

# Ponte Vedra Recorder

*Not your average newspaper, not your average reader*

**July 7, 2016**  
Volume 46, No. 27  
75 cents

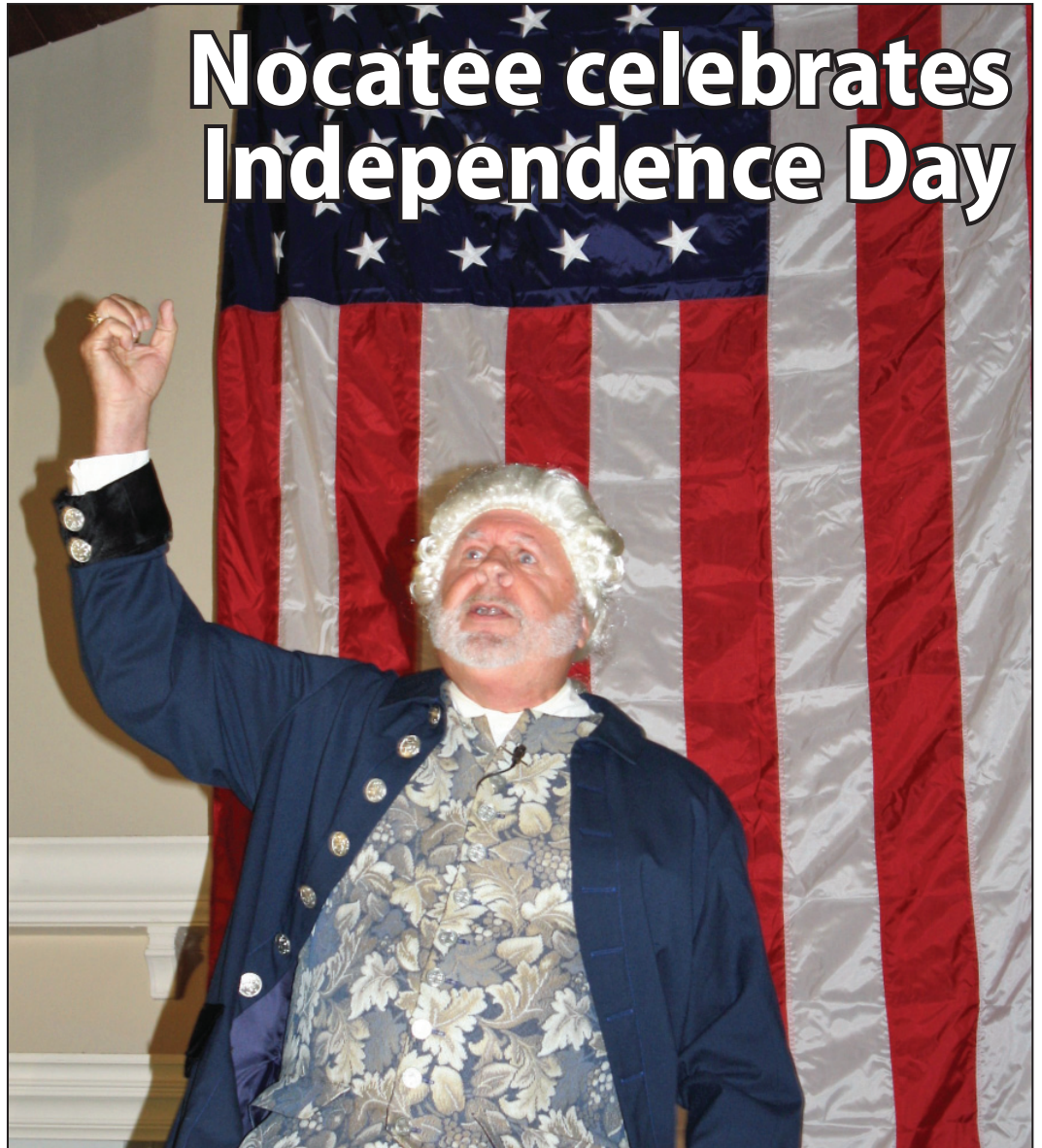
PonteVedraRecorder.com



**Your Summer Guide to Hair, Skin and Body**  
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**Women's Wednesdays:**  
Best-selling author shares secrets of her success  
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## Nocatee celebrates Independence Day

Photo by Jennifer Logue  
"Give me liberty or give me death!" Jerry Cameron portrays Patrick Henry at The PARC Group's free patriotic celebration for Nocatee residents. Read more on page 4.

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## Send us your news

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



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Plus, find the Recorder on Facebook at  
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## PUZZLE SOLUTIONS

I	S	A	A	C	S	I	C			A	M	A	H	
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9	3	8	7	5	1	4	6	2
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5	1	2	3	4	7	6	8	9
6	4	3	5	8	9	2	7	1

Solutions correspond to last week's puzzles.

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## WHAT'S THIS?



Do you know what this is?

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

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

Several readers correctly identified last week's photo as Mattiace Golf. Winner of the random drawing was **Mary-Ellin Doolittle** – congratulations! You may pick up your prize at the Recorder offices during regular business hours.



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

## ADOPT A PET

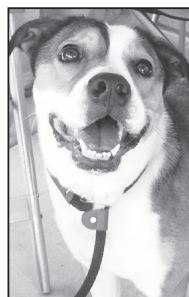
### CAT OF THE WEEK

Hi there, my name is Forest and I am a male 1-year-old cat who is looking for a new home. I was brought to the pet center as a stray. I love to stretch my paws out and snuggle up on the sofa. Come visit me today here at the pet center! #32019  
As this animal was a stray there may be some traits that are unknown at this time.



### DOG OF THE WEEK

Hi there! My name is Shelby and I am a 4-year-old female dog who is looking for a new home. I was brought to the pet center as a stray. Come visit me today here at the pet center! #32325  
As this animal was a stray there may be some traits that are unknown at this time.



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

## St. Johns County Pet Center

Cat adoptions are \$30 for 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., just off US 1 between County Road 210 and International Golf Parkway. Business hours are Tuesday through Friday 9 a.m. to 4:30 p.m. and Saturday 9 a.m. to 4 p.m. The center is closed to the public on Sunday. On Monday, the office is open by appointment only to claim a lost pet. **For more information, please call the St. Johns County Pet Center at (904) 209-6190.**

# SPOT SOME FUN

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AND GARDENS

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# Primary election Aug. 30; voter registration deadline Aug. 1

**By Vicky Oakes**  
Supervisor of Elections

The primary election is Aug. 30 – only a month away. The primary will be open to all registered voters in St. Johns County.

Aug. 1 is the last day to register to vote or make party changes for the primary election. Voter registration

applications are available on-line at [www.votesjc.com](http://www.votesjc.com) and must be printed, signed and postmarked by Aug. 1 for the primary election for new registrations and party changes. Address changes can be made at any time: Simply call the office to update your address or use the online form. You can also register to vote or submit

voter registration applications at any public library or the tax collector's office located at the annexes.

It is very important to keep your information updated with the Elections Office in order to receive your sample ballots prior to each election. Remember you can use the Voter Lookup on our website to verify your voter registration, check your address, request a vote-by-mail ballot, locate your polling place and view your sample ballot.

St. Johns County voters have been affected by the redistricting court cases. Voters in the north part of

the county are now in Congressional District 4, and state Senate District 7. Florida House District 17 was not changed. You will see candidates for these new districts in the primary. Prior to the election, all voters will receive a sample ballot based on their party affiliation and precinct.

Many important races will appear on the ballot in the primary this year, including U.S. Senate and U.S. Congress. In addition, local races include sheriff, clerk of court and comptroller, prop-

PRIMARY ELECTION continues on Page 5




## WATSON COLLECTION



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# Rousing Patrick Henry speech highlights Nocatee patriotic celebration

By Jennifer Logue

Nocatee families got an early start on their Independence Day festivities last week, as The PARC Group presented a rousing patriotic celebration for the community's residents.

Held June 30 at Crosswater Hall, the free event featured complimentary refreshments, including hamburgers and hot dogs, lemonade and ice tea, and beer and wine. A capacity crowd of all ages was welcomed by Community Manager David Ray, who introduced Shari Duval, founder of the Nocatee-based nonprofit K9s for Warriors.

After introducing service-dog-in-training Delaney to the crowd, Duval thanked The PARC Group for donating the land for K9s for Warriors' new training facility, and Nocatee residents for supporting the nonprofit's mission of giving veterans a "new leash on life."

"It has just been amazing the way (Nocatee) has embraced us," Duval said. "We thank you for allowing us to be a part of this amazing community."

## Give me liberty

Following Nocatee resident Wayne Heckrotte's rendition of the national anthem and a brief speaking program, Jerry Cameron took to the red, white and blue-bedecked stage to deliver Patrick Henry's famous "Give me liberty or give me death!" speech. Henry Dean set the stage for Cameron's performance, providing the historical context of Henry's speech, which was delivered March 23, 1775 to the Second Virginia Convention following a decade of deteriorating relations with Great Britain.

Dressed in colonial garb and powdered wig, Cameron forcefully delivered the legendary speech which Henry gave in support of his resolution for Virginia to raise a militia and prepare to defend itself against British military aggression. It is a speech that still resonates today, as Henry alluded to those who warned him against publicly taking a position

considered politically incorrect at the time.

"Should I keep back my opinions at such a time through fear of giving offense," Henry said, "I should consider myself as guilty of treason towards my country...."

Cameron, as Henry, outlined the ways in which Great Britain had ignored all colonial requests for fair treatment, and noted the increased presence of British soldiers and war ships designed to intimidate colonists into submission. He also addressed those who said the colonies stood no chance against the military might of Great Britain.

"They tell us, sir, that we are weak; unable to cope with so formidable an adversary," Henry said. "But when shall we be stronger? Will it be the next week, or the next year? Will it be when we are totally disarmed, and when a British guard is stationed in every house?"

Cameron concluded his performance with Henry's famous parting line, stating boldly, "I know not what course others may take; but as for me, give me liberty or give me death!"

Cameron - who has been performing as Patrick Henry for nearly a decade - put extensive research into preparing his presentation, even traveling to Virginia, studying professional historical re-enactors and learning to mimic Henry's actual speaking style.

"The challenge isn't memorizing the words," Cameron said. "It's delivering it as Henry would have so it's not just a recitation. I try to pause in places, just as a real person would do when they were choosing their words."

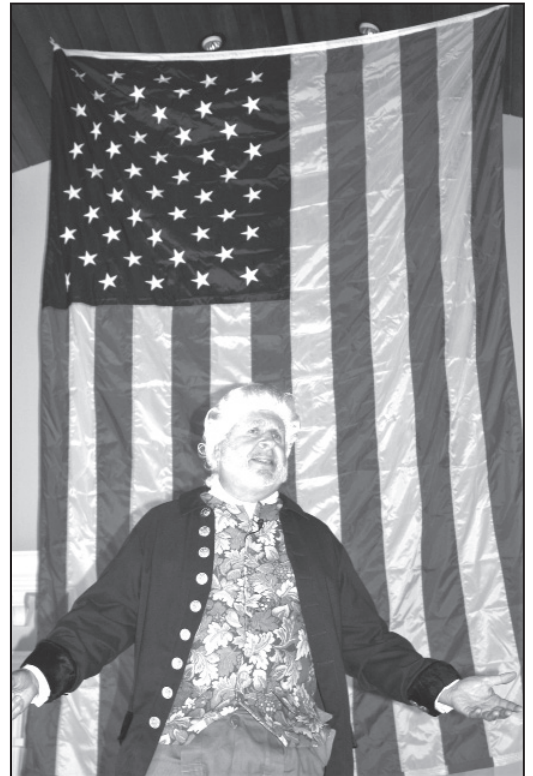
The impact of Henry's speech on its original audience can't be overestimated, said Cameron. "It's just such a magnificent speech," he said. "He was addressing people who looked down on him and was asking them to do something that was not in their economic interest. But through his sheer power of persuasion he convinced them."

A former police chief and city manager of Fernandina Beach, Cameron served for more than a decade as assistant county manager of St. Johns County. He is currently seeking election to the Board of County Commissioners in District 3.

Response to Cameron's performance was enthusiastic.

"It was excellent," said Coastal Oaks resident Colleen Porvaznik, who attended the event with husband Martin, daughter Brigid Massey and grandson Bryce Richmond.

Elsie Hayes, 3, agreed: When asked what she liked best



Photos by Jennifer Logue  
Patrick Henry (Jerry Cameron) delivers his legendary "Give me liberty or give me death!" speech.



Jerry Cameron as Patrick Henry greets the Hayes family - Jessica, daughters Elise and Emma, and David.



**PATRICK HENRY**  
continues on Page 5  
Colleen Porvaznik, Brigid Massey, Bryce Richmond and Martin Porvaznik attend the patriotic celebration.

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# Patrick Henry

Continued from 4

about the performance, she replied, "All of it!"

Sheriff David Shoar, who addressed attendees during the brief speaking program, said he was pleased to see so many children in attendance.

"Sometimes I worry that when I hear the national anthem," he said, "not everyone gets goosebumps like I do."

District 4 County Commissioner Jay Morris echoed that sentiment. "It's a pleasure to be with fellow patriots on the eve of our nation's birthday," he said. "It is my sincere hope that we all leave here today with a renewed dedication to pass on these patriotic principles to the next generation."



County Commissioner Jay Morris



K9s for Warrior puppy Delaney



Nocatee resident Wayne Heckrotte sings the National Anthem.

## Helping Hands of Nocatee holds beach clean-up



Photo courtesy of Helping Hands of Nocatee

Helping Hands of Nocatee recently conducted a beach clean-up at Mickler's Landing.

More than 70 local residents gathered at Mickler's Landing recently to participate in a beach clean-up organized by Helping Hands of Nocatee.

Held Saturday June 25, the beach clean-up included adults as well as children and teens.

"(Helping Hands) emphasizes the involvement of children and teens as a way to teach the value in charitable giving and service," board member Jill D'Amato said. "All child and teenage participants received volunteer certificates and service hour recognition, respectively, at the

end of the clean-up."

A "Trash Buster Award" was also presented to the group that picked up the most trash, she added.

Helping Hands of Nocatee aims to help St. Johns County residents in need through community service and donated goods. The organization hosts monthly service events, and information is posted on the group's Facebook page at <https://www.facebook.com/helpinghandsofnocatee/>. To be added to the group's email distribution list, contact [helpinghandsofnocatee@gmail.com](mailto:helpinghandsofnocatee@gmail.com).

## Primary election

Continued from 3

erty appraiser, plus three county commissioners and school board member, District 2. There are also a number of circuit judge races on the ballot, along with a constitutional amendment.

We are your "one source" for voting information at [www.votesjc.com](http://www.votesjc.com). The website is updated regularly with candidates, ballot information, early voting dates, times and locations. Visit the regularly to see what's new.

My staff and I are here to serve you, and we will make it easy for you to vote. Please visit our office, call (904) 823-2238 or use our online forms and resources to help you prepare for election day.

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As director of sales and marketing for the Sawgrass Marriott Golf Resort & Spa, Dan McCarron draws on his nearly two decades of experience to lead the resort's sales and marketing team. McCarron most recently served as Marriott's northeast market account leader, managing a team of more than 50 senior leaders and account executives that generated annual revenues of \$900 million. — By Jennifer Logue

## Dan McCarron

### What are your duties and responsibilities as director of sales and marketing at the Sawgrass Marriott?

My primary responsibilities are to share with convention customers and families looking to book their next vacation the details of the fantastic destination of Ponte Vedra Beach while highlighting the hotel's expansive renovation. We do that by marketing, advertising, working with online channels and of course, an aggressive and direct sales effort. This effort encompasses boasting about the resort's eight award-winning culinary experiences, such as 619 Ocean View – Ponte Vedra's only restaurant on the beach that is open to the public – and Cabana Beach Club membership opportunities. We are diligently working to share the history and stories of this luxuriously designed hotel so that travelers can enjoy the "resort life" that we take advantage of daily as residents.

### What is a typical day like for you and your staff?

The wonderful part about a large hotel with so many different facets – from the Cabana Beach Club and beachfront dining to world-class golf with privileged access to the adjoining TPC@ Sawgrass, a 25,000-foot spa with 19 relaxing treatment rooms and 61,000 square feet of meeting space – is that no two days are the same! I could be working on the launch of our newly created "Butler Serviced Wing," the Sawgrass Reserve®, or helping my team design and coordinate the budding stages of a 1,200-person gala event. Each day brings unique opportunities to deliver fantastic experience for our customers that I truly enjoy being a part of helping to craft.

### How do you position both the resort and Ponte Vedra Beach when reaching out to potential guests, conferences and trade groups?

We love sharing with potential groups all the "hidden gems" that comprise Ponte Vedra Beach: the fantastic beaches, world-class shopping, incredible culinary experiences and the genuinely warm people. It's important to note that this destination is more than world-class golf – guests can go from beachside to greens in 10 minutes.

### In your opinion, what sets the Sawgrass Marriott apart from other Florida resorts?

The Sawgrass Marriott is so unique, particularly in having a dynamic but functional size, with most meeting space found on one floor able to host up to 1,200 people. The cornerstone of the difference is although the resort is expansive and accommodating to large groups of people, the footprint and methodical design of intimate spaces ensures a boutique-like atmosphere, where every guest can have special experiences and top-notch service. A guest can retreat to their private villa suite and have an intimate culinary experience in the comfort of their room, or be welcomed by groups of people in one of our five bars with incredible live music! In addition to the solution for every need, the privileged access to TPC@ Sawgrass allows guests to book tee times through the Sawgrass Marriott golf shop – a prestigious advantage.

### Many travelers of course know of Ponte Vedra's famous golf courses. From your experience, what amenities and offerings are visitors surprised to find that our community offers?

The beautiful eco-tourism opportunities in our local state parks, the memorable restaurant experiences and sweeping beaches are all things that a visitor may not know about at first look. When they arrive, however, I think they are pleasantly surprised about the ease of access from the airport, the plethora of shopping options and beautiful appointment that is Ponte Vedra Beach.

### The resort is nearing completion of a major two-year renovation project. What types of upgrades and new amenities can guests expect to find at the new Sawgrass Marriott?

We are thrilled at the expansive enhancements that are taking place across nearly the entire resort. From the moment you arrive, you will notice the new, modernized façade with the Juliet balconies removed,



Photo by Jennifer Logue

Dan McCarron in one of the Sawgrass Marriott's newly renovated guest rooms

making the guest rooms more spacious while creating a sleek glass and 'fawn brown' painted exterior. The arrival with the picturesque lagoon and golf view is enhanced by the facelift of the on-site pools, adding in an event lawn and planting 4,700 new indigenous plants. The romantic scene at night is heightened with up and down lighting throughout the 63 acres, accentuating the beautifully draped Spanish moss on the resort's 200-year-old oak trees. Although almost all of the restaurants have been renovated including Vernon's and 619 Ocean View, the newly created American Gator Club is a big hit! But the most transformative space would be the guest rooms, with an approachably modern, residential feel. There are nods to the ocean throughout the design, and the rooms feature luxurious, textured fabrics, clean lines and sleek light fixtures.

### You relocated to this area to join the Sawgrass Marriott team. What do you enjoy about living on the First Coast?

I have never lived outside the NYC metro area and the move to Ponte Vedra Beach has been a tremendous change – but so very welcomed! My wife, daughter and I are very much enjoying our weekly escapes to the beaches. But the people of Northeast Florida are what have made it special for us; welcoming and warm is the theme of the resort for a reason – because the people in this community define what other destinations can only hope to achieve.

# A sample of our listings



MARSH LANDING COUNTRY CLUB

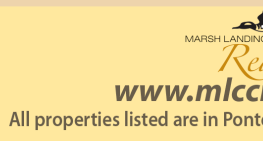
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All properties listed are in Ponte Vedra unless otherwise noted

[pontevedraproperties@yahoo.com](mailto:pontevedraproperties@yahoo.com)

# Diamond declares victory in city council race

By Jasmine Marshall

The City of Neptune Beach announced June 24 that due to the lack of a challenger, Rory Diamond would fill Neptune Beach city council seat 3 – a seat formerly held by Councilor Kara Tucker.

According to the Neptune Beach City Clerk's office, Diamond will be sworn in in December.

The councilor-elect declared victory in a June 27 announcement thanking his supporters.

"I am humbled and honored to

announce that our campaign can claim victory," Diamond said. "I look forward to serving the Neptune Beach community as our city's newest council member. Thank you to all the supporters, donors, volunteers, and most importantly, our great neighbors in Neptune Beach. Today is truly special."

The executive director of K9s For Warriors, Diamond ran for Neptune Beach city council seat four in 2014 as a first-time candidate against incumbent and current Vice Mayor

Richard Arthur. After the two candidates tied in the election, Arthur was declared the winner in the race by a numbered ping-pong ball drawing in which Arthur selected a higher-numbered ball.

"After the tied election and the ping-pong ball draw that drew international attention, it is both an honor and a relief to finally be taking office to serve Neptune Beach," Diamond said. "It appears that karma was on our side this time! Now we need to get to work."



Rory Diamond

## Recorder to sponsor 'Candidate Meet & Greet' July 27

The Ponte Vedra Recorder is joining with the Hilton Garden Inn and St. Johns County Chamber of Commerce to sponsor a "Politics in St. Johns" event to offer citizens the opportunity to meet candidates running for a wide array of public offices.

To be held from 5:30 to 7:30 p.m. Wednesday, July 27 at the Hilton Garden Inn, the "Candidate Meet & Greet" reception will enable attendees to speak one on one with candidates. Admission is free, but advance registration is required. To register online, visit [www.sjchamber.com](http://www.sjchamber.com) and click on "upcoming events."

### Politics in St. Johns

Ponte Vedra

Date: Wednesday, July 27, 2016

Time: 5:30 to 7:30 p.m.

Location: Hilton Garden Inn

45 PGA Tour Boulevard

Ponte Vedra Beach

Cost: Free (advance registration required); appetizers provided, cash bar

## St. Johns County seeks applications for boards and committees

St. Johns County is currently accepting applications for multiple boards and committees. The county is seeking volunteers for the following positions:

### Architectural Review Committee (3):

Purpose of committee: To ensure enhanced property development while maintaining and encouraging quality character of design within the Ponte Vedra and Ponte Vedra/Palm Valley Overlay Districts in line with the goals and objectives of the St. Johns County Comprehensive Plan.

- Qualifications – seeking applicants who:
- are a registered architect in the State of Florida or a retired architect formerly registered in the State of Florida and residing within the Ponte Vedra Zoning District
  - reside in District 4 and within the Ponte Vedra Zoning District
  - reside in District 4 but outside of the Ponte Vedra Zoning District (alternate member position)

Term: Regular members as well as alternates

serve a term of four years.

Meeting schedule: This committee meets every fourth Wednesday of each month from 5 to 8:30 p.m. in the Ponte Vedra Beach Branch Library.

Application submission deadline: July 20, 2016

### West Augustine Nuisance Abatement Board (3)

Purpose of committee: To conduct hearings regarding complaints of public nuisance within the West Augustine CRA. Promote, protect and improve the health, safety and welfare of the citizens and businesses within the West Augustine Community Revitalization Area (CRA).

Qualifications: Applicants must be a county resident for at least one year, 18 years or older, residing within or operating a business within the West Augustine CRA.

Term: Regular members as well as alternates serve a term of four years.

Meeting schedule: This board meets quarterly. Application submission deadline: This position is open until filled.

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## Stevenson, Johns to host local Zika update July 12

State Rep. Cyndi Stevenson and County Commissioner Jimmy Johns will host a Zika update for local residents from 6:30 to 7:45 p.m. Tuesday, July 12 at the Bartram Trail Library.

Joining Stevenson and Johns will be representatives from the Anastasia Mosquito Control District (AMCD) and the St. Johns County Health Department to provide the latest information on the virus.

According to AMCD, two imported cases of Zika have been reported in St. Johns County.

Bartram Trail Library is located at 60 Davis Pond Blvd. in St. Johns.



# BEAM's newest thrift store offers "department store experience"

By Jasmine Marshall

When Beaches Emergency Assistance Ministry (BEAM) opened the doors to another thrift shop location with 7North, it was with decidedly modern and fashionable flair.

The Seventh Avenue storefront in Jacksonville Beach showcases a thrift store more akin to a boutique, with selections of everything from furniture and jewelry to books and clothing. Susan Taylor, BEAM's thrift operations manager, said the selection and location made for the perfect flagship store.

"The location off of A1A is perfect for visibility, and the building was blighted so we were able to create a beautiful environment for the Beaches community," Taylor said of the new store's flagship status. "It's an easy access point for donation drop-offs and a convenient location."

7North marks the third BEAM thrift store; the first opened on Shetter Avenue in November 2013, followed by a second store in Mayport. Now four months into operations, Taylor said 7North has been very well received by the community, which translates to the greater good of Beaches' residents in need.

"The reception has been amazing," she said. "I've always known BEAM was well-supported in the community, but it's been rewarding to see people want to help."

According to Taylor, in addition to a growing customer base, the thrift store's operations have also been well-received with donors who provide goods to the store.

"I think (customers) have warmed to the idea of a clean and well-organized thrift store," she said, "and donors appreciate seeing their items displayed respectfully."

The arrangements add to what Taylor calls a "department store experience," wherein tables and dining sets are shown in functional displays alongside china cabinets and art. The store features a "library" selection of books as well as linens, jewelry displays and floor space dedicated to dressers, sofas and chairs.

The store is largely staffed by volunteers, which Taylor said keeps



7North Clothing Merchandiser Yanira Carter

expenses low so that more money can be channeled into essential BEAM services.

"I think the attitudes of the volunteers working in the store have made the difference," she said. "It's just full of warm and friendly people who believe in BEAM's mission and who have a vested interest in seeing it succeed and continue."

Like all BEAM thrift locations, 7North provides an income stream to fund BEAM programs while allowing the ministry's services to be self-sustainable. The system works by giving community members the opportunity to shop and the chance to contribute to BEAM through patronage and donations, and the money stays local.

The profits then go directly to financial assistance programs run by the ministry: BEAM's rent and utilities programs, food pantries, Back to School with BEAM, single-parent project and the nutritional program are funded through thrift store proceeds.

"All (of our) thrift stores help the community continue with BEAM's mission," Taylor said. "And with BEAM, we're helping provide an essential service to people struggling in our own backyard."

Taylor welcomed community members to help by volunteering. BEAM offers volunteer opportunities through 7North, which is staffed by approximately 40 volunteers weekly. Volunteer applications may be found at [www.jaxbeam.org/volunteer](http://www.jaxbeam.org/volunteer).



Furniture is grouped attractively at BEAM's 7North thrift store.

Photos by Jasmine Marshall



7North's book section, dubbed "The Library"

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## Advanced Disposal awards scholarships to local students



Advanced Disposal recently presented \$2,500 scholarships to two newly graduated seniors from Ponte Vedra High School.

New graduates Meg Barnhorst and William O'Hara were the recipients of Advanced Disposal's 2016 SALC (Scholastics, Athletics, Leadership, Character) scholarships. Barnhorst will attend Georgetown University in the fall, while O'Hara will begin his studies at Notre Dame University.

"Advanced Disposal's mission is to be 'Driven to Deliver' for our customers, team members and the communities we serve," Advanced Disposal CEO Richard Burke said. "We are confident Ms. Barnhorst and Mr. O'Hara will continue to deliver personally and professionally in the future and we wish them the very best."

Each year, a Ponte Vedra High School review committee selects one male and one female student from the graduating senior class to receive the SALC scholarships.

## PVHS student attending Research Science Institute at MIT

Ponte Vedra High School student Adam Snowden is participating in the 33rd annual Research Science Institute at the Massachusetts Institute of Technology (MIT) this summer.

Snowden was one of just two Florida students – and one of only 82 from around the world – selected to participate in the six-week program, which provides a rigorous research experience for students who are academically talented in science, technology, engineering and mathematics (STEM).

"The Research Science Institute offers scholars the opportunity to experience graduate level research and camaraderie with other academically talented STEM

scholars," said Joann P. DiGennaro, president of the Center for Excellence in Education, which sponsors the program. "RSI has nearly 2,500 successful alumni, with an 80 percent STEM career retention rate of the alumni."

Offered at no cost to participating students, RSI brings together students from across the country and around the world for one week of theoretical classroom work, followed by four and a half weeks of research with a professor or research scientist in the students' respective areas of interest. In the final week, students demonstrate their work through written academic papers and present oral findings to their peers and a panel of judges.

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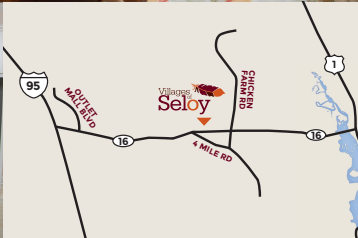
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# New grief and life support group unites local widows

By Carrie Resch

Ponte Vedra Valley Funeral Home Community Affairs Director Rene Williams knows first-hand what it's like to lose a spouse.

She lost her husband seven years ago. Knowing how devastating that loss can be, Williams, together with Ponte Vedra Valley owners Brent and Jacque Headrick, created Lilies of the Valley, a free social support group for widows to help them adjust to life after loss.

"Ponte Vedra Valley Funeral Home and Cemetery realized the widows they served needed something more," Williams said. "Widows must overcome so many chal-

lenges in starting life over without their husbands; most people never realize that life after they sympathy cards and flowers and funeral events can be devastating to a woman who has lost her husband."

The support group was launched in May with about 10 people in attendance, according to Williams. The following month, attendance doubled.

Networking and an opportunity to socialize and build friendships are among the opportunities offered to attendees of the widows-only support group. Meetings include an open discussion, where the women can express their grief and struggles, and a complimentary lunch to

encourage social time.

Guest speakers will also be scheduled to help provide resources to widows. June's meeting featured speaker Renee Stein, a clinical social worker and therapist who addressed common issues and tips to help with the grieving process.

The group plans to bring in future speakers to help with other challenges widows face in rebuilding their new lives.

"Topics such as financial management, faith, socialization, relationships, paperwork and real estate are areas that widows typically need guidance with," Williams said.

A call line has been set up by group

members as a way for them to support each other in between meet-ups. There is also a Lilies of the Valley Facebook page, where participants can post information and offer encouragement.

The Lilies of the Valley social support group luncheon is open to the public and meets on the second Tuesday of each month at 11:30 a.m. in the reception hall at Ponte Vedra Valley Funeral home, located at 4750 Palm Valley Road in Ponte Vedra Beach.

The next meeting will be held July 12; reservations should be made by July 8. For more information or to make a reservation, call (904) 285-1130.

## Arbor Terrace Ponte Vedra celebrates one-year anniversary with 'Longest Day' reception

By Carrie Resch

Arbor Terrace Ponte Vedra – an assisted living facility that focuses solely on serving residents with Alzheimer's or other forms of dementia - celebrated its one-year anniversary June 20 with a reception that benefited the Alzheimer's Association.

The facility officially marked its first anniversary on June 8, but the decision was made to connect the anniversary celebration with "The Longest Day" campaign, an event to raise funds and awareness for the Alzheimer's Association held annually on the longest day of the year.

More than 100 people were in attendance, including families and professionals as well as a representative from the Central and North Florida branch of the Alzheimer's Association. The reception included a wine and cheese party, silent auction and a musical performance by Priscilla Johnson, daughter of an Arbor Terrace Ponte Vedra resident.

One hundred percent of the proceeds from the silent auction were donated to the Alzheimer's Association and the amount raised exceeded expectations, according to Arbor Terrace Ponte Vedra Executive Director John Schaum.

More than 50 silent auction items were donated by Ponte Vedra-area businesses.

"We couldn't have done it without the support of the community and for that we're very grateful," Schaum said. "I want to thank the community for reaching out and helping to donate to a great cause and hopefully ending Alzheimer's."



Dr. Kate Miller and Bobbie Crane

Photos by Susan Griffin



Priscilla John entertains guests at Arbor Terrace's "Longest Day" benefit for the Alzheimer's Association.

**IN REMEMBRANCE**

**Frederick A. Godley Jr.** died June 30, 2016. Born in Rye, New York, on November 23, 1919, Fred graduated from The Hotchkiss School in 1938 and later served on the board of trustees. He graduated from Yale in 1942 after an interruption to serve in the U.S. Navy during World War II. As a Naval Reserve ensign, he was attached to the destroyer USS Quick, where he served for four and a half years as a top gunnery officer. After service, he graduated from the Scheffield School of Engineering and began working at PerkinElmer. He then started the Continental Manufacturing Valve Company, later renamed Xomox, with his friend and co-founder, Lawson Reed. With his interest in medicine, Fred went on to spin-off Xomed, A biomedical application of the high temperature valve technology.

Outside of his vocational pursuits, Fred was the head of the building

committee of the Presbyterian Church in New Canaan, Connecticut, where he served on the vestry for many years. He was a founding member of The Eaglesmere Conservancy, and with his wife, Mary, he founded the Godley House in Rutland, Vermont as a residential transitional house for Spring Lake Ranch, a mental health rehabilitation facility.

Predeceased by his daughter Margaretta Godly, Fred is survived by his three children, Mac Godley, Rick Godley and Betsy Godley Spence; and by his wife, Mary, to whom he was married for 75 years.

Please visit our online Tribute at [www.quinn-shalz.com](http://www.quinn-shalz.com). Services are under the care and direction of Quinn-Shalz Family Funeral Home.



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Thursday, July 7	Friday, July 8	Saturday, July 9	Sunday, July 10
<p><b>Summertime LEGO Club for Tweens</b> Tweens ages 8-12 are invited to the Ponte Vedra Beach Branch Library July 7 from 2 to 4 p.m. for Summertime LEGO Club for Tweens. No registration is necessary, and the event is free. The library is located at 101 Library Blvd. For more information, call (904) 827-6950.</p> <p><b>Beaches Photography Club</b> The Beaches Photography Club will meet July 7 from 5:30 to 8 p.m. at the Beaches Branch Library, 600 Third St. in Neptune Beach. Meet other photography enthusiasts and learn new skills. All levels welcome. The club meets on the first Tuesday of every month. This program is for adults. For more information, call (904) 241-1141.</p> <p><b>Concerts in the Plaza</b> The 2016 Concerts in the Plaza summer music series continues July 7 with a performance by Bob &amp; Joline and the Friends of Mine Band live at 7 p.m. at Plaza de la Constitución, 22 Cathedral Place, St. Augustine. The concerts continue every Thursday through Sept. 1. All concerts are free. For more information, call (904) 825-1004 during weekday office hours or visit <a href="http://www.concertsintheplaza.com">www.concertsintheplaza.com</a>.</p> <p><b>Nature Detective</b> The Hastings Branch Library will host a Nature Detective Butterfly Workshop July 7 from 1 to 2:30 p.m. The free, interactive workshop is for children ages 6-12. Participants will have the opportunity to learn about butterflies through hands-on activities, take-home materials, and books that can be checked out from the library. Call (904) 827-6970 to register. The library is located at 6195 Main St., Hastings.</p> <p><b>Habitat for Humanity volunteers</b> Habitat for Humanity of St. Augustine/St. Johns County is currently seeking qualified homeowners. Habitat does not give away homes for free. Instead, homeowners pay an affordable monthly mortgage payment and Habitat helps build them a simple, decent place to live. For more information on volunteering, donating or qualifying for a Habitat home, visit <a href="http://habitatstjohns.org">habitatstjohns.org</a>.</p>	<p><b>The Robert Cray Band</b> Ponte Vedra Concert Hall presents The Robert Cray Band Friday, July 8. Doors open at 7 p.m.; show starts at 8 p.m. Tickets starts at \$62.50. Tickets are available at the Ponte Vedra Concert Hall and St. Augustine Amphitheatre box offices, <a href="http://ticketmaster.com">ticketmaster.com</a> and all Ticketmaster outlets or by phone at (800) 745-3000. The Ponte Vedra Concert Hall is located at 1050 A1A N., Ponte Vedra Beach.</p> <p><b>MOSH \$5 Fridays</b> Every Friday, come to MOSH to enjoy \$5 admission and extended hours. The museum will be open late every Friday until 8 p.m. Additional discounts or coupons are not permitted.</p> <p><b>'Jump N Jive Juliet'</b> Limelight Theatre summer camp students will perform the musical "Jump N Jive Juliet" July 8-10 on the Matusa Main Stage. Tickets are available for purchase by phone at (904) 825-1164 or online at <a href="http://www.limelight-theatre.org">www.limelight-theatre.org</a>. The theatre is located at 11 Old Mission Ave., St. Augustine.</p> <p><b>Life Enrichment Group</b> The Life Enrichment Group is a program designed for those with memory changes who like to stay active mentally, physically and socially while allowing caregivers and loved ones some free time for themselves. This program is offered weekdays from 9 a.m. to 2 p.m. at Ashford Court, 1700 The Greens Way in Jacksonville Beach. For more information, call (904) 568-8174, or email <a href="mailto:life_enrichmentgroup@yahoo.com">life_enrichmentgroup@yahoo.com</a>.</p> <p><b>Summer Concert Series</b> Dewey Via will perform live July 8 at 6 p.m. and July 9 at noon as part of the Colonial Oak Stage Summer Concert Series. Concerts take place on select dates through July 31 at the Colonial Quarter, 33 St. George St., St. Augustine. Admission is free. Beverages will be available for purchase at the venue. For more information, visit <a href="http://www.colonialquarter.com/concerts">www.colonialquarter.com/concerts</a>.</p>	<p><b>Nature Detective Workshop</b> The Ponte Vedra Beach Branch Library will host a Nature Detective workshop for kids ages 6-12 Saturday, July 9 from 1 to 2:30 p.m. or 2:30 to 4 p.m. (repeat workshop). All children ages 6-12 are invited to become Nature Detectives and learn all about butterflies with the Sisterhood of the Traveling Plants. Pre-registration is required; space and materials are limited. Call (904) 827-6950 for more information or to register. The library is located at 101 Library Blvd.</p> <p><b>Pet Walk Pup Crawl</b> The Pet Walk Pup Crawl will be held Saturday, July 9 from 10 to 11:15 a.m. in St. Augustine. The free, one-hour guided walking tour hosted by City Walks meanders through several square blocks of the downtown plaza area. Pets are welcome; all pets must be leashed and all city pet ordinances followed. The tour departs from 4 Granada St. Reservations required. Visit <a href="http://www.supersaas.com/schedule/CityWalks/Pet_Walk">www.supersaas.com/schedule/CityWalks/Pet_Walk</a> to register.</p> <p><b>'Beauty and the Beast'</b> Alhambra Theatre &amp; Dining presents Disney's "Beauty and the Beast" live on stage through July 31. Alhambra Theatre &amp; Dining is located at 12000 Beach Blvd., Jacksonville. For more information or to purchase tickets, call (904) 641-1212 or visit <a href="http://www.alhambrajacksonville.com">www.alhambrajacksonville.com</a>.</p> <p><b>Cypress Village Art League July Show</b> For its fourth show of the current season, the Cypress Village Art League will present "Art" featuring the work of Cypress Village residents Marge Click and Kay Dowless. The two artists with similar backgrounds will exhibit their collections of oils on canvass, celebrating their love of nature through art. The Art League invites the public to join them for an opening reception Saturday, July 9 from 2 to 4 p.m. in Egret Hall on the campus of Cypress Village, 4600 Middleton Park Circle E., Jacksonville. Admission is free and wine and light refreshments will be served.</p>	<p><b>Summer Jazz Series</b> The Summer Jazz Series concert will be held Sunday, July 10 beginning at 5 p.m. at the Sea Walk Pavilion in Jacksonville Beach with a lineup of three jazz acts: Isaac Byrd, Jr. at 5 p.m.; Althea Rene and Jeanette Harris at 6:15 p.m.; Four 80 East with special guest Art Sherrod Jr. at 7:30 p.m. The Summer Jazz Series is free and open to the public. Attendees are encouraged to bring blankets and lawn chairs, and refreshments will be available for purchase.</p> <p><b>'3 Blind Dates'</b> On July 10, Limelight Theatre presents the improv show "3 Blind Dates," an unscripted romantic comedy that will follow three single ladies through a round of speed dating and the dates that occur as a result. Come early and mingle with the "3 Blind Date" ladies in the lounge at 6 p.m.; showtime is 6:30 p.m. Tickets are \$12 in advance; \$15 at the door. For more information or to purchase tickets, visit <a href="http://www.3blinddatesshow.com">www.3blinddatesshow.com</a>. Limelight Theatre is located at 11 Old Mission Ave., St. Augustine.</p> <p><b>Practice with Purpose at Big Fish Yoga</b> Practice with Purpose is an all-level yoga class offered on Sundays from 4 to 5 p.m. at Big Fish Power Yoga. The fee for the class is a \$5 cash donation that goes to the charity that Big Fish Power Yoga has selected for the quarter. Big Fish Yoga is located in the South Beach Regional Shopping Center in Jacksonville Beach at 3852 South Third St. For more info, call (904) 372-0601.</p> <p><b>Collection Tour</b> Join the Cummer Museum of Art and Gardens on Sundays for a guided tour of its permanent collection. The tour is free with the cost of admission. The museum is located at 829 Riverside Ave., Jacksonville.</p> <p><b>Annual Activity Member</b> Become an Annual Activity Member at The Players Community Senior Center. Membership includes discounts on fee-based classes, designated events and Coastal Travel along with complimentary participation in a wide variety of scheduled activities. Call Darlene Mahany at (904) 280-3233 for more information.</p>



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<p><b>Member Monday</b> Every Monday Evening</p> <p><b>Taco Tuesday</b> Every Tuesday</p> <p><b>Wing Wednesday</b> Every Wednesday Evening</p> <p><b>Party Bridge</b> Every Thursday Noon</p> <p><b>Thirsty Thursday</b> Every Thursday Evening</p> <p><b>Dive-In Movie</b> Saturday, July 9</p> <p><b>Meditation Workshop</b> Sunday, July 10, 17 &amp; 24</p> <p><b>Trivia</b> Monday, July 11</p> <p><b>Kids Ice Cream Class</b> Wednesday, July 13</p>	<p><b>Kids Rockstar Party</b> Friday, July 15</p> <p><b>Family Pool Deck Putt-Putt</b> Sunday, July 17</p> <p><b>Beer Tasting</b> Tuesday, July 19</p> <p><b>Book Club</b> Tuesday, July 19</p> <p><b>Howl at the Buck Moon</b> Tuesday, July 19</p> <p><b>Zoo Day</b> Thursday, July 21</p> <p><b>Tour de Vin de France Wine Dinner</b> Saturday, July 23</p> <p><b>Kids Movie Night</b> Friday, July 29</p>
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JULY ACTIVITIES FOR MEMBERS

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<p><b>Sunday Brunch Buffet</b> Every Sunday</p> <p><b>Bridge</b> Monday's at 12:30 p.m.</p> <p><b>Lobster Night</b> Every Wednesday</p> <p><b>Tapas Night</b> Every Thursday</p> <p><b>Prime Rib Buffet</b> Every Friday</p> <p><b>Skin Medica Spa Event</b> Friday, July 8</p> <p><b>Night Owl Camp</b> Saturday, July 9</p> <p><b>Meditation Workshop</b> Sunday, July 10, 17 &amp; 24</p>	<p><b>Italian Night</b> Monday, July 11</p> <p><b>Trivia Night</b> Tuesday, July 12</p> <p><b>Dive-In Movie</b> Friday, July 15</p> <p><b>Tween Trivia</b> Friday, July 22</p> <p><b>National Ice Cream Day</b> Saturday, July 23</p> <p><b>Night Owl Camp</b> Saturday, July 23</p> <p><b>Tennis "Boyz" Night Out</b> Wednesday, July 27</p>
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Monday, July 11	Tuesday, July 12	Wednesday, July 13	Thursday, July 14
<p><b>COTA Heart for Hunter Golf Classic</b> The second annual Children's Organ Transplant Association (COTA) Heart for Hunter Golf Classic will be held July 11 at the Atlantic Beach Country Club, 1600 Marina Drive, Atlantic Beach. Registration and breakfast begin at 7:30 a.m. with a shotgun start at 9 a.m. A golf ball drop for prizes will take place at approximately 2 p.m. and there will be an awards luncheon immediately following play. The cost is \$195 per player. Registration or donation may be made online at <a href="http://cota.donorpages.com/MiracleMakers/TeamHunterC/">http://cota.donorpages.com/MiracleMakers/TeamHunterC/</a>. For more information, contact Bill Rodish, tournament director, at (904) 400-2490 or email <a href="mailto:brodish@genesiseventservices.com">brodish@genesiseventservices.com</a>.</p> <p><b>Republican Club Meeting</b> The Republican Club of Greater St. Augustine will meet from 6:30 to 8:30 p.m. at 250 Brainard Dr. in St. Augustine. Meetings are held the second Monday of every month and are open to all registered Republicans. There is no charge for attending. For more information, visit <a href="http://republicanclubgsa.com">republicanclubgsa.com</a> or email <a href="mailto:information@republicanclubgsa.com">information@republicanclubgsa.com</a>.</p> <p><b>Sawgrass Women's Club Meeting</b> The Sawgrass Women's Club meets the second Monday of the month at 10 a.m. at Sawgrass Country Club Golf Club. For more information, email Susan Summers at <a href="mailto:sritchiesummers@aol.com">sritchiesummers@aol.com</a>.</p> <p><b>PV Democratic Club Social Event</b> The Ponte Vedra Democratic Club will host a social event and meeting Monday, July 11 at 6:30 p.m. at Brucci's Pizza, 880 A1A Ponte Vedra Beach. All are welcome to come out, enjoy a meal and socialize with other local Democrats and independents. To RSVP, email <a href="mailto:pvdemocratiiclub@aol.com">pvdemocratiiclub@aol.com</a>.</p> <p><b>Caregiver Support Group</b> The Players Caregiver Support Group meets every Monday from noon to 1 p.m. at The Players Senior Center, 175 Landrum Lane in Ponte Vedra Beach. Kimberly Weir of Heartland Hospice facilitates a weekly discussion of current concerns and issues of caregivers. For more information, call (904) 280-3233.</p>	<p><b>K9s for Warriors benefit</b> Singer/songwriter Bryan Hayes and Pusser's will host "A Night for Heroes" Tuesday, July 12 at Pusser's, 816 A1A N., Ponte Vedra Beach. Tickets are \$40 and include one drink and one appetizer. The remaining proceeds will be go to the nonprofit organization K9s for Warriors. A warrior and his K9 will be in attendance for a demonstration. Tickets are available for purchase in advance online at <a href="http://www.eventbrite.com">www.eventbrite.com</a> and at the door.</p> <p><b>Storytelling workshops</b> The Lighthouse Theatre and the Council on Aging will host a series of free storytelling workshops on Tuesdays: July 12, 19 and 26 and Thursday, July 28. The workshops will be held from 1 to 2:30 p.m. at the COA's River House, 179 Marine St., St. Augustine. For more information, call (904) 209-3655.</p> <p><b>Widows' support group</b> "Lilies of the Valley," a new luncheon support/social group for widows, will meet July 12 from 11:30 a.m. to 1:30 p.m. in the reception hall at Ponte Vedra Valley Funeral Home, 4750 Palm Valley Road, Ponte Vedra Beach. Reservations for the meeting are requested to be made by the Friday before each luncheon. The meetings will be held on the second Tuesday of every month. For more information or to make a reservation, call (904) 285-1130 or email <a href="mailto:jacque@pontevedravalle.com">jacque@pontevedravalle.com</a>.</p> <p><b>Adult Coloring Club</b> The Adult Coloring Club will meet Tuesday, July 12 from 10 a.m. to noon at the Ponte Vedra Beach Branch Library, 101 Library Blvd. Supplies will be provided. For more information, call (904) 827-6950.</p> <p><b>Sunset Rotary Club weekly meeting</b> The Rotary Club of Ponte Vedra Beach Sunset meets Tuesdays from 6 to 7:15 p.m. at the Hilton Garden Inn. Community leaders are welcome to attend. For more information, call Club President Ron Mott at (904) 460-7092 or email <a href="mailto:hojron@aol.com">hojron@aol.com</a>.</p>	<p><b>Newcomers Monthly Meeting</b> Newcomers of the Beaches monthly luncheon is Wednesday, July 13 at 11 a.m. at the Marsh Landing Country Club in Ponte Vedra Beach. The cost is \$23. Reservations are required. For more information, visit <a href="http://www.newcomersofthebeaches.com">www.newcomersofthebeaches.com</a>.</p> <p><b>Overeaters Anonymous meeting</b> Overeaters Anonymous meets every Wednesday at noon in the CFC room 203/205 at Christ Episcopal Church, 400 San Juan Drive, Ponte Vedra Beach. The only requirement for membership is a desire to stop eating compulsively. There are no dues or fees. Call (904) 405-8664 for more information.</p> <p><b>PV Professionals Networking Group</b> The Ponte Vedra Professionals Networking Group meets the second, third and fourth Wednesday of the month from noon to 1 p.m. The first Wednesday of the month, the group hosts an after-work social mixer. Meeting locations vary; for more information, call Dave at (904)248-9871 or visit <a href="http://www.pvpng.com">www.pvpng.com</a>.</p> <p><b>Ponte Vedra Toastmasters</b> The Ponte Vedra Toastmasters Club offers opportunities for developing your leadership and communication skills. The group meets Wednesdays at The Players Community Senior Center, located at 175 Landrum Lane, Ponte Vedra Beach. The meeting starts promptly at 7:30 a.m. Contact Carmen J. Sardiñas at (904) 382-3303 or contact-5199@toastmastersclubs.org for more information.</p> <p><b>Music by the Sea concert series</b> The Music by the Sea concert series takes place every Wednesday through Oct. 12, 2016 from 7 to 9 p.m. at the St. Augustine Beach Pier, 350 A1A Beach Blvd. On July 13, Jimmy Parrish &amp; The Waves will perform. The concerts are free; guests can purchase a dinner plate for \$10 from the sponsoring restaurant. Food is served at 6 p.m. and the music starts at 7 p.m. For more information, call (904) 347-8007 or visit <a href="http://www.augustine.com/event/music-sea">www.augustine.com/event/music-sea</a>.</p>	<p><b>Concerts in the Plaza</b> The 2016 Concerts in the Plaza summer music series continues July 14 with a performance by Ancient City Slickers live at 7 p.m. at Plaza de la Constitución, 22 Cathedral Place, St. Augustine. The concerts continue every Thursday through Sept. 1. All concerts are free. For more information, call (904) 825-1004 during weekday office hours or visit <a href="http://www.concertsintheplaza.com">www.concertsintheplaza.com</a>.</p> <p><b>Mental Health Recovery Support</b> Free mental health support is available to the public facilitated by Georgia/Florida Certified Peer Specialist Whitney Bolin. Sessions are by appointment only Monday through Friday; call (770) 403-4991 or email <a href="mailto:whitneybat76@gmail.com">whitneybat76@gmail.com</a>. Bolin also facilitates a mental health recovery group at Flagler Hospital from 2 to 4 p.m. every Tuesday.</p> <p><b>Joint Chamber Luncheon</b> The St. Johns County Chamber of Commerce Ponte Vedra Beach Division joint luncheon with the JAX Chamber Beaches Division will be held Thursday, July 14 from 11:30 a.m. to 1:30 p.m. at Sawgrass Country Club, 10034 Golf Club Drive, Ponte Vedra Beach. The speaker will be Bill Hughes, general manager of TPC Sawgrass, who will discuss the renovations currently underway at TPC Sawgrass. The cost to attend is \$25 for members; \$30 for non-members. For more information or to register, visit <a href="http://www.stjohnscountychamber.com">www.stjohnscountychamber.com</a>.</p> <p><b>Arbor Terrace Life Enrichment Group</b> The Life Enrichment Group Day Program takes place every Tuesday and Thursday from 9 a.m. to 2 p.m. at Arbor Terrace Ponte Vedra, 5125 Palm Valley Road, Ponte Vedra Beach. The group is designed for those with memory changes who would like to stay active mentally, physically and socially. For more information, call (904) 497-4346 or visit <a href="http://www.at-pontevedra.com">www.at-pontevedra.com</a>.</p> <p><b>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 <a href="mailto:carrie@opcfla.com">carrie@opcfla.com</a>, post online at <a href="http://www.pontevedrarecorder.com">www.pontevedrarecorder.com</a> using the automated form or call (904) 686-3939.</b></p>

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**Sunday, July 24th**  
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For complete information on our dining and social events, visit our website at <http://www.tpc.com/sawgrass-dining>.  
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# Fountain of Youth opens new exhibit

A new exhibit that highlights the history of St. Augustine's colonial blacksmiths opened last weekend, offering a window into the city's past.

Located at Ponce De Leon's Fountain of Youth, the new exhibit opened July 2 on the south side of the Menendez Settlement field. The open-floorplan exhibit features bellows in an oversized, "double lung" custom-made forge capable of generating blacksmithing temperatures of more than 2,500 degrees. The blacksmith shop will produce Spanish Colonial-style iron goods that were found in the area during the First Spanish Period of Florida's history from 1565 to 1763.

The exhibit illustrates the history

of St. Augustine's colonial blacksmiths, who park Blacksmith Greg Sikes said were mainly responsible for repairing equipment.

"St. Augustine's colonial blacksmiths were primarily repairmen," Sikes said. "New goods arrived primarily from Europe, and when the implements broke, the blacksmiths stepped in."

Fountain of Youth Managing Director John W. Fraser said the blacksmith exhibit will augment the park's existing offerings.

"We are excited to bring another interesting facet of St. Augustine's past to the park," Fraser said, "one where our guests can actually witness history being made right on the actual site

where history was made in 1565."

Ponce de Leon's Fountain of Youth Archaeological Park is a 15-acre historic site that commemorates the Florida landing of Ponce de Leon in 1513 in his quest for the Fountain of Youth. It is also the original site of both the Timucuan Indian village of Selyo and Pedro Menendez de Aviles' St. Augustine settlement of 1565.



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# Summer Guide to Hair, Skin & Body 2016

SPECIAL SECTION TO:

**Ponte Vedra**  
**Recorder**

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JULY 7, 2016



# The best ways to protect your skin from sun damage

By Dr. Erika Hamer

Special to the Recorder

When it comes to your health, the sun is both friend and foe. Like many things, moderation is the key when it comes to sun exposure. Sunshine is vital to the process of creating vitamin D in your body. Not only does it keep bones healthy, but vitamin D may also be key to preventing many serious diseases, including cancer.

As you age, however, your ability to synthesize vitamin D from the sun decreases. In fact, seniors only produce about a quarter of the vitamin D from sunlight that young people produce. Another group at risk for a deficiency in this vitamin is dark-skinned people, who are less able to create sun-based vitamin D. Unfortunately, too much exposure to the sun's rays damages your skin and increases your risk of skin cancer.

So how do you find the right balance? Most health experts agree that 10 to 15 minutes of sun exposure each week for an adult is safe. Any longer than this, and you should apply sunscreen to areas of your body exposed to sunlight. But what should you look for in a sunscreen to ensure you're getting the best product?

## Read labels carefully

When selecting a sunscreen, check the label to make sure the product offers wide-spectrum protection. It should block both UVA and UVB radiation. The strength of sunscreens is categorized numerically by SPF (Sun Protection Factor). The lower the SPF number, the less of a defense the sunscreen provides. The products that deliver the highest safety are rated SPF 30 to 50 (products rated higher than SPF 50 offer an insignificant increase in protection). In terms of ingredients, a good sunscreen should contain zinc oxide, titanium dioxide or parsol 1789 (also called avobenzone). These ingredients sit on top of the skin rather than being absorbed, providing a stronger sun barrier. It's best to apply sunscreen 30 minutes before going outdoors. Then reapply it every 15 to 30 minutes while in the sun. If you're exercising or swimming, apply sunscreen again after completing these activities. Children younger than 6 months old need to be sheltered from the sun. Make sure clothes adequately cover their bodies and use car seats and strollers that have sun shades. Get professional advice before using sunscreen on children under 6 months of age.

## Sunscreen controversies

Recently, there has been a debate surrounding sunscreens and their effectiveness in protecting from skin cancer. Some evidence has emerged that increased sunscreen use actually seemed to boost skin cancer rates. But skin specialists assert that it's unlikely to be caused by the ingredients. They point to improper use of sunscreens as the likely problem. Many people do not use enough sunscreen on their skin and don't apply it as frequently as they should. They spend a longer time in the sun, falsely believing they're adequately protected.

Another issue is the lack of government regulation of sunscreens. A published report from the Environmental Working Group (EWG), a nonprofit consumer research institute, made some startling allegations after testing a wide variety of sunscreen products. In an EWG press release, the organization states it gives "... low marks to the current crop of sunscreen products, with a few notable exceptions. EWG researchers recommend only 39, or 8 percent, of 500 beach and sport sunscreens on the market this season."

The institute's main problems with so many sunscreens are the exagger-

ated SPF claims and the link between vitamin A use in sunscreens and its possible link to skin tumors. However, other medical experts disagree with the conclusions made by the EWG, claiming the research is flawed. You can read the EWG's sunscreen report on its website: [www.ewg.org](http://www.ewg.org).

## Ultimate sun protection methods

Don't rely on sunscreen as your primary way of avoiding sun damage. The best way for you to protect yourself is to practice good common sense. Limit your sun exposure between late morning and mid-afternoon, when the sun's rays are at maximum intensity. (Remember, you can still get sunburned on cloudy days.) Keep in the shade as much as possible, and wear a hat, shirt and sunglasses when out in the sun.

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



# Summertime safety focus of Ponte Vedra YMCA 'Talk with a Doc'

By Carrie Resch

Summertime is here, and with it comes common summertime afflictions such as sunburns, bug bites and dehydration.

Learning to treat – and more importantly, prevent – these conditions was the focus of a recent Talk with a Doc at the Ponte Vedra YMCA's Healthy Living Center. Dr. Francisco Martinez-Wittinghan of Baptist Primary Care in Nocatee served as guest speaker at the event, delivering the presentation "Prevent and Treat Summertime Bummers."

"The most important thing for first aid is that we don't have to use it," Martinez-Wittinghan said.

Prevention is key, he said. For example, instead of treating sunburn or bug bites after the fact, try to prevent them in the first place by using sunscreen or bug spray. It's also paramount to be aware of your surroundings and plan for outings: Whether your destination is the beach or the woods, plan to bring both preventatives as well as a first aid kit to treat possible injuries.

"Talk with a Doc" attendees were each given a few complimentary items to give them a head start on summertime safety, including a first aid kit, sunglasses and a Baptist Medical Center Beaches "Summer Safety Guide."

The Ponte Vedra YMCA offers medically integrated programs from Baptist Health such as "Talk with a Doc" two to three times per month. Topics vary; past lectures have focused on such topics as stroke, autism awareness,



Photo by Carrie Resch  
Dr. Francisco Martinez-Wittinghan leads the discussion on how to "Prevent and Treat Summertime Bummers" at the Ponte Vedra YMCA's Healthy Living Center.

cholesterol, concussion safety and diabetes. "Talk with a Doc" events are free and open to the public.

In addition to "Talk with a Doc" the YMCA hosts other meet-ups such as "Ask the Expert" or the "Good for You Gathering."

To find out about upcoming events, visit the YMCA website at [www.first-coastymca.org/locations/ponte-vedra-family-ymca](http://www.first-coastymca.org/locations/ponte-vedra-family-ymca) or Baptist Health website at [www.baptistjax.com](http://www.baptistjax.com).

wash the area; fresh water will exacerbate the sting

- Apply vinegar to the area that was stung. Consider carrying a small bottle of vinegar with you when you go to the beach

- Apply hydrocortisone cream or aloe vera and cover the area

### Sun protection

- Use sunscreen; the higher the SPF number, the longer you are protected

- Apply sunscreen liberally 30 minutes prior to outdoor activity so the sunscreen has time to absorb into the skin

- Reapply sunscreen after going into the water, even if the sunscreen claims to be waterproof

- Look for a sunscreen product that protects against both UVA and UVB rays

- Wear sunglasses when in direct sun to protect your eyes. Melanoma – the most serious type of skin cancer – can occur in the eyes as well as the

skin

- Plan ahead: always bring shade if you are going to be in the sun

- Wear long sleeves or a hat for added protection

### Treating sun burn

- Apply something cold to the area. One tip is to freeze a bottle of water and bring it with you when you are planning on being outdoors for a long period of time

- If blisters are present, do not pop them! Doing so could cause an infection. If a blister should burst, clean the area well, apply an antibiotic ointment and cover it with a bandage

- Use over the counter items such as aloe vera gel to help ease the pain. Some brands contain lidocaine – an ointment used to numb pain. Read the product's ingredients and don't use products containing lidocaine if you are allergic



### Summer safety and prevention tips

#### Water safety

- Learn how to swim
- Learn your environment
- Check the flag warnings at the beach and know the meaning of each flag
- Never swim alone
- Keep children no more than an arm's length away (even kids who can swim may be swept away by a current)
- Designate a "water watcher"
- Stay off your phone and limit conversation while keeping an eye on swimming children
- Educate children on what they should do if they see someone drowning; teach them to call for help rather than attempt a rescue themselves
- Swim near a lifeguard

#### Jelly fish

- Check the warning flags at the beach and scan for jellyfish before entering the water
- If stung, use sea water to

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**Hydration**

- Always bring something to drink (avoid drinks that are high in sugar, which doesn't aid hydration)
- Hydrate before you are thirsty
- Know how to recognize and treat the two forms of severe dehydration: heat exhaustion and heat stroke

**Treating heat exhaustion or heat stroke**

- For either heat exhaustion or heat stroke, cool the victim down – put them in the shade; take them to an air conditioned area if possible
- Call 911 if heat stroke is suspected
- Signs of heat stroke may include erratic behavior and passing out, but the number one sign is if the person is very hot but not sweating
- Have them sip water slowly; drinking too quickly may induce vomiting, throwing electrolytes further off balance
- While waiting for help to arrive for a heat stroke victim, raise the person's feet in order to get blood to the vital organs
- Heat exhaustion signs include a person who is overheated, profusely sweating and drowsy. Cool the victim down with as ice and seek acute or emergency room care



**Poison Ivy, Oak, and Sumac**

- Learn to identify each
- Pay attention and stick to pathways
- Oil from the leaves is what causes an allergic reaction. Even leaves on the ground can still give you a reaction. It

may take up to 30 minutes to feel the effects

- Wash the affected area, use an over-the-counter hydrocortisone cream
- If the allergic reaction is severe, seek medical attention at an emergency room or urgent care

**Ticks**

- Check for ticks on your body after being in a wooded area
- If a tick is discovered, remove it as soon as possible
- Use tweezers to grab the base of the tick as close to the skin as possible and pull in a steady, upright motion

**Insect bites**

- Use insect repellent
- Be aware: dusk and dawn are the most common time for mosquitos to be present
- If an insect bite is present, do not scratch! Doing so could introduce bacteria into the wound
- Apply ice or a cool towel to the wound to ease pain
- For bee stings:
  - Remove the stinger
  - Make sure the person is not allergic
  - If the person shows any sign of an allergic reaction, dial 911 immediately
  - If the person knows they are allergic, ask them if they have an epinephrine injection – or "EpiPen" used to treat severe allergic reactions
  - Persons with known bee sting allergies should always carry an EpiPen with them in case of emergency

**Cuts**

- Wash the area well – washing well with soap and water alone will remove 95 percent of the bacteria
- Cover the cut with a bandage and change the bandage at least once a day, preferably twice a day
- Be cautious of activities such as digging in dirt or swimming, especially if the cut is deep
- If the cut is deep and bleeding, apply pressure to the wound with gauze. If blood seeps through the gauze, do not remove the gauze; add more gauze on top and continue to apply pressure

**First aid**

- Evaluate the situation. If someone is in need of first aid, survey the area to make sure you don't fall victim to the same hazard. Move to another area to provide first aid
- Carry a first aid kit with such items as: adhesive bandages, non-adherent pads, alcohol pads, sting relief medicated pads, tweezers, scissors, medical tape and antibiotic ointment
- Be sure to restock the first aid kit every time you use it; discard and replace expired items
- Also consider carrying a first aid book with you as well
- Teach children first aid skills so they will know how to help themselves or others should the need arise.

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The Summer Citrus Sensation consists of a two-hour, full-body treatment that transports guests to summertime at the beach. The treat-

ment includes an exfoliating lemon sugar body polish along with a scalp and hair treatment made of pure extra

virgin coconut oil. The experience concludes with a 50-minute Signature One Ocean Massage using a custom

blended citrus massage oil. Treatments may be booked online at [www.oneoceanresort.com](http://www.oneoceanresort.com).

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# New boutique brings jetsetter style to Jacksonville Beach

By Jasmine Marshall

Women of the Beaches have a new destination for high-end skincare, accessories and beach attire with the opening of Gypset & Pearl, a boutique off of Jacksonville Beach's 10th Avenue.

The locally owned and operated business features a stock that founder and CEO Brittany Manning said combines the beauty and apparel offerings that are often separated from one another in larger chain boutiques.

The Ohio native made the move to Jacksonville 18 months ago from Manhattan after deciding she wanted to try her hand at running a boutique. The beach atmosphere and quality of life in the area encouraged Manning to try her hand in Jacksonville Beach, where Gypset & Pearl opened a month ago before holding its grand opening event June 18.

Promoted as a time for "pampering, shopping and bubbly," the event featured complimentary chair massages, giveaways and makeup consultations by Kara Barger of Beauty Therapy by Kara.

With the opening, Manning hoped to inform more women of the new store, which she hopes will fill a niche by catering directly to the interests and styles of local women.

"Jacksonville women crave boutique experiences," Manning said. "There's a sense of coastal, easy-going lifestyle and refreshing, carefree and eclectic

elements. So I'd like to combine beauty and style by bringing in unique brands and products (that are relevant) to them."

For Gypset & Pearl, that includes green and organic skincare lines – something she said is "highly desired" by Jacksonville women – and sun care, with heavier mineral formulas for protective and reparative properties. Among those brands are Sara Happ, Maui Babe suncare and Budapest-based Omorovicza.

In accessories, those tastes translate to unique, trendy cover-ups, beach bags and pieces featuring materials such as quartz and coral.

"I definitely try to obtain lines and pieces that are uncommon ... things from vendors I've met during my travels from different parts of the world," said Manning. "And so every brand has a story attached to it."

Manning said she tries to keep a "finger on the pulse" by listening to both the industry and her customers, in addition to trying to anticipate what customers would like to see in the store.

"It can be difficult trying to predict what customers will want before they even know they want it," she said. "And since the area isn't entirely 'walkable' I've been in the process of getting the word out."

But Manning is confident her offerings will provide the incentive local women need to drop by.



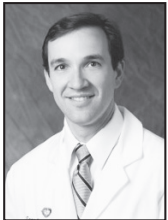
Photos by Jasmine Marshall  
Founder and CEO Brittany Manning (right) assists customer Enshera Badu-Tweneboah during the grand opening event.

"I was always frustrated with the way regular apparel boutiques would separate products, so I'm really focused on the merging of beauty and skincare with accessories," she said. "I'm taking the 'lifestyle approach' in keeping products holistic and all-encompassing so the store speaks to all different types of women."



## Summertime tips for traveling with heart disease

By Dr. Anthony Magnano  
Special to the Recorder



Dr. Anthony Magnano  
Guest Columnist

Millions of Americans are preparing to vacation this summer, but those who have heart disease should take a few extra precautions to ensure a healthy heart and an enjoyable trip.

### Prepare medications

When you are busy packing for a big vacation, medication is one of the easiest things to forget – but missing doses can lead to serious problems. A study published in JAMA Internal Medicine found that skipping heart medications could double the risk of heart attack and stroke.

Before you leave home, make sure you pack enough medication to last longer than the trip, in case of a flight

delay or change in plans. Put medications in your carry-on luggage for easier access and to avoid any chance of an airline losing them. As an additional measure, you may want to bring a list of medications you are currently taking, as well as the contact information for your pharmacy and doctor, so you can have a prescription refilled at your destination.

### Take plane precautions

Heart patients should be especially mindful of their health during plane trips because the high altitudes and long periods of inactivity pose higher risks. The air inside a plane is dry due to the altitude, which can make symptoms of some conditions worse because the heart has to work harder to get oxygen.

The dry air also causes you to dehydrate faster. According to the American Heart Association, dehydration can lead to dizziness and chest pain, or in severe cases, heart attack and stroke. Bring your own bottle of water onto your flight and don't hesitate to ask a

flight attendant for as much water as necessary to stay hydrated.

Another precaution for traveling – both in planes and cars – is to get up and move around after long periods of inactivity. Some heart disease patients have an increased risk of developing a blood clot in the leg when sitting for a long time, also known as deep vein thrombosis. These clots can be very dangerous, especially if one travels to the lungs and causes a pulmonary embolism. Performing leg exercises or standing up on your flight when possible can help reduce your risk.

### Get appropriate vaccines

If you are going to an exotic destination or foreign country, check with your doctor about any vaccines you may need to prevent contracting diseases in the area. Unusual infections add stress to the body and can exacerbate the symptoms of heart disease or act as a trigger for a heart attack.

You also may want to reconsider your trip under certain circumstances. For example, you may consider avoid-

ing countries with diseases that have no vaccines, such as the Zika virus. Another reason to re-evaluate a trip is if you're planning to go to an exotic outdoors location, like a rural safari, where you may not have access to medical care. When you are preparing for a trip, research nearby medical facilities so you have a better idea of your options in an emergency.

For additional advice on any precautions you should take, discuss your travel plans with your doctor. Vacation is a time to leave your worries behind, and by safeguarding your health with a few simple measures, you can truly relax and enjoy your time with family and friends.

*Dr. Anthony Magnano is a Ponte Vedra resident and cardiac electrophysiologist at St. Vincent's Medical Center Riverside. For more information on Dr. Magnano and his specialty treating atrial fibrillation, visit AfibJax.com.*

# Players Senior Center hosts summer fashion show fundraiser

By Carrie Resch

Fashion, fun and fundraising was at the forefront of The Players Community Senior Center summer fashion show June 30.

The intergenerational fashion show featured volunteer models from the community. A group of mostly high school-aged students including girls

from Atlantic Coast Dance Studio and Nease High School modeled surf and skate wear, swim suits and dresses from Jacksonville Beach's Sunrise Surf Shop, while mature women – made up of community-minded volunteers including a hairdresser and personal care assistant – modeled fashions from Jacksonville's Petunia Patch.

"We did (a fashion show) about a year ago and it was successful," senior center Coordinator Darlene Mahany said, noting that last year's show featured fashions exclusively from Petunia Patch. For this year's show, she said, the center decided to expand the fashion show to include other retailers.

Violinist Rosemary Jones, accompanied by one of her students, and pianist Ian Anderson provided music entertainment before the start of the show.

Diane Wright, who has been volunteering at the senior center for the past five years, organized the event.

"It's quite a feat to get this many volunteers together and coordinate this type of event," Wright admitted, as she thanked all of the volunteers who made this event possible.

The 23 models involved with the event attended three practice rehearsals and helped sell tickets to the fashion show.

Petunia Patch owner Peggy Johnson, who teaches fashion and has written books on the subject, gave the audience tips as the models displayed her boutique's fashions.

"It's so amazing what you can get when you plan your wardrobe," Johnson said as she pointed to three bottoms and five tops that

the models were wearing that can be cross-coor-



Photos by Carrie Resch

Players Senior Community Center Program Assistant Marian Ashton, Maria Galloway and Karen Cirillo



Valerie Wright



Karina Coryell, owner of KC's Kitchen



Emma Darch



Models display clothing from Sunrise Surf Shop.

inated to make 15 different outfits – perfect for overseas vacations or cruises when you want to pack light, according to Johnson.

Clothing modeled included palazzo pants, capris, prints, travel wear, Fourth of July festive wear and basic mix-and-match items.

Fashions from LuLaRoe, an online fashion boutique, were shown on a television screen during the event.

At the event's conclusion, attendees had the chance to shop for fashions in one of the senior center's rooms. Attendees could also shop from their smart phone or tablet during the show.

Table vendors who helped sponsor the event included Carol Logan, Mary Kay; Karina Coryell, KC's Kitchen; Jennifer Redigan, Clarity Pointe; Karen Cirillo, Initials, Inc.; Rosemary

Jones, private music lessons; Kimberly Hunt, Gavotte School of Music; Lisa Atkinson, Home Instead; and Claire Favo, Claire's Wears. Proceeds from the event will be used to fund senior center programs.

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## Haven Horse Ranch receives donation from Underwood's Jewelers in collaboration with the Ponte Vedra Woman's Club

Underwood's Jewelers in Ponte Vedra teamed up with the Ponte Vedra Woman's Club (PVWC) for the second year in a row to help local children with special needs at Haven Horse Ranch.

This year's event, the David Yurman Gem Stone Challenge, generated more than \$8,500 for the therapy programs at Haven Horse Ranch.

"We sincerely wish to thank the entire staff at Underwood's Jewelers, its owners, Mr. and Mrs. Bromberg, and David Yurman for their support and generous contributions to Haven Horse Ranch," PVWC President Teresa Ellis said.

Haven Horse ranch is one of the many local charitable organizations Underwood's Jewelers has supported.

"Haven Horse Ranch's equine

therapy programs are very near and dear to our hearts," said John Rutkowski, general manager of Underwood's in Ponte Vedra. "We are proud and honored to be a part of helping so many children in our community."

On hand to accept the check was Ric Lehman, founder and executive director of Haven Horse Ranch.

"To have the help of two such great organizations as the Ponte Vedra Woman's Club and Underwood's Jewelers is both gratifying and humbling at the same time," Lehman said. "As a direct result of their combined efforts, many local children will be helped and we are grateful. On behalf of the children, we say thank you to the many people involved."

Located in St. Augustine, Ha-

ven Horse Ranch provides therapy and assistance to children with special needs such as autism, MS, MD, Cerebral Palsy, Down syndrome, traumatic brain and spinal Cord injuries, PTSD and more. As an accredited teaching facility, it has also certified more than 25 licensed therapists from around the country, who are now also providing therapy to their patients.



Photo courtesy of Haven Horse Ranch  
Underwood's General Manager John Rutkowski presents a check to Haven Horse Ranch Executive Director Ric Lehman.

## Jacksonville Symphony to offer patrons 'Create Your Own Series' ticket packages

"The Season of You" is what the Jacksonville Symphony Orchestra is terming their 2016-2017 season – a nod to the symphony's "Create Your Own Series" option.

Through the program, subscribers may pick six or more concerts, which can include both the Masterworks series or Pops series. Pricing depends on the seating selected and the number of concerts purchased. For example, a six ticket Create Your Own Series would start at \$146, including the 10 percent discount for season

ticket purchasers. For purchases of 10 to 14 concerts, the discount becomes 20 percent and rises to 25 percent for 15 or more concerts.

In addition to discounts offered by using the Create Your Own Series versus purchasing single tickets, subscribers will also receive complimentary ticket exchanges, discounted pre-paid parking, invitations to open rehearsals, and best available seats. The single ticket buyer 15 percent fee will also be waived,

**SYMPHONY** continues on Page 26



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# Dance Alday students win awards at River City Dance Challenge

Dance Alday students JoAnn DesMarais and Lynne Radcliffe both took home awards in The River City Dance Challenge, held Saturday, June 18 at the Atlantic Ball-

room in Jacksonville. DesMarais, who danced with Dance Alday instructor and owner Allan Alday, placed third in the ballroom champion-

ships and first in the rhythm championships, for which she earned scholarship money. DesMarais was also voted the Top Overall Student in the entire competition.

Radcliffe, who danced with Dance Alday instructor Adam Horna, placed second in the Rhythm Championships, a ranking that also earned her scholarship money.

Alday said the studio was well represented in the competition, and noted that both students earned high marks and place first in most of their single dances.

Presented by Five Star Dance, the River City Dance Challenge is one of the four Five Star Dance Series dance competitions. Several studios from the Southeast participated, including studios in North Carolina, Georgia and Florida.



Photos courtesy of JoAnn DesMarais  
Adam Horna, Lynne Radcliffe, Allan Alday, and JoAnn DesMarais.



Allan Alday and JoAnn DesMarais



Photos courtesy of Lynn Radcliffe  
Adam Horna and Lynn Radcliffe

## Symphony

Continued from 25

The 2016-2017 season kicks off Sept. 30. Music Director Courtney Lewis and the orchestra will open the Florida Blue Masterworks Series season with Rachmaninoff and The Rite of Spring Sept. 30, Oct. 1 and 2. The season will also include New York Philharmonic principal clarinetist Anthony McGill for Mozart and McGill on Jan. 6 and 7, and Mahler's Resurrection on May 19, 20 and 21.

The Fidelity National Financial Pops Series will include Disney's Broadway Hits on Oct. 14, 15 and 16, New Year's Eve with New York Pops Conductor Steve Reineke, Second City's Guide to the Symphony and St. Patrick's Day with

The Chieftains.

The Symphonic Night at the Movies will return with "The Nightmare Before Christmas," Nov. 18, "West Side Story" Feb. 11 and Bugs Bunny at the Symphony April 1.

Create Your Own Subscribers will also be able to purchase tickets to the Feb. 17 gala with internationally acclaimed pianist Lang Lang, who will be making his first appearance in Jacksonville.

Tickets for the Jacksonville Symphony Orchestra 2016-2017 season are on sale now. To purchase tickets, visit [jaxsymphony.org](http://jaxsymphony.org) or call the ticket office at (904) 354-5547.

## Atlantic Beach gives back to the community



Photo courtesy of the City of Atlantic Beach  
The City of Atlantic Beach presented the Beaches Resource Center Foundation a \$2,000 check at the June 13 commission board meeting. The Beaches Resource Center Foundation provides educational, psychological, health and social services that help Beaches youth overcome challenges that impede their success in school and daily life, helping to remove obstacles to learning, allowing students to reach their potential in the classroom and elsewhere. Pictured is Atlantic Beach Mayor Mitch Reeves, Beaches Resource Center Foundation Board President Samantha DeCarlo, Atlantic Beach Recreation Director Timmy Johnson and Recreation Committee President Grant Healy.

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# Bankers Life names Glynn top territory vice president

Bankers Life has named Gerald "Jerry" Glynn its top territory vice president.

A Ponte Vedra Beach resident, Glynn leads the company's Southeast sales territory. He received the award based on the territory's sales growth during 2015.

"Jerry has been a tremendous as-

set to the company, and we're lucky to have him," said Scott Goldberg, president of Bankers Life. "This award reflects his ability to produce high achievers with an emphasis on exceptional customer service and a steadfast commitment to providing the right insurance solutions to fit the

health and retirement needs of middle-income Americans."

Glynn began his career with Bankers Life as an agent in 1979. He was promoted to branch sales manager six years later, then regional director, and became vice president of the Southeast territory in 2008.



Photo courtesy of Bankers Life  
Jerry Glynn

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# Best-selling author shares story of her success at 'Women's Wednesdays'

By Jennifer Logue

Brenda Jackson was enjoying a successful career at State Farm when a friend invited her to a writer's conference.

That invitation would change the course of Jackson's life. For it was at the conference that she would meet Nora Roberts and have the opportunity to have a brief writing sample critiqued by the best-selling novelist.

"Nora read what I wrote and said, 'This is good! Have you ever thought of writing?'" Jackson told an audience of local women at a recent She is Fierce "Women's Wednesdays" networking event, held at Treasury on the Plaza in St. Augustine. "Those words inspired me so much I went home and told my husband, 'I need to write.'"

Twenty-one years and 113 novels later, Jackson has established herself as a best-selling romance novelist, with 10 million copies in print. The author of "Possessed by Passion," "The Rancher Returns" and "Delaney's Desert Sheik" has also had two of her films adapted for the screen. A third film based on one of her books is currently in production, with Debbie Allen directing.

"If anyone had told me that I would be standing here as the first African American author to make the New York Times, USA Today and Publisher's Weekly best seller lists," she said, "I would not have believed them."

publishing deal and her writing career took off. Yet unlike many authors, she continued to work her day job.

"After BET made a movie based on one of my books, (co-workers) would say to me, 'Why are you still here?'" she said. "But I felt there was still something more for me to do in the corporate world."

Jackson continued to write six books a year while working full-time before securing a book deal with Harlequin – the premier romance publisher.

"God has a way of letting you know what your calling is," she said, adding that she finally retired from State Farm after 37 years with the company.

Now, as she writes her 114th novel, Jackson credits much of her success to the strong partnership she enjoyed with her husband of 47 years, who died two years ago. But for would-be

writers who may not have that type of supportive relationship?

"You have to propel yourself to do the thing you want to do," said Jackson, who now counts among her most prized honors the Nora Roberts Lifetime Achievement Award. "My question to all of you is, You got it. Now that you know you got it, what are you going to do with it?"

## Realizing a dream

A Jacksonville native, Jackson recalled amusing her eighth grade friends with original stories she wrote based on the Gidget and Moonoggie characters that were popular at the time. Like many people, however, Jackson put her love of writing on hold as she married her high school sweetheart, graduated from Jacksonville University, started her career at State Farm and had two children.

Following her encounter with Nora Roberts, Jackson began writing at night when she came home from work. Far from being tired after a day at the office, she said, writing relaxed her while giving her complete control over her character's lives.

"In the management world, you can only get your people to do so much," Jackson said. "(In my books) I would create people who listened to me. They did what I wanted them to do. And men who would never, ever, ever fall in love? Oh, they fell in love!"

Drawing upon her lifelong love of happy endings – and following Roberts' advice to write a family saga that could offer opportunities for a book series – Jackson created the Madaris family and began telling the story of the Texas-based clan.

"I have a thing for cowboys!" Jackson confided to the audience.

After receiving numerous rejections for her first writing efforts, Jackson eventually secured a



Charlene Landen and WJXT's Kumasi Aaron



Toni Chrabot and Kelley Bost



Photos by Jennifer Logue

Women's Wednesdays founder Kelly Youngs and best-selling author Brenda Jackson.

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# 'Road to Rio' exhibit features rare Olympic golf medals, turn-of-the-century artifacts

There's less than a month left before the start of the 2016 Summer Olympic Games in Rio de Janeiro, Brazil, but Olympic enthusiasts won't have to travel that far to experience Olympic history.

"The Road to Rio," a new Olympic golf exhibit at World Golf Hall of Fame & Museum, opened June 23 and features rare gold and silver Olympic medals won by H. Chandler Egan at the 1904 Summer Games in St. Louis – the last time golf was part of the Olympic schedule. The sport will make its highly anticipated return to the Summer Olympic Games this August. The Olympic men's competition in Rio is scheduled for August 11-14, with the women's

competition scheduled for August 17-20, both at 72 holes of stroke play.

"As the anticipation for golf's return to the Olympics continues to mount, we are honored to showcase these rare medals and help champion the Egan legacy," said Jack Peter, president of World Golf Hall of Fame & Museum. "The family deserves to be commended for preserving these medals for so many years and for choosing to show them to golf fans everywhere."

Egan's medals represent his achievements in the individual and team competitions at the 1904 Olympics. A Chicago native and member of the Exmoor Country Club, Egan was captain

of the Western Golf Association team that won the gold medal at Glen Echo Country Club in St. Louis. He also won the silver medal in the individual competition, finishing second to Canadian George Lyon.

The medals, which have been insured for \$350,000 by the Egan family, are on loan to the museum for a limited period.

In addition to seeing the Olympic medals, fans visiting the exhibit can learn more about the Olympic qualifiers, the Olympic uniform changes from 1900 to 2016, and even



Photos courtesy of World Golf Hall of Fame & Museum  
Vintage Olympic golf medals are on display at the World Golf Hall of Fame & Museum.

take a photo atop the Olympic podium holding their country's flag. Visitors can also dive into Egan's golf career, which included back-to-back U.S. Amateur Championship victories in 1904 and 1905, as well as four Western Amateur titles. Egan, who later designed nearly 20 golf courses, was a member of USA's Walker Cup-winning Team in 1934.



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For more information on sponsorships & tickets, contact Jessica Waugaman at 904-308-8896 or Jessica.Waugaman@jaxhealth.com [www.DeliciousDestinationsJax.com](http://www.DeliciousDestinationsJax.com)

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# Dream Finders Realtor Luau and open house at The Palms at Nocatee

Dream Finders Homes held a Realtor luau and open house event June 22 at The Palms at Nocatee.

The evening featured food and drinks, live music, a pig roast and door prizes including a pair of club seats to a Jacksonville Jaguars game. The luau was held at The Palms at Nocatee model townhome located on Coconut Palm Parkway in Ponte Vedra. The Palms at Nocatee includes 173 single family home sites and 109 townhomes from which to choose.

Homes in The Palms – which are built exclusively by Dream Finders Homes – start in the high \$200,000 range, with townhomes starting in the low \$200,000 range.



Connie and Dan Lohr



Julie Edwards won the door prize at Dream Finders' Realtor luau.

Photos by Susan Griffin



Ace Winn



Robin Deegan and Jennifer Cooper-Moyer



Melissa Cobb, Elizabeth Woodruff and Kerry Hinote



Catering was provided by Bono's and Pastiche.



# Markland in St. Augustine holds VIP grand opening

Markland, a newly developed Hines community located in St. Augustine, held a VIP grand opening event June 23 with food, live music and a tour of the new Hines community.

All six of Markland's homebuilders – including Arthur Rutenberg Homes, Cottage Home Company, Dream Finders Homes, Drees Homes, Providence Homes and Riverside Homes – have completed their model homes and are now open daily.

Located just east of the I-95 interchange off of International Golf Parkway, the Markland community is highlighted by its Greek Revival Markland Manor House, scheduled to open in August. Situated on a knoll at the north end of the lake, the Manor House overlooks the pool and tennis grounds. The zero-entry, resort-style pool features cabanas and lounge areas. An event lawn for evening concerts and fire pit will provide areas for residents to gather.

The amenity center will feature a fitness center and yoga studio on the second level and community gathering rooms on the ground floor.

Several of the lakefront lots have already been selected; lakefront lots are reserved for three locally-owned, custom builders: Arthur Rutenberg, Cottage Homes and Riverside. Homes along the lakefront are offered starting in the \$500,000 range. Other sections of Markland will start pricing in the low \$300,000 range.



Photos by Susan Griffin

Guests toured Markland's model homes, enjoying live music at each stop.



Rose Bock and Kevin Jund



Silvia Moorefield and Susan Pollan



Jill Fuhrman and Joan Goldsmith

# People who act entitled are often narcissists



Neil Rosenthal  
Columnist

**Dear Neil:** I have a partner who feels entitled. Even though we have a young child, he takes from me without asking. When I asked why he feels so entitled to my money, he replied: "I have to get something back from all this work."

Interesting, because he doesn't pay anything toward the care of our daughter, including child care and food, and he doesn't take care of her when I'm at work. Instead, I pay a babysitter and he pays off his own debts.

I've decided that I can no longer put up with this attitude. So now he is alone, in his own place, having to

pay for his own food and expenses. I have come to realize that I've been reinforcing this entitlement by paying for everything. For three years, I've tried to get him to see what's fair, but some people have to learn the hard way. Now I'm not walking on eggshells wondering if the man-child is happy with what I provide, which never seemed enough for him. It's time to move on. – Fed Up in Devon, Great Britain

**Dear Fed Up:** Yes, you are talking about someone who acts entitled, but I also think you might be describing a narcissist. Narcissists can use, exploit or take advantage of others. They are takers way more than they are givers. Their needs and desires matter much more to them than your feelings and needs do, and this dynamic is unlikely

to change over time. They tend to be manipulative, selfish and self-centered, lacking empathy for your feelings or your pain.

Here's what you need to do in order to avoid getting drawn back into such a relationship again. First, quit being such a people pleaser. Pleasers are genuinely generous people, but that generosity can be used against you. You want someone who can both give and receive, who values your happiness and contentment as much as he values his own.

In the future, question why you are so quick to take care of someone else and why you are adopting such a selfless attitude. A selfless attitude is at the heart of being in a loving relationship, but it only works well when there is reciprocity and concern for you. Instead of being focused so much on

your partner's happiness and comfort, pay closer attention to what you are wanting, how you are feeling and what makes you happy – and make sure those are given equal weight. If you notice a strong imbalance between your contribution to the relationship and his, consider doing a smaller amount and asking your partner to do more.

You are not going to change a narcissist who acts entitled. But you can be alert to the warning signs, so you don't fall into this trap again.

*Neil Rosenthal is a licensed marriage and family therapist. He is the author of the bestselling book "Love, Sex, and Staying Warm: Creating a Vital Relationship." Contact him at 303-758-8777 or visit neilrosenthal.com.*

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Open to participants 18 years and older, the event will include a com-

plete taco dinner and cash prizes at every game. Daubers and highlighters will be for sale at the door for those without their own. Admission is \$15.

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# Watson's Nocatee office welcomes Lamb



Photo courtesy of Watson Realty Corp. Phil Lamb

Watson Realty Corp. recently welcomed Phil Lamb as managing broker of the firm's new office in

Nocatee staff service the needs of local clients.

"Phil has made a name for himself in the real estate industry," said William A. Watson, Jr., owner and chairman of the board of Watson Realty Corp. "We are thrilled for him to share the valued integrity and discipline that he is so well-known for with our team."

A Tennessee native, Lamb holds a master's degree in coaching psychology from John F. Kennedy University and is fluent in English and Spanish. He began his real estate career in the early 1990s, producing \$33 million in transactions in his first three years. He went on to gain experience in teaching and leadership at Hobbs Herder Advertising, a firm that specialized in real estate advertising. He also founded Agent Power Up, Inc., a real estate coaching company.

Lamb has an extensive background with Coldwell Banker and most recently was a team leader with Keller Williams in California.

"Joining the Watson Realty Corp. team is a truly significant milestone in my real estate career," Lamb said. "I'm looking forward to serving my team at Watson Realty Corp. and serving the growing community of Nocatee."

Nocatee Town Center.

Lamb comes to Watson from San Marcos, California, where he worked for more than two decades in the real estate industry.

"We are so excited to have Phil as a member and leader of our team," President Ed Forman said. "Phil has been part of the Southern California real estate community for over 20 years and is one of its most highly respected brokers. I am pleased to have him join our team."

In addition to his real estate background, Forman said, Lamb is an experienced coach and trainer – skills he hopes to employ in helping the

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

# Beware of the 'poor man's will' approach

By Harry Pappas

I've seen a concerning estate-planning strategy that keeps rearing its ugly head: parents adding their children to their bank accounts, investment accounts or home as joint tenancy with rights of survivorship.

When I ask these presumably uninformed folks why they titled their property this way, I regularly hear, "To avoid probate," and "So my child can provide assistance in bill paying or managing my assets." When titling accounts this way, I have come across scenarios, such as the ones below, that had

unintended consequences. Please keep in mind that any estate strategy should be discussed with your tax and legal advisors.

1. Potential access problems: When we title an account in joint tenancy with rights of survivorship with a child or anyone else for that matter, we give the joint tenant the ability to make investment decisions and deposit, withdraw or receive payments from that account. For example, "Lucy" could add her daughter, Kelly, to her \$200,000 brokerage account. But then Kelly could potentially make decisions regarding those assets without

Lucy's knowledge or consent (depending on the financial institution's rules). This type of financial mismanagement is one of the more common forms of elder financial abuse.

2. Potential divorce, creditor and bankruptcy problems: If Kelly is married and gets a divorce, Lucy may find that half of her assets are in jeopardy. Remember that Lucy and Kelly both own the assets as joint tenants with rights of survivorship. Potentially if Kelly has creditor issues, files for bankruptcy or is sued, Lucy has perhaps as much a problem as her daughter. Additionally, when Lucy adds Kelly to her account title, Kelly now has equal rights to the money. Ouch! I know what you might be thinking: Lucy can simply take Kelly's name off the account. Careful now, do not get carried away. Sure, Lucy can remove Kelly's name as long as Kelly approves!

3. Potential will conflict: Assume that Lucy has a will that says that when she dies her assets are divided equally between her two children, Kelly and Trey. If Kelly's brokerage account is titled jointly with only Kelly, however, then Kelly would inherit the account outright despite her mother's intention. Of course, Kelly could be a caring sister and provide Trey with half of the \$200,000 that she received, but Kelly will have a potential gift tax problem because she just gifted Trey \$100,000! Remember that if Kelly's gifts are over \$14,000 there are potential

gift tax consequences. Kelly may have no legal obligation to give any of the brokerage account money to Trey. Of course, if Trey wants to sit down and talk to his little sister about Mom's estate, Kelly could say, "There ain't any estate; my name is on everything, bro!" Under the law, Kelly gets to keep the jointly held assets unless Trey sues Kelly to enforce Mom's intent. At this point, a basketball game breaks out: Trey gets five lawyers, Kelly gets five lawyers and the money could potentially just dribble away!

4. Potential gift tax implications: Sometimes naming a non-spouse as joint tenant on certificated securities or a home may have gift tax implications. For example, if Lucy adds daughter Kelly as joint owner on Lucy's home, doing so may be considered a taxable gift depending on the value. If so, Lucy could be required to file a gift tax return and use all or a portion of her \$5,450,000 lifetime gift exclusion, or even pay gift taxes.

I get the feeling that those of you who have assets titled with a child are not feeling too good right now. Maybe you are flustered, irritated, angry and annoyed at my comments. I get it. Nobody wants to be told that they did something wrong. Yes, my words are painful, but true nonetheless. Reasonable alternatives, such as transfer on death (TOD) designations, revocable living trust, and financial and health care powers of attorney may be better alternatives than joint tenancy

with rights of survivorship. Please do not allow this dispatch to fall on deaf ears and consider having a discussion with your tax and legal advisor today.

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 Managing Director-Investments  
 Certified Estate and Trust Specialist™  
 Certified Divorce Financial Analyst®  
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Harry Pappas  
 Columnist

**THEME: 1980s Movies**

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- ACROSS**
- Like an old chip
  - Military hospitals
  - Whip strike
  - Fruit-peeling device
  - Part of circle
  - Type of duck
  - \*James Bond's James St. John Smythe, e.g.
  - \*Type of race in Cusack's "Better Off Dead"
  - Closes in on
  - \*Daniel LaRusso's martial art
  - \*Marty McFly's destination
  - Utmost degree
  - Not final or absolute
  - Gourmet mushroom
  - Domesticated ox
  - \*Type of bomb in "Fat Man and Little Boy"
  - Like dental surgery
  - U, on the road
  - Phil Collins' "\_\_\_\_\_ Be in My Heart"
  - Alliance acronym
  - Misbehave
  - Guilty, e.g.
  - Consumed
  - Spiral-horned antelope
  - Bit of slander
  - \*"Missing in Action" star Chuck
  - Count on
  - Query
  - Departed
  - Tree fluid
  - \*Prince's "\_\_\_\_\_ Rain"
  - He had an epic day off
  - Cone shaped dwelling
  - Time period
  - \*Johnny 5 of "Short Circuit"
  - Like yesterday's meal?
  - Opposite of don'ts
  - Sheep-like
  - Get the picture
  - Thus far
  - Chunk of iceberg?

- DOWN**
- Resting place
  - Spill the beans
  - Div's delivery
  - "Live and \_\_\_\_\_"
  - Cheap substitution
  - Bud holder
  - \*"One of Indiana Jones' quests
  - \*"The Terminator" genre
  - In \_\_\_\_\_ of
  - Month before Nisan
  - Withered
  - Store posting, for short
  - Something that exists
  - Sorority letter
  - "This land is your land..."
  - Take under one's wing

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

- \*Vengeful barbarian
- Inspiration for poets and musicians
- \_\_\_\_\_ families
- \*John Candy's slacker uncle character
- "My bad!"
- Head of mosque
- Intestinal obstruction
- \*Head of the Griswolds
- Displeasure on one's face
- Titian's Venus of Urbino
- Sign of life
- \*"Peanuts" character
- Sun in Mexico
- Peter of Peter, Paul and Mary
- Clingy one
- Establish validity
- Christmas partridge's perch
- "\_\_\_\_\_ no good"
- Smell badly
- \*Like the times at "Ridgmont High"
- What do you do on eBay?
- \*"Ghostbusters," but not the movie
- Sheep not yet sheared
- Wade's opponent
- Driver's aid

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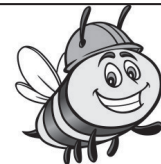
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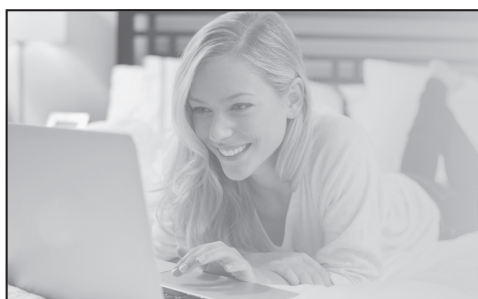
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