 about a cadet flying program and a military career that was paying \$75 a month with room and board – good pay at that time. In 1940, he reported to flight school and when the United States entered World War II, he was among the first ferrying group to transport equipment to support the Flying Tigers in China.

Seubert stayed in the military through World War II and the Korean War and later became a meteorologist. Yet despite

his personal involvement in those two wars, it was the Vietnam Veterans Memorial that made the biggest impression on him during his Honor Flight to Washington, DC.

“The wall went on for what seemed like forever,” Seubert said. “It made you realize the cost of war and human life.”

Seubert credits his time in the military with introducing him to his wife. Flying to Nashville to pick up a B25, Seubert had a layover due to flight rules that prevented him from flying again that day. It was during that layover that he met his future bride, with whom he would share 71 years of marriage.

As he prepares to celebrate his 100th birthday in August, Seubert expresses nothing but gratitude to the United States of America.

“I was lucky to have been born in this country, in the 20th century, with parents that gave me the right values in life and worked very hard to get me off to a good start,” he said. “(America) is the greatest country the world has ever seen.”



Photo courtesy of Cypress Village
Veteran Herb Seubert, 99, recently visited the nation's capital on an Honor Flight for military veterans.



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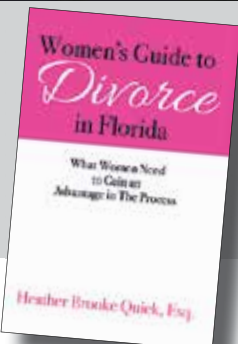
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Nease NJROTC's top cadets graduate Leadership Academy

Nease NJROTC, the top-ranked unit in NJROTC Area 12 for five of the past six years, recently restocked its cadet leadership ranks, sending nine cadets to the Area 12 NJROTC Leadership Academy in Gainesville, Georgia, from June 11-17.

The training brought together 240 cadets from 60 high schools in Area 12, which includes Northern Florida and the state of Georgia. The top Navy, Marine Corps and Coast Guard JROTC naval science instructors from the region directed the training, which covered leadership, precision drill, academics and physical fitness.

This year's attendees included rising seniors Medina Blekic, Robin Mendenhall and Harmon Rambo; and rising juniors Troy Barber, Emily Blackford, Sierra Carlson, Peyton Gustafson, Hailey Moorefield and Erin Sass. Cadet Mac Davis served as cadre during the week, assisting in the mentoring and training of the cadets. Naval Science Instructors

Captain Scott LaRochelle and Gunnery Sergeant Durwin Hanson worked as instructors.

"Without a doubt, some of the best training I've ever received," said Cadet Erin Sass. "I can't wait to put into practice what we learned once we start back up at Nease."

Several cadets received individual commendations for exceptional performance during the training, including Cadets Gustafson and Moorefield as number three overall male and female athletes; Cadets Barber and Sass as the number two overall male and female athletes; and Cadets Blekic and Gustafson as Honor Platoon cadets, the top overall cadets in their respective platoons. Cadet Barber also served as platoon commander for the overall top-rated platoon during the week.

"Best week of my life," said Cadet Troy Barber. "The week was nonstop go-go-go, and I can't believe how much we learned in such a short time."



Photo courtesy of Nease NJROTC

Nease NJROTC instructors and cadets participated in the weeklong Area 12 Leadership Academy at Riverside Military Academy in Gainesville, Georgia. From left: Captain Scott LaRochelle; Cadets Harmon Rambo, Mac Davis, Robin Mendenhall, Peyton Gustafson, Emily Blackford, Troy Barber, Sierra Carlson, Erin Sass, Medina Blekic and Hailey Moorefield; and Gunnery Sergeant Duane Hanson.



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K9s for Warriors holds open house at Nocatee facility

By Samantha Logue

Locally-based nonprofit K9s for Warriors held an open house June 29 at its Camp K9 facility in Nocatee.

With tour guides and trainers on site, locals had the opportunity to tour the Camp K9 facilities, including the warriors' clubhouse and living quarters. Located off Palm Valley Road, the organization helps to train veterans suffering from Post-Traumatic Stress Disorder, traumatic brain injury or military sexual trauma in the use of service dogs.

Two days prior to the open house, a ground-breaking ceremony was held at Camp K9 for a new training facility for warriors and their service dogs. The facility will help to prepare warriors for various situations they may face in public with their canine companions.

Founded in 2011, the idea for K9s for Warriors originated with Shari Duval, whose son Brett Simon served in Iraq as a military dog trainer and returned home suffering from PTSD. Since then, the program has had more than 300 warrior graduates, each paired with a companion for life.

Greg Wells, a warrior trainer at Camp K9, is also a graduate of the K9s for Warriors program and knows firsthand the adverse effects of PTSD.

"I served in Iraq and Afghanistan," Wells said. "I was sent home for PTSD, and so once I started going to the doctor, and they put me on medication, I was taking 14 pills a day. I felt like a zombie. I felt like I needed a companion, or something; something to make a change."

Wells said he first learned about the K9s for Warriors program from his wife, who had come across the organization's Facebook page.

"I checked them out and I applied, because I couldn't stand feeling like a zombie anymore," he said. "I couldn't stand living pill to pill, and I couldn't stand the way I was and the way I was treating my family."

Since completing the program, Wells said he can enjoy going out with his family again.

"I can take my wife and daughter out to dinner," he said. "We can have date night again. Something that I love to do is go to the movies, and I couldn't do it before. But I can go to the movies again, and I can have my own downtime, and I can feel like a normal person."

Wells now draws from his own experience to help train other warriors at Camp K9. It can take a few days for warriors to truly start bonding with their dogs, he advised, but once they do, it makes all the difference.

"Sometimes you see it really quick, sometimes you don't see it until the second week because they haven't bought off on the idea of being happy," Wells said. "Once they realize that they don't have to carry that stress, that they can let the dog do it, they start to really improve."

As for K9s for Warriors, Wells said: "It's a great organization. You don't just come here and get a dog. You get a family."



Photo taken by Susan Griffin:

K9s for Warriors holds a ground-breaking ceremony for its new training facility.



Photo courtesy of K9s for Warriors

K9s for Warriors Founder Shari Duval and President Brett Simon



Photo taken by Samantha Logue

Warrior trainer Greg Wells and dog Utah



Photo taken by Samantha Logue

Warrior graduate and Nocatee resident Bryan Foltz with dog Dell

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LETTERS TO THE EDITOR

Here we go again. There was an opportunity to take care of our St. Johns County budget concerns back in 2015. The opportunity was squandered by three commissioners who did not allow the referendum to be put on the ballot for a citizens' vote on a 1 cent sales tax increase. Not a commission vote.

We are now in 2017, and lo and behold our budget problems have only, you guessed it, worsened. However, this time we are closer to tapping out on our allotted reserves. No more rainy day fund for us!

In May, the county administrator and his staff held public hearings for the

2018 budget. They were instructed by the Board of County Commissioners to construct a budget using zero reserve funding. The bean counters did just that. The department heads made their requests for budget increases, most of which were denied.

How does all this impact us, you ask? It means even deeper cuts to an already streamlined county budget. We are no longer talking about our 10-year capital projects and infrastructure needs, which total \$292 million. We are not even talking about our deferred maintenance projects. By the way, most of these projects will now cost us even more because we have allowed the needed repairs and maintenance to linger. All of which is referred to as "kicking the can down the

road."

We are now talking about cuts to essential services such as transportation pavement management, law enforcement and fire services. These are the very services our government is required to provide. Why, there are already residents in some districts that are experiencing a lack of quality with these services.

Our county staff has done a terrific job of managing us through the hard times inclusive of Hurricane Matthew. Talk about a hit to our budget! They have had to work with less revenue over the last couple of years, which prompted them to make the necessary adjustments in spending. We are starting to see some improvement in property values, which in turn provides additional ad valorem

revenue. However, even with the growth there continues to be a funding deficiency. Did you know that our 2017 budget is \$60 million less than the budget was back in 2007 and with relatively flat ad valorem revenue? Not sure if we could cut any more spending.

Once again, there is a solution to our budget woes. One that does not involve the raising of our property taxes, one that would involve over 6 million tourists that visit St. Johns County annually, one that is easily executed and amounts to a 1 cent increase in our current sales tax and one that we were all denied once before.

Commissioners, please let "We the People" have a say and let us vote.

Victoria Corlazzoli
Ponte Vedra Beach

If you ask 100 people how they want their tax monies to be spent, you will get 100 different answers. We will never come to a consensus or total agreement on where all of our hard earned income should be dispersed or which essential and non-essential services are more important than others. Does anyone ever want to spend more money on taxes? NO.

But currently, St. Johns County is spending its reserves, in addition to cutting services. Since the recession, our balanced budget has relied on the dependence of our savings. One thing we can all agree on is that is no way to continue.

So, the elephant in the room is...where do we get the funds to cover the necessary expenses of our county? Of course, the biggest chunk of income for the county comes from property taxes. But, that money comes 100 percent from the residents, and 49 cents of each dollar goes to the schools and NOT our operating or capital budgets.

If you look around you, and your shopping receipts, the sales tax in Duval, Clay, Flagler and Putnam counties is higher than ours. Sales tax is not paid by residents alone, but approximately 35 to 40 percent is paid by tourists and non-residents. The state of Florida gets the first 6 cents of the sales tax, and our county schools are now receiving the 1/2 cent raise. Any increase here would go right to the needs of our county.

Currently, the county is working on its 2018 budget. And they are looking at which

essential and non-essential services will be further reduced. If we were to increase our sales tax by 1 percent, that would bring in approximately \$28 million to our county in the next year alone. Yes, I know, all of you naysayers will say this will not solve all of our financial woes, but it's a pretty good chunk of green. And only some of it is coming out of my pocket.

Write and call your county commissioners NOW; just ask them for the right to allow us to vote! If our county residents want the sales tax increase and benefits it will bring, then we should have the right to vote on it. We need the commissioners to add it to their July 18 meeting agenda. Come October, when the new budget will be finalized, it will be too late to do anything about 2018, besides just wish we had done something sooner.

Lisa Cook
Ponte Vedra Beach

SHORT TAKES

Harry Potter Magic Show

Elementary school-age children and their parents are invited to attend a magic show at the Ponte Vedra Beach Public Library celebrating the "Harry Potter" book series. Meant as a summer reading wrap-up event, the July 20 show will have two performances and will feature local comedian-magician Mark Alan. Performance times will be from 2 p.m. to 3:15 and 4 p.m. to 5:15, respectively, and kids are encouraged to dress up in the colors of their favorite Hogwarts Houses. The library is located at 101 Library Blvd.



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Hurley celebrates 10 years at Mission House

By Samantha Logue

Mission House, a local nonprofit organization dedicated to assisting the homeless of the Beaches communities, celebrated its 20th anniversary this past February. With cake and sparkling cider, staff at Mission House's Jacksonville Beach facility gathered once more last week to celebrate yet another anniversary – that of Ponte Vedra resident Rhonda Hurley's employment there.

Hurley, who is currently the Mission House clinic manager, has been working with the organization for the past 10 years. Going forward, she will be transitioning into a part-time role, which is a concept that has left her with mixed feelings.

"It's mixed because I have decided to go part-time, and it's just like I'm giving up a whole part of everything that I do," Hurley said. "And even so, it's been a blessing because I don't have to worry about so much. So I have a lot of relief of not having to worry about how everything's going to go. I am getting older, I have a grandbaby, so it's good. I feel good."

According to Hurley, her original decision to get involved with Mission House was made at a difficult time in her life.

"I had gone through one of those 'bumps in the road,' and I had been married 28 years, and [then] wasn't married," Hurley said.

"Once I got through the 'feeling sorry for yourself,' angry and all that, I figured it was time to do something else. Someone said, 'How about Mission House?'"

As for why she stayed with the organization for so long, Hurley said, "It was an eye-opener. And I love it. I loved it then, and I love it now. I always feel like God put me here for a particular reason, and I was supposed to be here."

Mission House Executive Director Lori Delgado Anderson, who organized the anniversary party, said that Hurley began working with the organization as a part-time volunteer and eventually worked her way up to the position of clinic manager.

"Although Rhonda is not a licensed medical person, many of our volunteers think she is because of her vast knowledge of what we do," Anderson said. "She ran the clinic with the medical directors for the past 10 years on her own, writing referrals, working with our partner agency We Care, scheduling the all-volunteer staff, training volunteer staff and doing intakes for new patients."

"And Rhonda does a lot more than just work here," Anderson added. "She's with Heartstrings, which is a group that gives to the community. She does an annual fundraiser for Mission House, which this year, she helped us raise close to \$7,000 with her annual Mardi Gras party."



Photos by Samantha Logue

Rhonda Hurley with Mission House Executive Director Lori Delgado Anderson.

In addition to Hurley's fundraiser, Mission House hosts an annual "Compassion by the Sea" fundraiser, which will be held in October at the Casa Marina Restaurant and Hotel in Jacksonville Beach. Funds raised will go towards the organization's many community outreach initiatives, including providing healthcare to the uninsured, as well as feeding the homeless and assisting them with finding jobs and housing.

"We want everyone to know how much we appreciate all that Rhonda has done for the Mission House clinic in her generous, giving and loving way," Anderson said. "Rhonda is like no other."



Rhonda Hurley blows out the candles on her anniversary cake.

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Sunset Rotary installs new president



Photos by Susan Griffin

Janeene Hart passes the gavel to new Sunset Rotary President Cyndi King



Incoming VP Brian Anderson, Incoming President Cyndi King, Outgoing President Janeene Hart and new District Governor Brent Coates



New Rotary District Governor Brent Coates

The Rotary Club of Ponte Vedra Beach Sunset installed its new officers for the coming 2017-2018 year last week.

President Janeene Hart passed the gavel to incoming President Cyndi King, who was installed by incoming District Governor Brent Coates.

One of Ponte Vedra's two Rotary clubs, the Sunset Rotary group meets

Tuesday evenings at the Hilton Garden Inn. The club was recently recognized at the Rotary District conference, garnering a Premier Club Award and Public Image Award at the District 6970 conference held in Atlanta in conjunction with the Rotary International Convention attended by more than 21,000 Rotarians and guests from around the world.

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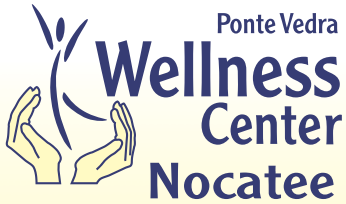
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July 6, 2017
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Sawgrass Spa Exterior

Photo submitted by Marriott Spa



Spa retail lavender set

Photo by Jennifer Logue

Local summer spa specials

By Samantha Logue

Summer is in full swing, and that means days of lounging by the pool and sea. While the warm, sunny weather can do wonders for stress relief, however, it can also wreak havoc on the skin. This season, the following local spas are offering seasonal specials to pamper and rejuvenate the body and help it keep that summer glow.

The Spa at Ponte Vedra Inn & Club

Located along the Ponte Vedra oceanfront, the Spa at Ponte Vedra Inn & Club is offering three seasonal specials this summer, the first of which is a “Lavender Limeade Sea Salt & Citrus Pedicure,” starting at \$65. The treatment, which lasts 50 minutes, includes a lavender hibiscus mineral bath soak, a citrus grass sea salt scrub with organic alfalfa powder, and a citrus “Hello Yello” shea butter massage. This special is also applicable for a manicure.

The “Watermelon Cucumber Cooler” special, which starts at \$200 for 80 minutes, includes an herbal citrus-cilantro oil rub, an exfoliating watermelon and basil oil scrub and a 50-minute body milk massage with scents of melon and cucumber.

The last special starts at \$145 for a 50-minute “Strawberry Lavender Himalayan Facial.” The facial begins with a green tea milk wash made with coconut milk and green tea extract for hydration. Next, skin is exfoliated with a mask comprised of rice powder, strawberry extract, clay and lavender buds, and is then soothed with a lavender-hibiscus steamed towel compress with Himalayan salt and organic flower

petal. The treatment concludes with a firming peptide-infused moisturizer.

The Spa at Ponte Vedra Inn & Club is located at 302 Ponte Vedra Blvd.

For additional information, visit www.pvspa.com or call (904) 273-7700.

The Sawgrass Spa

While Sawgrass is best known for its golf course, the Sawgrass Marriott Spa is offering many noteworthy specials that will be available weekly, Monday through Thursday, throughout the month of July.

One special, the “BIOTEC Line Eraser Facial,” is an anti-aging treatment that uses a BIOTEC machine to smooth wrinkles and keep skin healthy and energized. This treatment can either be purchased at \$140 for 50 minutes, or \$195 for 80 minutes. Another package being offered is the 80-minute “Elemis Frangipani Wrap,” which includes a salt scrub, body wrap, warm towel and foot massage and scrub for \$175. The Sawgrass Spa is also offering a “Weekday Wellness” special, which includes a classic 50-minute facial for \$99.

The Sawgrass Marriott Golf Resort & Spa is located at 1000 PGA Tour Blvd. in Ponte Vedra Beach. For more information, call (904) 674-4772 or visit www.marriott.com.

Poseidon Spa

St. Augustine’s famed Casa Monica Hotel is home to the new Poseidon Spa, which is currently offering several “Sun-Kissed Splendor” specials through Aug. 31.

Each of the “Sun-Kissed” treatments, which include a facial, pedicure and massage, incorporate honey-rich prod-



The Spa at the Ponte Vedra Inn & Club

Photo by Jennifer Logue

ucts in order to invigorate and repair sun-soaked skin. The facial includes a purifying cleanse, steam, skin analysis, exfoliation, optional extractions, a redness relief signature face massage and more. The massage, on the other hand, includes an antioxidant-rich face massage and honey foot hydration with a customized pressure massage to hydrate skin and improve circulation. Both the facial and massage are priced at \$140 for 50 minutes or \$205 for 80 minutes, and can each be upgraded to include additional services for a \$70 upcharge. The 50-minute pedicure is \$65 and includes a soak, exfoliation, skin massage, masque, polish and more.

The Poseidon Spa is located at 53 King St., St. Augustine. For more information, call (904) 819-6115 or visit www.casamonica.com.

The Spa at One Ocean

Located on the shores of Atlantic Beach, The Spa at One Ocean is offering the following two specials, which patrons can take advantage of through

Sept. 30.

For those seeking to soften their touch, the “Sea Salt & Sunflower Mani/Pedi Renewal” might be beneficial. The 90-minute treatment begins with a detoxifying sea salt mineral soak, followed by a shea butter and sugar coconut scrub to smooth the skin. Next, skin is repaired with a vitamin A and antioxidant-rich sunflower honey butter serum. Finally, after the hands are massaged with a nourishing lotion, the nail polish is applied. The cost of the treatment, including the service charge, is \$125.

The second special is called the “Endless Wave Experience,” and it includes a full-body Himalayan salt exfoliation treatment, as well as a full-body massage with organic essential oil marine gel. The cost of this two-hour treatment is \$295, service charge included.

One Ocean Resort & Spa is located at 1 Ocean Blvd., Atlantic Beach. For more information, call (904) 249-7402 or visit www.oneoceanresort.com.

Summer is the season to kickstart your exercise routine



By Nemiah Rutledge

Special to the Recorder

Nemiah Rutledge
Guest Columnist

People often jump into extreme workout regimens to get “summer-body”-ready for the beach. However, when we move past June, even the most well-intentioned exercisers sometimes let fitness fall to the wayside due to vacations, family holidays or poor weather conditions. In fact, 52 percent of

people delay exercise due to summer weather conditions, according to the Journal of Sport and Health Science.

What many people don’t realize is that summer is the perfect time to add exercise into their lives. Longer daylight hours, less rigid work schedules and fewer child care demands mean you have time to establish an exercise routine that fits your work-life balance and can keep you toned not only during the summer, but also throughout the year.

If you’re ready to start your exercise routine, here are a few best practices:

Stay hydrated and cool. The summer heat and humid-

ity cause the body to work harder, so the most important rule of exercising this summer is to stay hydrated. The benefits of exercise are outweighed by the potential negatives of dehydration or heat exhaustion. However, hot weather doesn’t mean you can’t exercise. Nearly every exercise you can do outside can also be done inside, whether in your house, a gym or even your workplace. If you exercise outside, do it in the early morning to avoid peak sun times.

Be consistent. The hardest part for many people trying to get fit isn’t the exercise itself, but finding the time to exercise. It’s crucial to make a workout schedule and stick to it, or you may continue pushing it off to go to the store, watch Netflix or work on a project. Set realistic goals for yourself; if you’re short on time, you may want to focus on consistent exercise for 15 to 20 minutes each day. The morning is one of the best times for an exercise program, as you will wake up faster and burn more calories than at other times of the day.

Stay accountable with workout partners. One of the best ways to reach your fitness goals is by working out with friends or exercise buddies. Research from the University of Aberdeen found that people were more likely to be motivated to work out when they had a fitness partner.

If you own a business, a slower summer work pace makes it the perfect time to introduce a corporate exercise program. Workplace training is a good bonding activity and can increase employees’ productivity.

Mix up your routine. Exercise can feel like a chore when you do the same routine every time. You should incorporate different types of fitness regimens, such as aerobic, strength, balance or flexibility training. Then, try different exercises within those categories. For example, if you like cardio, mix it up by doing Zumba one day, then kickboxing another. Not only will the variety hold your interest better, but the combination will help you realize several fitness goals simultaneously and ultimately help you change your body for the better faster.

By establishing a customized, regular workout routine for yourself this summer, you can look great at the beach while also working toward your long-term fitness and health goals.

Nemiah Rutledge is the founder and owner of Body Paradox, a Jacksonville-based fitness company that provides corporate and personal fitness training. For more information on his exercise programs and philosophy, visit BodyParadox.com.

Local plant-based chef offers new delivery service



Photo courtesy of Sprout Kitchen

A St. Augustine-based chef is sprouting a new business, offering a weekly delivery service that provides plant-based meals, juices and smoothies to residents of the Ancient City, Jacksonville and the surrounding areas.

According to Chef Forrest Masters, the intent behind Sprout Kitchen is to make it less difficult for her customers to maintain a healthy lifestyle.

“Our products are 100 percent whole-food, plant-based, non-GMO and gluten-free, as well as organic and locally-sourced, when possible,” Masters said. “I want to make it easy and accessible for people to eat nutritious meals by delivering them fresh and ready-to-eat.”

Masters, who works in the West King neighborhood of downtown St. Augustine, has more than 13 years of experience in the health and wellness industry. She began her culinary career as a chef at The Present Moment Café, a popular raw and vegan gourmet restaurant in St.

Augustine, before serving as head chef at Ann Wigmore Natural Health Institute in Puerto Rico. From there, Masters went on to become the general manager and opening consultant for acclaimed nutritionist and best-selling author Kimberly Snyder’s organic café, Glow Bio, in Los Angeles.

“My passion is to educate people about the many benefits of incorporating more plant-based, whole foods into their daily routine,” Masters said. “I like to say that when we eat plants, we ‘eat pretty!’ Food should be bright, vibrant and beautiful. The wider array of colors you eat, the more nutrients you get.”

Sprout Kitchen currently offers plant-based meals, soups, healthy desserts, organic cold-pressed juices and whole food smoothies à la carte. Wellness programs are also available, including plant-based meal programs, custom cleanse packages and private or group cooking classes.

Sprout Kitchen offers weekly delivery services every Tuesday between 8 a.m. and 2 p.m., depending on location. There is a minimum weekly order cost of \$30, with an additional delivery fee. For more

Chef Forrest Masters

information, call (904) 217-4954, email info@thesproutkitchen.com or visit www.thesproutkitchen.com.

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Florida's poison control centers issue summer safety tips

As summer gets into full swing in the Sunshine State, the Florida/USVI Poison Information Center in Jacksonville is advising residents to keep summer safety top of mind.

"Poison control centers see an uptick of calls during the summer months," said Dr. Jay L. Schauben, director of the Florida/USVI Poison Information Center – Jacksonville. "The kids are out of school, families are enjoying the outdoors, and unfortunately that can lead to the potential for an increased number of potentially toxic exposures."

The center offers the following tips to help ensure a safe summer:



Insect Repellent Usage:

- Read and follow product instructions carefully; some products are not meant to be applied to the skin.
- Do not apply onto a child's hands,

eyes, mouth, or cut/irritated skin; spray repellent onto adult's hands then apply to child's face. Do not spray on children's hands because they tend to rub their eyes or mouths.

- Do not use combination sunscreen/insect repellent products. Sunscreen needs to be reapplied every two hours, but repellent should not be reapplied.
- DEET should not be used on children younger than two months old.
- After returning indoors, wash treated skin with soap and water.



Snakes and Spider Bites:

- If you believe you've been bitten by a venomous snake, proceed to an emergency department or call 911 if there is trouble breathing or the patient is unconscious. You can call the poison center for additional advice.
- If bitten by a snake, remove jew-

elry and tight clothes, immobilize the extremity if possible, keep affected area at or below the heart, and wash the area gently. Do not feed the victim, make cuts or place ice on the bitten extremity, or apply a tourniquet.

- Call the poison control center immediately if you have been bitten by a spider.

Other Outdoor Hazards:

- At the beach, a spray bottle of vinegar can be used as first aid for jellyfish stings. Call the poison control center for specific treatment advice.
- Treat all wild mushrooms as poisonous unless you can absolutely identify

SAFETY continues on **Page 23**

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First Coast family business offers 'Conscious SunCare' alternatives to commercial sunscreens

By Jon Blauvelt

With concerns about the dangers of commercial sunscreens mounting, a First Coast family business is offering alternative solutions for protecting your skin from the sun this summer.

St. Augustine-based Tribe Apothecary features an array of "Conscious SunCare" products formulated with natural ingredients that are free of synthetic, genetically modified or petroleum-based elements. The products include two different sun block formulas, a few lip balm options and an aloe and green tea after-sun spray—each of which are formulated from scratch by owner Lauren Estes in her St. Augustine home.

"All of my ingredients that I purchase are organic and fair trade," Estes told the Recorder. "It's important to stick to the very natural and simple alternatives for caring for our bodies."

Nut butter, cocoa butter, coconut oil, beeswax, non-GMO vitamin E, non-micronized zinc oxide and organic cacao are among the many ingredients Estes uses to formulate her Tribe Apothecary products. She started creating her own sun care formulas in 2014 after her husband Dustin, an avid surfer and owner of St. Augustine Surf School, told her that the commercial sunscreens weren't staying on his skin in the water. In addition, Estes started becoming more and more aware of the dangerous chemicals that she says characterize these sun block products, including oxybenzone, which she said is both hazardous for human health and the environment.

So, she started experimenting with formulas at her house until she arrived at her current products, which are thick and water resistant to create a barrier of protection from damaging UVA and UVB

rays, and also to moisturize and nourish the skin. Estes first provided the homemade, natural sunscreen to Dustin and their three daughters, and then instructors at Dustin's surf camps began using it as well. Soon enough, parents of the camp's participants started asking about the sun care products, so Estes began selling her formulas in 2015.

Two years later, several stores in St. Augustine carry Tribe Apothecary's sunscreen products, including Savage Swim, The Rosy Cheek and Cambium Surf Shop. A tin of the zinc-based sun block, which can last for more than a year, costs \$12. Estes noted that her second sun block formula, which is also \$12, is a recent creation that includes organic cacao, which results in a slightly browner tint that matches the skin tone of people with darker skin.

Tribe Apothecary's lip balm is \$4, and the after-sun spray is \$11. The business also sells a number of other balms, salves, ointments, creams and herbal treatments for first aid, pain relief, rashes and general skin care. More information can be found about the business and its products at www.tribeapothecary.com or by calling 904-806-5507.

"No one wants a sunburn or increased skin damage, but there is a safe and effective solution," said Estes on her business' Facebook page. "Tribe Apothecary Sunblock...from our TRIBE to yours."



Tribe Apothecary's two sun block formulas



Photos courtesy of Tribe Apothecary

Tribe Apothecary owner Lauren Estes displays the various sunscreen and skin care products that her business sells.



Aloe and green tea after-sun spray from Tribe Apothecary



Shaylee Estes holds up a tin of the Tribe Apothecary sun block.



Sunny Estes displays the business' new sun block tinted with organic cacao.



Lauren and Dustin Estes' daughters Sunny, Sage and Shaylee wear Tribe Apothecary's zinc-based sun block.

Safety

Continued from 24

them as a non-poisonous variety. Last year, Florida's Poison Control Centers treated more than 100 mushroom ingestions in children ages 6 and under.

- Apply a baking soda paste to insect stings, including fire ants, bees, wasps and caterpillars. Call the poison control center for more specific treatment advice.



Pool Chemical Safety:

- Ensure you are in a well-ventilated area when using pool chemicals.

- Follow the product instructions carefully.

- Do not store pool chemicals where other flammable items may mix with them (i.e. pool chemicals and fertilizer).

- Never mix pool chemicals because it could create a toxic gas.

- Always keep pool chemicals stored up and away from children.

product is properly stored and disposed of according to the label.

- Keep all pesticides in their original containers.

- Avoid using products that require leaving powder or pellets in areas where children or pets may have access to them.

Proper Pesticide Use:

- Read the entire label and follow product instructions; make sure the

Feel your best when the mercury rises



Warm weather invites all types of relaxing thoughts and behaviors. People embrace various ways of relaxing in the summer, from choosing lightweight clothes to spending more time on recreational pursuits to streamlining certain beauty practices.

Summer beauty routines may require minor changes to accommodate some of the environmental effects of hot weather and humidity. Consider the following tips to look and feel your best when the mercury rises.

Try tinted moisturizer. A carefree, breezy look often means not being weighed down by a lot of makeup. It may be possible to skip foundation and rely only on concealer to cover up small blemishes or alleviate dark circles under the eyes. Another option to try is tinted

moisturizer, which can keep skin supple and offer a light amount of color to even out pigment. BB creams also can provide you with an all-in-one beauty product, as such creams frequently contain sunscreen, color tinting and anti-aging ingredients.

Get a healthier glow. Many people equate health and vitality to tan skin. However, spending time outdoors in the sun or using indoor tanning beds that expose you to UV rays can increase your risk of skin cancer, including dangerous melanoma. Melanoma accounts for more than 9,900 of the roughly 13,000 skin cancer deaths each year. Sunless tanners and bronzers can give skin that sun-kissed look without the downside of exposure to UV rays. Those who must go out in the sun should wear a wide-

brimmed hat and limit their exposure between the hours of 10 a.m. and 4 p.m., when the sun's rays are at their strongest.

Don't fight the elements. Many people go to great lengths to change what nature gave them. For example, those with curly hair will spend hours with straightening irons or special serums. Try to embrace the elements and your natural hair texture this summer. Use a product to keep frizz away and let hair air dry. Wavy, beach-inspired hair screams summer and can give you that carefree look.

Protect hair and skin. Relaxing in the summertime sun does not mean you should forgo protection. Remember to always apply sun block to all parts of your body. Some hair products contain sun block to protect the scalp, and men who shave their heads or are naturally

balding should be diligent about applying sun block to the top of their heads. Don't forget to apply sun block to the tops of your feet and your ears.

Rinse hair after swimming. Chlorinated water and even saltwater can affect the color and texture of your hair. Those who color their hair may find frequent laps in the pool can change the hue of their hair or prevent color from lasting as long as it once did. Wet hair before going in the pool, and rinse out salt and chemicals afterward. A small application of leave-in conditioner before entering the water can help seal the hair cuticle and keep chemicals from being absorbed.

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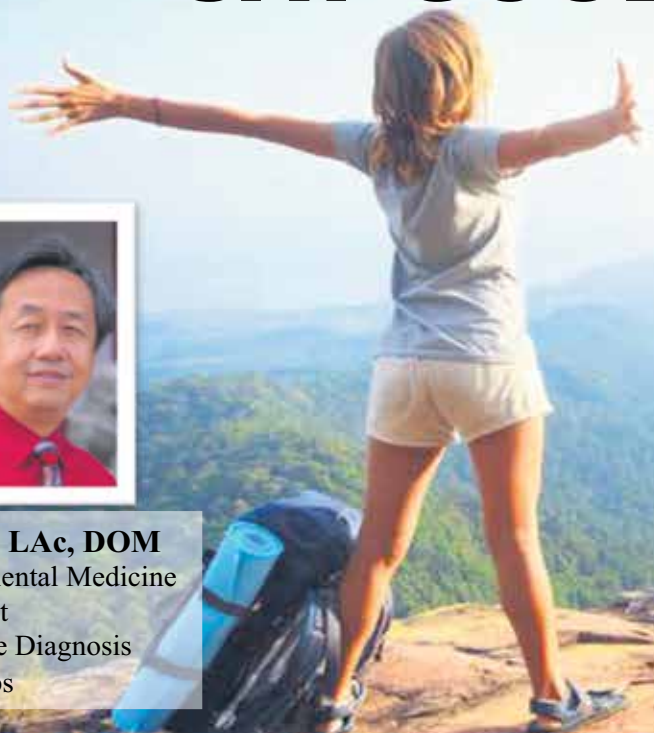
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OBITUARIES

Glenn E. Sisler

Glenn E. Sisler, M.D., formerly of the Plantation at Ponte Vedra, died June 21, 2017, of a lengthy illness. He was being cared for at the Derfer Health Care Pavilion at Fleet Landing in Atlantic Beach where he had recently relocated.

He was born in Ohio and raised in the Detroit area. Glenn graduated from Harvard University, class of '57; NYU Medical School in 1961; and completed his surgical and cardiothoracic surgical residencies at NYU-Bellevue in 1971. He practiced in central New Jersey until his retirement in December 1999. He was on the staff of Robert Wood Johnson Medical School and several hospitals in the area. In addition, he served two years in the United States Navy during the Vietnam era: one year as a surgeon on the Saratoga and one year at the then newly opened hospital at N.A.S. Jax. His time spent here contributed to family vacations in the area and his ultimate decision to settle here in retirement.

Glenn is survived by his wife, Charon, to whom he was married for 58 years; sons, Daniel (Carla) of Laguna Niguel, California, and Christopher (Susanne) of Middletown, New Jersey; daughter, Laura of Jacksonville; and four grandchildren, Sonya, Charlie, Stephanie and James.

He had been a president of the NJ Society of Thoracic Surgeons, member of the Navy League and voted by his peers as the thoracic surgeon they'd be most likely to refer their patients or family.

His interests were golf, history, travel, country and family.

He was a parishioner of Palms Presbyterian Church at Jacksonville Beach, where a memorial service will be held July 27 at 11:00 a.m.

In lieu of flowers, donations may be sent to the Wounded Warriors Foundation. Please visit the online tribute at www.quinn-shalz.com. Services are under the direction and care of Quinn-Shalz Family Funeral Home.



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Mitchell Montgomery

Mitchell Montgomery, 71, of Jacksonville Beach, died June 26, 2017. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalle.com

Joan O'Shea

Joan O'Shea, 90, of St. Augustine, died June 27, 2017. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalle.com

Chandrakant Raojibhai Patel

Chandrakant Raojibhai Patel, 83, of Ponte Vedra Beach, died June 27, 2017. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalle.com

William "Bill" Rosenblatt

William "Bill" Rosenblatt, 78, of Ponte Vedra Beach, died June 25, 2017. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalle.com

Irvin L. Taylor

Irvin L. Taylor, 89, of Ponte Vedra Beach, died June 23, 2017. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalle.com

To place an obituary, please call the Recorder office at 904-285-8831.

SHORT TAKES

Puddles Pity Party

Known by many for his viral cover of Lorde's "Royals," Puddles, the sorrowful, seven-foot, singing clown will perform at the Ponte Vedra Concert Hall Friday, July 14. Starting at 8 p.m., Puddles will give an emotional performance that will combine music with humor. Tickets start at \$33 and the venue is located at 1050 A1A North in Ponte Vedra Beach. For more information visit www.pvconcerthall.com or call (904) 209-0399.

Art for Tots

The Cummer Museum of Art & Gardens will host an art class for toddlers ages 24 to 36 months and their accompanying adults. Designed to help develop sensory and motor skills through art, movement, music and storytelling, the class will take place from 9 to 10 a.m. on Saturday, July 15 at 829 Riverside Ave., Jacksonville. The cost for members is \$15 per pair, \$20 per pair for non-members. For more information, visit <http://www.cummer-museum.org/>.

Lorrie Morgan at the Ritz Theatre

Country songstress Lorrie Morgan will perform at the Ritz Theatre Friday, July 28 at 8 p.m. A four-time winner of the Country Music Awards' "Female Vocalist of the Year" award, Morgan released her most recent album, "Letting Go...Slow" last year. Tickets are \$44. The Ritz Theatre is located at 829 North Davis St. in Jacksonville. For additional information, visit jaxevents.com.

Sisterhood of the Traveling Plants

The Lightner Museum will host a floral arrangement demonstration by the local ladies of the "Sisterhood of the Traveling Plants" Sunday, July 23 from 4 to 6 p.m. From instructors Marilyn Smith and Cathy Snyder of the Garden Club of St. Augustine, visitors will be educated in the elegant floral arrangement techniques of the late 19th and early 20th centuries. The event will be held in the museum's East Room Gallery and light refreshments will be served. The Lightner Museum is located at 75 King St. in St. Augustine.

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Family-friendly 'Annie' promotes unity across the political divide

By Samantha Logue

Well-known for its uplifting and catchy theme "Tomorrow," the popular Broadway musical "Annie" is a moving and heartwarming show that resonates with theatre-goers of all ages. While recognized by many for its memorable score, fans of the feature film might be surprised by the more overt political message of the stage show. Boasting a cast that is brimming with both new talent and old, the Alhambra Theatre & Dining's production stays true to the original show, portraying its message of positivity through adversity, even in times of societal unrest.

Originally produced in 1977, "Annie" is based on Harold Gray's "Little Orphan Annie" comic strip and follows the story of an 11-year-old orphan living in New York City at the height of the Great Depression. When Annie is invited to spend two weeks living with billionaire Oliver "Daddy" Warbucks, she experiences many wonderful things for the first time, not the least of which being the love of a father. Annie is still determined to find her birth parents, however, so Warbucks commences a nationwide search. Eventually, Annie is thrown into the emotional conflict of choosing between the parents she has always longed for and the "Daddy" she has come to love.

In the Alhambra production, the dynamic between Daddy Warbucks and Annie - portrayed by Mark Poppleton and Jena



Annie explores New York City with Grace Farrell and Daddy Warbucks.

Simmons - is both comical and touching to witness. Poppleton's Warbucks is a believable "fish out of water," charmingly bemused by the emotion he feels for Simmons' sweet and innocent Annie. (Simmons, one of two girls cast in the lead role, will share the part of Annie with Beaches native Carlie Barnes throughout the show's run.)

The show is well-cast, sporting an excellent ensemble that supports the main characters well. One noteworthy performance is that of Jennifer Medure as Grace Farrell. She performs the part with such talent and ease that it is difficult to believe that "Annie" is Medure's first professional theater credit.

While fans of both the stage show and the film adaptations of "Annie" will recognize the overarching theme of optimism skillfully portrayed in the Alhambra production, those who first experienced the musical on the silver screen might be caught unawares by its politics.

When the show was first translated to film in 1982, several of the original songs were replaced with new songs

written expressly for the movie. "We'd Like to Thank You, Herbert Hoover" and "A New Deal for Christmas," for instance, did not make the cut, both of which possess strong political references. The scene where Annie meets President Franklin Roosevelt is of course included in all versions of the show, as it is the iconic moment when Annie reminds not only those on stage, but the entire audience of the power of a positive attitude. By the end of the scene, she has both Republicans and Democrats alike singing together, literally, in harmony.

Overall, the Alhambra's production of "Annie" stays faithful to the original stage production, and in so doing highlights the timelessness of the show. Political turmoil is something every generation experiences, and the optimistic message of positivity and unity that "Annie" promotes, regardless of political leanings, is quite refreshing.

"Annie" runs at the Alhambra Theatre & Dining through Aug. 13. For a fun family night out, and perhaps even an attitude adjustment, this show is definitely worth seeing.



Miss Hannigan, Rooster Hannigan and Lily St. Regis.

Cutter & Cutter to host watercolor artist Dean Mitchell



Photo courtesy of Cutter & Cutter Fine Art

Award-winning watercolor artist Dean Mitchell will visit Cutter & Cutter Fine Art's Sawgrass Village location Friday, July 21 for a special exhibition of his work.

To be held from 6 to 9 p.m. at the gallery located at 333 Village Main St. #640, the exhibition is an encore appearance for Mitchell, who visited the business' St. Augustine location in May.

Mitchell is known for his figurative works, landscapes and still life. In addition to watercolors, the artist is also accomplished in egg temperas, oils and pastels. His work has been featured in several publications, including the New York Times, Christian Science Monitor, American Artist, Artist Magazine, Fine Art International and Art News.

Mitchell's work can also be found in museum collections across the country. Throughout his career, he has received many honors, including the American Watercolor Society Gold Medal and the Allied Artist of American Gold Medal in Watercolor and Oil.

Ponte Vedra Beach native organizes theater camps during her summer break



Photo courtesy of Cathy Jones Photography

Emily Suarez

By Jon Blauvelt

A Ponte Vedra Beach native and rising sophomore at Carnegie Mellon University is helping to organize a series of theater camps in Jacksonville for kids during her summer break.

Emily Suarez, a recent graduate of the Douglas Anderson School of the Arts who grew up near PVPV-Rawlings Elementary School, has collaborated with four other recent graduates of the Jacksonville-based performing arts school to form Shortstack Theatre Company, which is working to teach the next generation of budding, local stars by producing the kind of camps they know kids will enjoy. The Shortstack members, who are all enrolled in theater-related BFA programs at colleges around the country, are teaming up with The 5 & Dime Theatre Company to hold the camps at its location in downtown Jacksonville.

“We’re building every aspect of it, and they’re just really holding our hands through it and helping us get to where we need to be with it all,” said Suarez, “which is really wonderful of them to give us this opportunity and to trust us so much.”

Suarez explained that the members of Shortstack are building upon years of relationships with the founders of The 5 & Dime, who also happened to be interested in incorporating an educational component into their theater company.

“They approached us, and we liked the idea,” said Lee Hamby, the managing director of The 5 & Dime, who was also Suarez’s first musical theater teacher when she was in fifth grade. “From the ground up,

they’ve been working very hard to get this ready.”

Suarez and her cohorts at Shortstack are offering three one-week camps at The 5 & Dime over the next month. The first camp will take place July 10-14, providing kids ages 5-10 the opportunity to learn about drama and develop acting skills. Shortstack will then offer two camps for rising sixth to tenth graders, including an acting camp July 17-21 and a musical theater camp July 24-28.

The camps range in price from \$150 to \$175, with discounts available for families that sign up multiple campers. Suarez noted that those older participants signed up for one of the two camps can sign up for the other camp for \$100. She also said campers can receive \$25 discounts for each friend they refer that signs up for a camp.

Suarez, who is serving as managing director and co-artistic director for Shortstack, grew up attending theater camps throughout her childhood and credits those experiences for inspiring her to pursue theater professionally. Her hope is that Shortstack’s camps will provide similar inspiration to the kids participating.

“I really found during my very first summer camp when I was 10 years old that it’s what I wanted to do the rest of my life,” said Suarez, who noted that more information about the camps can be found at <http://www.the5anddime.org/education/>. “I would just love to see that happen for someone in one of our camps. I couldn’t imagine doing more for somebody than what was done for me.”

‘You Know When the Men Are Gone’ author to visit The Bookmark to discuss new novel

Siobhan Fallon, the award-winning author of “You Know When the Men Are Gone,” will visit The Bookmark Monday, July 10 at 7 p.m. to discuss and sign copies of her new novel, “The Confusion of Languages.”

The new book follows the stories of Cassie and Margaret, two women who have followed their military husbands to the United States embassy in Jordan. Cassie is determined to follow the rules, while Margaret seizes the opportunity to participate in local happenings and defy

cultural taboos. As a result, their friendship becomes strained, and a mystery develops: Margaret disappears running a routine errand, and Cassie discovers her diary with some troubling and baffling entries.

“The Confusion of Languages” details the unpredictable path of friendship and the secrets kept in marriage, all set within the U.S. military community in Jordan during the rise of the Arab Spring.

“I found myself ignoring everything but the countdown of Jordanian hours and

the unraveling mystery central to Fallon’s unforgettable novel, in which two military wives must explore a modern-day, cultural labyrinth,” said fellow author Sarah McCoy in a review. “An insatiable read that will leave you breathless.”

Fallon’s “You Know When the Men Are Gone,” a collection of stories about military families in Fort Hood, Texas, is a 2015 PEN Center USA Literary Award winner. Her writing has also appeared in The Washington Post Magazine, The Huffington Post, Good Housekeeping and

NPR’s Morning Edition. She graduated from Providence College and spent a year at Cambridge University in England. After teaching English in Japan, she earned a Master of Fine Arts at the New School in New York City. She and her family moved to Jordan in 2011, and they currently live in Abu Dhabi in the United Arab Emirates. Fallon draws from her experience in the Middle East in writing “The Confusion of Languages.”

The Bookmark is located at 220 First St. in Neptune Beach.

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The Lakehouse to open in Julington Lakes

Legacy Trust extends sponsorship of Web.com Tour Championship

Pivot CPAs to sponsor Pivot Poolside Lounge

Legacy Trust Family Wealth Offices has extended its sponsorship of the Web.com Tour Championship for three years, the Ponte Vedra Beach firm announced.

In addition, Pivot CPAs of Ponte Vedra Beach has been named the tournament's official CPA firm and sponsor of the Pivot Poolside Lounge.

The 2017 tournament will be held Sept.

25 to Oct. 1 at Atlantic Beach Country Club, with 25 players earning 2017-18 PGA TOUR cards for a total of 50 cards throughout the 2017 Web.com Tour season.

"We are thrilled to announce the extension of Legacy Trust's sponsorship and welcome Pivot CPAs as the official CPA firm of Web.

WEB.COM TOUR continues on **Page 29**



Photos courtesy of Pivot and Legacy Trust

Legacy Trust Family Wealth Offices of Ponte Vedra signed a three-year extension as a sponsor for the Web.com Tour Championship: Web.com Tour President Dan Glodd and Sales Manager Allie Pulos; Legacy Trust Portfolio Manager Chord McLaughlan, CEO Kristin McLaughlan and Relationship Manager Marty Flack; Web.com President and CEO David Brown; and Legacy Trust Relationship Manager Holly Tyrrell.

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Investment planning doesn't have to be complicated



By Harry Pappas

Special to the Recorder

Harry Pappas
Columnist

Historically, we, as financial advisors work in a left-brained industry while we communicate with right-brained clients. In other words, regrettably, far too many advisors place unnecessary weight on charts, graphs, statistics and data rather than providing clients with what they want: a broader framework and context

while creating compelling clarity with analogies, metaphors, and stories.

I have argued for 32-plus years that investors and advisors over-complicate the investment process and their ultimate strategy. I have always been an advocate of doing the following basics right.

- Living below our means and saving on a regular basis through all types of market conditions. Yes, even when there is blood in the streets and the doomsayers are hyperventilating! History has proven repeatedly that some of the best times to invest are when there is panic in the air.
- Quit trying to keeping up with the Joneses, as one will likely become as poor as the Joneses! The primary

reason why most people have financial problems is not low earnings. The reason is a lack of self-discipline and inability to delay gratifications. It comes down to the pain of discipline or the pain of regret. We all have the choice. Obviously, there are exceptions to most things in life, and I understand that some people get into financial trouble when it did not involve lack of discipline. I steadfastly argue, however, that one's financial mess is often the result of undisciplined behavior.

- Keep expenses low, reduce liabilities and diligently build a base of solid assets.
- "Don't brag about your lightning pace, for slow and steady won the race!" We all know the story about the tortoise and the hare. I am the tortoise, and I suggest you be as well. I argue that an unskilled but diligent, reliable and persistent person will eventually overtake the talented, but unconcerned, inconsistent, complacent person.
- Don't listen to the gypsies with crystal balls, soothsayers wearing wizard hats, palm readers and stock market pundits with sketchy records of accomplishment. All this chatter is noise that is trying to get us to deviate from our long-term game plan. Don't fall for it!
- Don't invest emotionally. Every emotional decision I

have ever made was a disaster. Develop a long-term game plan and stick to it.

Let's not forget that often in the real world, it's not the smart that get ahead, but the bold. Therefore, let's always remain courageous and steadfast with our investment strategy during good times and bad.

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Manormor Sotheby's changes name to First Coast Sotheby's, opens Ponte Vedra Beach headquarters

Manormor Sotheby's International Realty has changed its name to First Coast Sotheby's International Realty, the company recently announced.

Led by Jeffrey and Jane Chefan, the boutique North Florida firm also recently opened a new headquarters in Ponte Vedra Beach at 820 A1A North along with a second office in the Ritz Carlton Amelia Island Hotel. The firm will focus on serving Northeast Florida's luxury residential real estate market.

"The name change denotes not only the geographic area that Jeff and Jane so

respectfully serve, but it identifies the unique sense of place the residents feel from Amelia Island all the way to Palm Coast," said Philip White, president and chief executive officer of Sotheby's International Realty Affiliates LLC. "This is truly a special market in Florida, and we are delighted to have a brand and brokers that/who align so well with its values."

Jeff Chefan, the firm's managing broker, added, "We've been incredibly fortunate over the last several years, increasing our footprint to serve more buyers and sellers in

North Florida. Not only can we leverage our strength in the local market, we offer a unique worldwide exposure to the luxury buyer and seller – one of the many benefits to being affiliated with Sotheby's."

The new Ponte Vedra Beach office builds on the Chefans' 25 years of experience in the luxury home market.

"We're serving more buyers that look to our area to grow their real estate portfolios, and relocation to the market has been on the rise as well," Jane Chefan said. "More buyers are discovering North Florida and

we're excited to help them discover the best properties, while catering to their needs with the best service in the industry."

The Sotheby's International Realty network currently has more than 20,000 affiliated independent sales associates located in approximately 900 offices in 70 countries and territories worldwide. First Coast Sotheby's International Realty listings will be marketed on the sothebysrealty.com global website and receive additional exposure generated through association with the Sotheby's auction house.

Web.com Tour

Continued from 28

"Legacy Trust has been with us since 2013 and their confidence in our event led to our partnership with Pivot CPAs. With the three-year support of these leading companies, the Web.com Tour Championship will continue to have significant economic and charitable impact in our community while we usher in the next wave of PGA TOUR stars."

For a second consecutive year, the North Florida Junior Golf Shootout presented by Legacy Trust will kick off the finale to the Web.com Tour season. Legacy Trust, which has partnered with the Web.com Tour Championship since 2013, will be the presenting sponsor for the initiative, which pairs Web.com Tour pros with area juniors for a shootout to start the week in Atlantic Beach on Monday, Sept. 25 at 4 p.m.

Legacy Trust will also serve as official sponsor of the Web.com Tour Championship volunteers. "Our motivation for

com Tour Championship." said Adam Renfroe, tournament manager.

being part of this tournament is ultimately to be involved with our community," Legacy Trust Chairman and CEO Kristin McLauchlan said. "The volunteers serve as the backbone of events like this and we want to support their hard work."

Pivot Poolside Lounge

With the Atlantic Beach Country Club clubhouse sitting across a small inlet from the 18th green, the Pivot Poolside Lounge will provide guests with a VIP experience, including a prime view of the finishing hole as the next wave of PGA Tour stars compete for a \$1 million purse.

"If this were only about branding and having the 'best seats' on the course, this would be a win for us," said Peter Reynolds, managing partner for Pivot CPAs. "What really got our attention, however, was supporting the Atlantic Beach community at such a hands-on level. The entire community is excited about this tournament, not just the members of the golf club. We want to take a leadership role with this tournament, and it was an easy decision among our partners and staff to be involved."



Executives from the PGA TOUR, Web.com and Pivot CPAs of Ponte Vedra celebrate the signing of a three-year agreement for Pivot CPAs to become the official CPA firm of the Web.com Tour Championship (from left): Web.com Tour President Dan Glodd; Sheryl Tschimpke and Mike Schnell of Pivot; Web.com Tour Sales Manager Allie Pulos; Jim Peavey, Peter Reynolds, Pamela Bomba and Darrell Clarkson of Pivot; Web.com President and CEO David Brown; and Web.com Tour Championship Tournament Manager Adam Renfroe.

Health Partners LLC joins SJC Chamber of Commerce PVB Division

Health Partners LLC, a recently opened functional medicine practice in Ponte Vedra Beach, celebrated joining the St. Johns County Chamber of Commerce Ponte Vedra Beach Division with a ribbon cutting ceremony June 26.
 Located at 100 Executive Way across from PVPV-



Toni Boudreaux, Stephanie Bedsaul, Lynn Kettell-Slifer, Emily Slifer and Ed Mercel

Rawlings Elementary School, the new practice provides area residents with a “relationship-focused” option that staff members say bridges the gap between traditional, prescription-based primary care and alternative treatment.
 “We go upstream from where symptoms are, and we do more than just treat symptoms,” said Founder Lynn



Stephanie Bedsaul, Lynn Kettell-Slifer and Emily Slifer
 Photos by Susan Griffin

Kettell-Slifer, a family nurse practitioner with experience in preventative care, healthcare for the uninsured, medical missions and hospital oncology. “We are really passionate about the health of our patients. This is about working together with the patients to optimize their health in a true partnership.”



Jay Marsella

Sawgrass Marriott names Marsella director of sales and marketing

The Sawgrass Marriott has named Jay Marsella as the resort’s director of sales and marketing. He will begin his new role July 10.
 A Marriott employee for 28 years, Marsella previously served as the director of sales and marketing at the Houston Marriott Marquis. He has also held leadership positions at Marriott hotels and resorts on the East Coast, including Doral Golf Resort & Spa, the Ritz-Carlton, Palm Beach and Marriott’s Evergreen Conference Resort in Atlanta.

“With more than two decades of hospitality experience, Jay has been a strategic business leader,” General Manager Todd Hickey said. “His responsibilities included developing hotel-wide sales and marketing strategies and positioning for both the leisure and group segments, while at the same time assuring the highest levels of guest and associate satisfaction.”
 Marsella holds a degree in business administration from Lynn University in Boca Raton.

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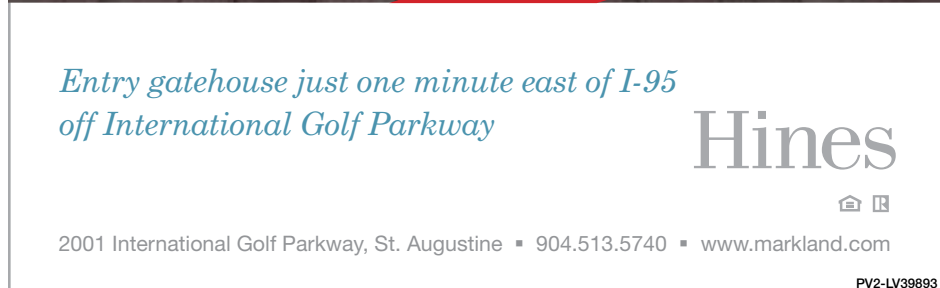
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The Lakehouse to open in Julington Lakes

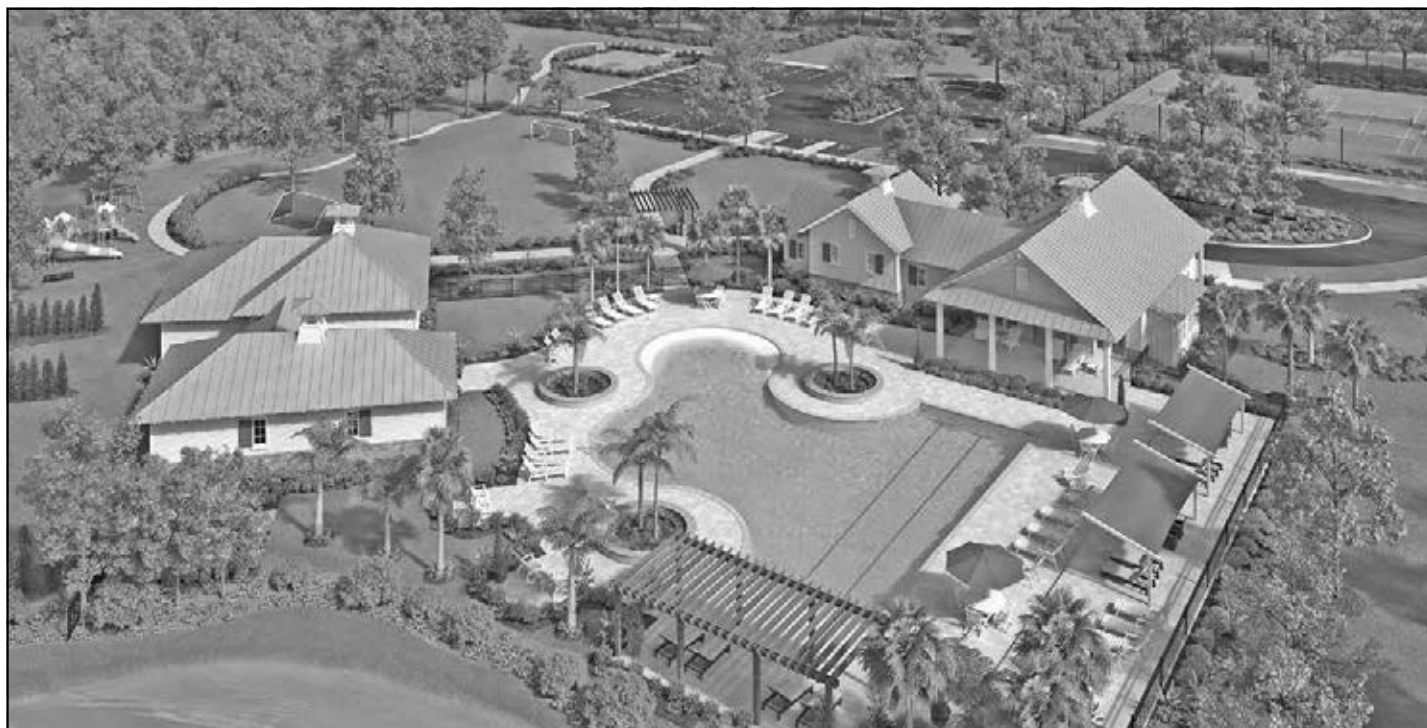


Photo courtesy of Julington Lakes

In early fall, Julington Lakes by Toll Brothers will open The Lakehouse, the community's private residents' clubhouse featuring a social room, catering kitchen, fitness center and a flex room connected to a private outdoor yoga lawn. Other amenities will include a zero-entry swimming pool, a pergola overlooking a lake, a playground, two lighted tennis courts and a basketball court.

Julington Lakes residents currently enjoy The Landing, a 1,252 square-foot, open-air pavilion on Lake Julington that includes picnic tables, a wood burning fireplace, a fire pit and a dock for canoes and kayaks. The community also features nature preserves, lakes and a 110-foot boardwalk that provides direct access to Veterans Park, which includes multi-purpose fields, basketball courts, a skate park, a picnic pavilion, a playground

and a dog park.

"Our residents love the community's active, outdoor lifestyle, especially paddle boarding and kayaking on Lake Julington," said Toll Brothers' North Florida Division President Greg Netro. "The highly-anticipated Lakehouse will be another fantastic gathering place for friends and family."

Julington Lakes provides a secluded, yet convenient location minutes from shopping, dining and major highways. The community,

which has no CDD fees, is located within the St. Johns County School District. Buyers can choose from a variety of home designs in the Heritage Collection, priced from the mid-\$300,000s; the Ambassador Collection, priced from the upper \$300,000s; and the Estate Collection, priced from the mid-\$500,000s.

The Julington Lakes sales center and models are located at 57 Mist Court in St. Johns and are open from 10 a.m. to 6 p.m. Tuesday

through Saturday, and 11 a.m. to 6 p.m. on Sunday and Monday. For more information, call 904-287-9050 or visit JulingtonLakes.com.

In addition to Julington Lakes, other Toll Brothers communities include Coastal Oaks at Nocatee in Ponte Vedra and Toll Brothers at Atlantic Beach Country Club. For more information about Toll Brothers homes and communities, visit TollBrothersFlorida.com.

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BEAM receives donation of 'Sterling's Summer Pier Dance' proceeds



Photo courtesy of Rock Solid Law

John Miller of Rock Solid Law presents the proceeds of the Second Annual Sterling's Summer Pier Dance to Susan King, executive director of the Beaches Emergency Assistance Ministry (BEAM). The proceeds will be used to provide meals for needy students during the summer recess from school.

Top five guests not invited to your summer BBQ

Summer has finally arrived, and both the weather and barbecue season are heating up. Friends and family will gather to enjoy the warmer weather, blooming trees and burgers and hot dogs fresh off the grill, but there are some unwanted guests that could crash the party – stinging insects, fire ants, mosquitoes, flies and ants.

“Stinging insects send more than 500,000 people to the emergency room every year,” said Nader’s Pest Expert Charlie Jones. “These pests are not just a nuisance. In addition to their painful stings, they can pose a real danger to those who suffer from allergic reactions.”

Nader’s Pest Raiders has put together information on these barbecue pests and tips for homeowners to declare their independence from pests.

Stinging Insects:

This group includes wasps, yellow jackets and hornets. These pests should all be given a wide berth as they may attack for no reason and are social stingers, meaning they will attack in large numbers if they perceive danger.

Red Imported Fire Ants:

Look for fire ants in their signature tall mounds found in landscaped areas, or around or near the foundation of a home. If their nest is disturbed, fire ants will painfully sting their victims multiple times in a matter of seconds, leaving behind red welts.

Mosquitoes:

One of summer’s most notorious pests, mosquitoes are best known for the painful, itchy red bumps they leave behind on their victims; however, this summer stinger can also transmit diseases like Zika Virus, West Nile Virus or Encephalitis.

House Flies:

Mostly considered a nuisance pest, house flies can also transmit bacteria from one food source to another.

Ants:

Common types of ants found in and around homes this time of year are argentine ants, carpenter ants and odor-

ous house ants, and they are all in a constant search for food making your outdoor barbeque very appealing.

To keep uninvited guests away from your next barbecue, experts recommend to:

- Serve sugary drinks in covered pitchers and keep desserts in tightly sealed containers.
- Make sure all outdoor trash cans have a secure lid that is kept in place.
- Inspect the yard for telltale fire ant mounds.
- Remove sources of standing water, such as old tires, children’s wading pools, bird baths and saucers of flowerpots, where mosquitoes can breed.
- Cut back or get rid of unnecessary vegetation around the home.
- Seal all cracks around the foundation of the home and ensure all screens are in good repair.
- Contact a licensed pest professional if you discover an infestation of any of these summer pests in or around your home.

Lifesaving donation: Volunteers in Medicine receives funds for new EKG machine from First Tennessee Bank

Volunteers in Medicine provides medical services to Northeast Florida’s working uninsured families. But what would happen if the organization’s only EKG machine stopped working?

To help ensure the organization’s services could continue in the face of such an event, Volunteers in Medicine contacted longtime community partner First Tennessee Bank, which provided the funds to help purchase a new EKG machine.

“First Tennessee’s donation was truly a lifesaver,” said Dr. Victoria Findley, medical director of Volunteers in Medicine. “The EKG machine plays a critical role in the treatment and diagnosis of our patients because every new patient we see over the age of 50 is given an EKG test to establish a baseline and to screen for cardiac disease.”

The EKG machine is also used to detect problems in patients suffering from high blood pressure, Findley noted.

“In cases where patients complain of chest pains,” she said, “we are able to administer an EKG that provides our doctors, nurse practitioners and specialists with the information they need to make an accurate diagnosis.”

First Tennessee executives emphasized the bank’s commitment to helping improve life for Jacksonville residents.



Photo courtesy of Volunteers in Medicine

Volunteers in Medicine recently received a donation from First Tennessee Bank to purchase a new EKG machine. From left: Baptist Health Vice President and Volunteers in Medicine Board Chair Cory Meyers, First Tennessee Bank Senior Vice President Cheryl Barnett, Volunteers in Medicine Medical Director Dr. Victoria Findley, First Tennessee Bank Market President John Schmitt and Volunteers in Medicine CEO Mary Pat Corrigan.

“For more than 150 years, we have strengthened communities by collaborating with nonprofit, community development and civic partners to meet community needs, encourage growth and support sustainability,” said Cheryl Barnett, senior vice president of First Tennessee Bank. “We are proud to partner with Volunteers in Medicine to help provide for an EKG machine that will benefit people in our community.”

To qualify for services at Volunteers in Medicine, patients must work at least 20 hours per week and earn an annual income between \$13,000 and 250

percent of federal poverty guidelines (\$29,500 for a single household).

“We are a fully integrated healthcare facility specializing in chronic disease management, and an EKG machine is a mandatory tool in our diagnosis and treatment of our patients,” said Mary Pat Corrigan, CEO of Volunteers in Medicine. “More importantly, without an EKG machine, our practitioners would have to refer our patients to our hospital emergency rooms for this very basic, but critical procedure.”

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Monique Burr Foundation launches 'Summer Safety Matters'

The Monique Burr Foundation for Children recently launched MBF Summer Safety Matters, a program aimed at protecting children and teens by providing educational resources to help prevent increased risks of abuse and victimization during summer months.

Designed to make learning fun and encourage kids to participate, the program includes an online portal with five summer safety lessons and interactive quizzes parents can take with their kids to earn prizes, including two family four-packs of tickets to Legoland and a pair of tickets to The Coca-Cola Orlando Eye.

"Kids face many new risks during summer months," MBF Program Director Stacy Pendarvis said. "Being out of school and with new adults in new places like camps, pools, summer programs and at friends' houses opens

them up to a whole host of new potential dangers."

And with kids spending more time unsupervised during the summer, Pendarvis added, they need to be aware of the different types of "digital dangers" found on the Internet and through apps, gaming sites, social media and virtual reality sites.

The summer safety lessons include a review of the MBF Child Safety Matters™ 5 Safety Rules, which are taught in elementary schools in nearly all Florida counties and will launch in Florida public middle schools in early fall. This curriculum is required in public schools in Orange and Duval counties. The 5 Safety Rules help children and teens identify and respond appropriately to any unsafe situation.

The new summer safety lessons also include tips for children to identify and

talk to safe adults, what parents need to know when their children spend time in new places, what precautions to take when children are around unfamiliar faces, and important steps to minimize exposure to online dangers while kids have increased access to screen time on their digital devices. Parents and kids can visit www.MBF-SummerSafetyMatters.org to access all of the summer safety lessons and quizzes.

"Our MBF Child Safety Matters program, recommended by national experts and Erin Merryn, founder of Erin's Law, has reached more than 1 million children throughout Florida this year alone," said Ed Burr, founder and chairman of the Monique Burr Foundation, who noted that the nonprofit's reach continues to grow. "Over the past 12 months, the foundation has begun



pilot programs in Ohio, Alabama and Minneapolis. We're proud to launch the MBF Summer Safety Matters program as a continuation of this vital work, protecting as many children as we can by reaching parents and kids at home this summer while school is out."

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First Coast Croquet Association forms

A group of local croquet clubs recently gathered at The Plantation at Ponte Vedra Beach to form the First Coast Croquet Association.

The organization is committed to promoting croquet in the region through interclub activities. Charter members of the association hail from The Plantation at Ponte Vedra Beach and the Ponte Vedra Croquet Club; the Florida Yacht Club and the Timuquana

Country Club in Jacksonville; the Grand Haven Croquet Club and the Hammock Dunes Croquet Association in Palm Coast; and the Jekyll Island Croquet Club in southeast Georgia.

In other croquet news, The Plantation at Ponte Vedra Beach has hired Michelle Wiggins as the community's croquet coordinator. Her responsibilities will include promoting the sport, overseeing programming and



Photos courtesy of The Plantation at Ponte Vedra Beach
Members of the newly formed First Coast Croquet Association gather at The Plantation at Ponte Vedra Beach.



The Plantation at Ponte Vedra Beach Croquet Coordinator Michelle Wiggins

providing introductory instructional guidance for members of the neighborhood. Wiggins

is a retired teacher who has enjoyed playing croquet for the past year.

Landrum Middle School student wins junior angler tournament in Jacksonville

Jack Furness, a Landrum Middle School student and Ponte Vedra Beach resident, recently took home first place in the King Buster 400 Brian Dingman Memorial Junior Angler Tournament.

"It was the best day of my life," said Furness, who landed a 34.3-pound kingfish off the coast of Mayport marina to win the event on June 25.

Due to his victory, the middle schooler is now the proud owner of a new 15-foot, 25 horsepower Carolina Skiff fishing boat that is scheduled to arrive at his house next week. Furness competed against more than 40 other participants in the tournament. Rick Ryals and Roger Walker captained his boat.



Captain Rick Ryals and Jack Furness hold up the tournament-winning kingfish.



Jack Furness receives a plaque recognizing his victory.



Photos courtesy of Kathleen and John Furness

Jack Furness displays the 34.3-pound kingfish that won him the King Buster 400 Brian Dingman Memorial Junior Angler Tournament.

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- Lover's strike
- Dickens' "The Pickwick _____"
- Plural of lira
- Zeal or elegance
- Reduce pressure
- Maple, to a botanist
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- Deceptive maneuver
- Committee head
- Tallest volcano in Europe
- _____ en scene
- Bean-shaped organ
- Chows down
- Ground cover
- Movie_____
- Mont Blanc, e.g.
- *Maverick and Goose movie
- *Sigourney Weaver's 1986 sequel
- Isabel Allende's "Portrait in _____"
- Driver's aid
- Sweater style
- Fill with optimism
- Make mistakes
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- USSR to USA during WWII
- Actor Liotta
- Shabby and tatty

DOWN

- Health resort
- POTUS' West one
- Tolstoy's Karenina
- ____-a-Bear Workshop
- Britney of "Baby One More Time" fame
- *Dr. Jones, to his friends
- Make a pigeon sound
- a.k.a. dropsy
- Canned meat
- Hummus holder
- Windows alternative
- Opposite of paleo-
- Trying experience
- Vascular tissue in plants
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- Cover with drops
- *B in "MIB"
- Chinese fruit
- Do it lightly?
- Sunburn soother
- Make waves
- Tiny purses
- *Actress Rene in "Lethal Weapon 3" and 4
- *Keanu Reeves' 1994 action thriller
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| | 5 | | 8 | | 3 | | | |
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Ponte Vedra CLASSIFIEDS

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*Additional Lines Can be Purchased
*All Rates Are NET

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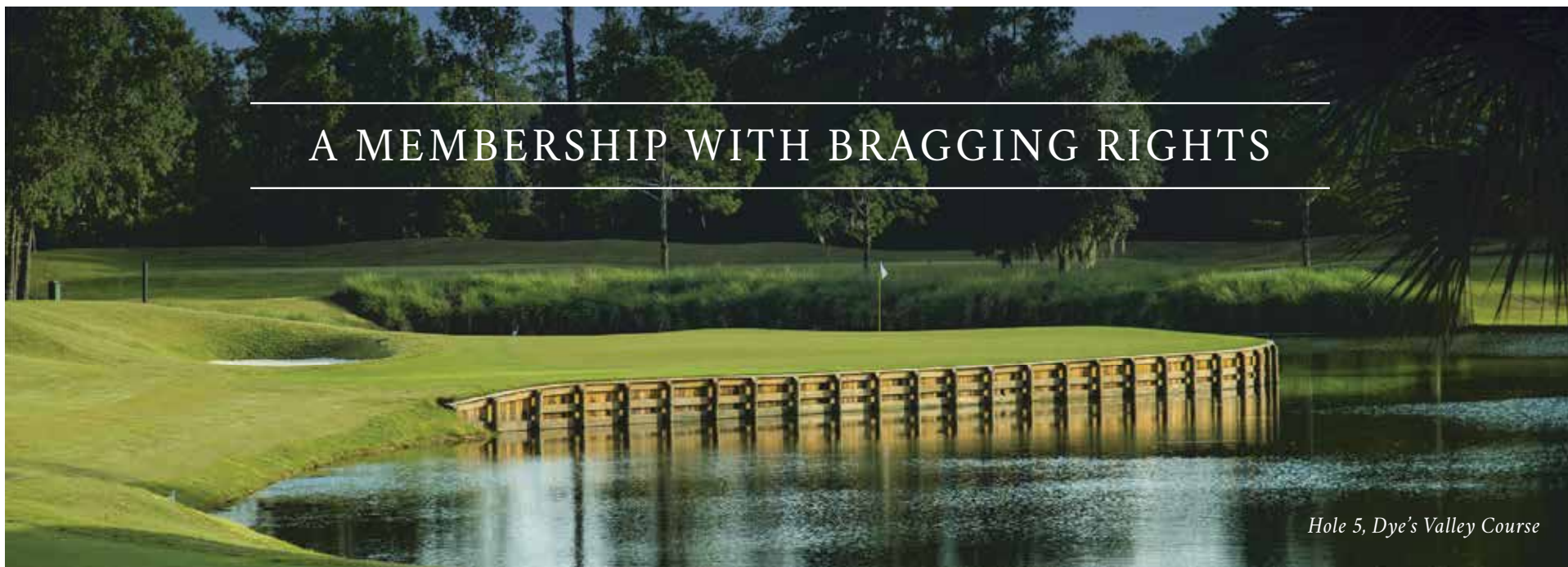
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