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Connections Page 15

Thursday, March 28, 2024

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Early runs by Sharks prove enough to fend off Panthers' rally

By Anthony Richards

The Ponte Vedra High Sharks baseball team hung on late for a victory over the rival Nease Panthers, 4-3, on March 20 following a furious start by the Sharks and a comeback bid for the Panthers.

It did not take long for the Sharks (3-9) to grab the lead as they scored three runs in the top of the first inning and then received lights out pitching from Storm Lickliter, who pitched six shutout innings, allowing just two hits while striking out three and walking a pair.

His strong pitching coupled with a dynamic day at the plate for several players was just what the Sharks needed, as they entered the contest with a record of 1-9,

SHARKS continues on Page 37

K9s For Warriors celebrates milestone with 1,000th graduate

By Anthony Richards

K9s For Warriors has been busy striving to help as many veterans as the nonprofit organization can by pairing them with dogs to help them get through their daily lives and in many cases save their lives.

That total reached 1,000 during a graduation ceremony held on March 21 at the organization's headquarters in Ponte Vedra Beach.

The class consisted of 14 graduates, 10 from Florida and four from Texas.

"Since the inception of our Texas operation in 2019, 69 of our 1,000 successful pairings have been completed in San Antonio," Interim CEO and board chair Daniel Bean said.

As is the case with so many graduation ceremonies that have been held since K9s For Warriors' inception by Shari Duval in 2011, the organization does not just pride itself in saving veterans but also in saving the dogs that go through the program as well.

Bean also thanked the rows of people that filed in to mark the memorable milestone and celebrate the years of dedication



Photo by Anthony Richards

K9s For Warriors reached 1,000 veterans helped during a graduation ceremony held on March 21 at the organization's headquarters in Ponte Vedra Beach.

and work that it took to get the point of reaching 1,000 veteran and dog pairings over the years.

"We want to thank all the volunteers and donors who over the past 13 years have helped foster the puppies, cook the meals

and serve as ambassadors and those who donate the funds to help make all this possible," Bean said. "Without any of those people doing what they do, this moment

GRADUATE continues on Page 30



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Send us your news

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



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County launches anti-vandalism campaign

The St. Johns County Parks and Recreation Department is launching "Enjoy, Don't Destroy," an anti-vandalism campaign aimed at preserving the cleanliness and beauty of the county's public resources and conserving county funds.

In the 2023 fiscal year, there were 191 reported work orders to repair vandalism at St. Johns County parks, totaling \$63,403. In the 2024 fiscal year, there have so far been 46 reported work orders, already totaling \$10,949. More than 30 police reports had to be filed for the 2023 vandalism incidents. At nearly \$75,000 in under two years, vandalism has become a costly issue for the county, and one that takes time away from law enforcement.

Enjoy, Don't Destroy will take aim at vandalism, encouraging park visitors to take pride in where they play and help Parks and Recreation staff focus on bringing them improvements and new amenities.

"St. Johns County residents visit our parks for a positive experience, and they expect high-quality facilities," Parks and Recreation Director Ryan Kane said. "Nothing detracts more from the positive experience than to arrive at a site and find vandalism and destruction. Parkgoers should be able to expect great times in the parks, and they can assist SJC Parks and Recreation by reporting any damages to the department and any incidents they witness to the St. Johns County Sheriff's Office. We all deserve to have a great park system. Please, do your part and enjoy, don't destroy."

Enjoy, Don't Destroy will include videos filmed at various county parks, featuring residents who appreciate them and want to see them preserved for others to enjoy. They will encourage parkgoers of all ages to cherish these places themselves and will teach them what to do if they see that others haven't: Use our new SJC Connect app to report vandalism and use the non-emergency number for the St. Johns County Sheriff's Office (904-824-8304) to report people caught in the act of vandalism.

"The St. Johns County Sheriff's Office is committed to partnering with Parks and Recreation staff on this campaign to deter vandalism at our county parks," St. Johns County Sheriff Rob Hardwick said. "I encourage our citizens to report acts of vandalism and help us preserve

the park experience for our families and future generations."

Enjoy Don't Destroy will officially launch with a public kickoff event at Julington Creek Plantation Park, located at 3060 Racetrack Road, St. Johns, at 10 a.m. Friday, April 5. Kane, Hardwick and District 1 Commissioner Christian Whitehurst will give remarks. The campaign will continue over the following months with the Parks ambassador video series featured across the county's social media platforms.

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St. Johns County Utility District begins acquisition process of North Beach Utilities

On March 20, the St. Johns County Board of County Commissioners unanimously approved St. Johns Utility District starting the acquisition process of North Beach Utilities, Inc. for water and wastewater services to approximately 1,400 customers in the Vilano Beach area.

A public hearing will be held on May 7, as required by Florida statutes, to determine the public interest and present the negotiated purchase and sale agreement.

Neal Shinkre, utility director, provided

a presentation to the BOCC and shared that SJCUD has acquired seven utilities since 2005.

The acquisition process began in 2022, and the proposed acquisition includes an immediate \$4 million investment into its infrastructure.

This will provide short- and long-term benefits to the North Beach Utilities community by strengthening the condition of existing utility infrastructure and increasing its level of service to its customers.

“We plan to clearly communicate and

engage with NBU customers each step of the way on this journey,” Shinkre said.

Carol Anderson, a North Beach Utilities customer, and president of the North Beach Community Alliance, said, “my family has lived in North Beach for 10 years and appreciate the responsiveness of North Beach Utilities to the residents. But our community has grown significantly with commercial development, and I can only imagine that puts a strain on the small utility. We are very supportive of the county acquiring North Beach Utilities so that residents and visitors

have the strong support of the SJC Utilities Department.”

In March, the St. Johns Utility District will complete assessments, purchase and sale agreement, and a public interest report and resolution to approve the PSA.

From May to July, the district will conduct due diligence, including the phase one environmental survey and budgeting. This includes a public hearing on May 7.

The acquisition and closing documents are planned to be finalized with continued customer outreach and education in August.



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OBITUARIES



Corrine Garrison

Corrine Garrison, 81, passed away from pancreatic cancer on Sunday March 17, 2024, with her devoted husband and daughter by her side at the Anne & Donald McGraw Center for Caring Community Hospice.

Corrine is survived by her beloved husband of 54 years Clyde Garrison, her daughter Jennifer McCormick (Pat) of Ponte Vedra Beach, FL, and her adored three grandchildren Madelyn, Patrick,

and Thomas.

Corrine was preceded in death by her parents Bessie Maze and John Harris, her sisters Oneta Bailey, Iona Godsey and Amelia Ann Richardson and her brothers Milous Harris and Dewy Liverett.

Corrine was born on January 24, 1943, in Russellville, Alabama. After high school graduation she began working in the insurance industry. In 1969 Corrine married Clyde. A year later they welcomed their only child Jennifer. For the next 18 years Corrine focused all her energy on her family and supported Clyde as they traveled the world to advance Clyde's Navy career.

In 1978 Corrine returned to the insurance industry. Her hard work and tenacious nature paid off when she began working at McNeil Wall Insurance Agency in Jacksonville Beach. Her mentor Dick Wall offered her the opportunity of a lifetime to partner with him and McNeil, Wall and Garrison Insurance Agency was formed. Corrine was a valued member of The Hartford Trumbull Council, Beaches Elderly Board of Directors, Independent Insurance Agents of Northeast Florida board member, and Project Impact. Corrine is well known as a trailblazer for women in the insurance industry and mentored many women throughout her life.

Corrine dedicated much of her life to her Methodist church family. She served on several governing committees at Ponte Vedra Church. She held many officer positions with United Methodist Women and had a passion for their many missions. If she saw a need, Corrine would help. She was known as the consummate entertainer and a wonderful cook. The Garrison Kitchen at the Beaches Historical Society Museum is named after Corrine. She loved to travel, garden, spend time with her vast network of friends and spoil her grandchildren.

Family and friends are invited to attend a Celebration of Corrine's Life at 10:00 a.m. Saturday April 13, 2024, at Ponte Vedra Church 76 South Roscoe Blvd. Ponte Vedra Beach, FL 32082. In lieu of flowers memorial contributions may be made to The Florida United Methodist Children's Home, 51 Children's Way Enterprise, FL 32725 or give online at funch.org. Please visit her online Tribute at www.quinn-shalz.com.

Arrangements by



DEATH NOTICES

Steven Wayne Smith

Steven Wayne Smith, 71, Morehead City, North Carolina, died March 20, 2024. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100 www.quinn-shalz.com

Margaret Stone Nixon

Margaret Stone Nixon, 85, of Ponte Vedra Beach, FL, passed away March 18, 2024. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100 www.quinn-shalz.com.

Tonja E. Plomin

Tonja E. Plomin, 91, of Ponte Vedra Beach, FL, passed away March 24, 2024. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100 www.quinn-shalz.com.



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A beautiful day for the Swing into Action tournament at Fiesta Falls Miniature Golf



Round 2 Best Dressed Winners, Fun Coast Bartending with Executive Director Judith Dembowski



Round 1 Winners and Grand Champions, Southern Title
Photos by Justin Snaveley

Mini Golf Tournament Raised \$25K for Homeless Youth Center

On March 4, Port in the Storm Homeless Youth Center held its 5th Annual Swing Into Action Miniature Golf Tournament sponsored by RockIT Solutions and 1st Edge Technologies, LLC.

A total 144 golfers enjoyed a cool, beautiful day as they played in a tournament-style miniature golf event at Fiesta Falls Mini Golf; 72 in the morning and 72 in the afternoon.

The event raised more than \$25,000 for the homeless youth at Port in the Storm.

Scott Rock of RockIT Solutions served as emcee and DJ for the day.

Prizes were awarded for Round One Champion, Round Two Champion, Grand Champion as well as Best Dressed Team and Most Team Spirit for each round.

The tournament Grand Champion, taking home the huge trophy and bragging rights for a year, was Southern Title.

The mayor of St Augustine Beach, Dylan Rumrell, and Judith Dembowski, executive director of Port in the Storm,

gave brief remarks, and congratulated winning teams.

Use of the Fiesta Falls course was donated by Rich O'Brien and Lauren Ringhaver, local business owners and longtime advocates for the needs of those facing homelessness.

Other sponsors included: Localiq/The Record, MasterCraft Builders, Clukey & Tebault, UF Health St. Johns, Hyundai of St Augustine, Silver Feather Jewelry & Gifts, Paradise Title, Ancient City

Accounting, bestbet Poker, Kaiser Deli & Market, Builders Stainless and R. Dean Scott Architect. In addition, local businesses sponsored all 18 holes.

St. Francis House and Port in the Storm Homeless Youth Center provide the only comprehensive housing-crisis services and shelter in St. Johns County. Housing-focused programs provide support, referrals and assistance to facilitate the return to housing and self-sufficiency for individuals, families and youth.



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Ann King has been president of Berkshire Hathaway HomeServices Florida Network Realty since 2021. Prior to that, she was vice president of brokerage since 2018. A licensed Realtor since 2001, she joined the company in 2007 and quickly became a top producing Realtor specializing in luxury homes. She was appointed broker/manager of the St. Augustine office in 2009.

Ann King

As told to Shaun Ryan

As president of Berkshire Hathaway HomeServices Florida Network Realty, what are your responsibilities? I imagine you have a lot to oversee.

I manage the Northeast Florida brokerage operation, which includes nine offices and a team of 500 real estate professionals. I oversee the company's residential and commercial real estate business, title, mortgage, property management and insurance divisions, new builder business and the company's community philanthropy and charitable initiatives.

Tell me a little about your background, from your education through the arc of your career.

I earned my associate's degree in fashion merchandising and design in New York City. I then transferred to Flagler College and earned my bachelor's degree in graphic design and illustration. Upon graduation I moved to California, where I used my fashion and arts degrees on many levels including manufacturing, retail location offices and retail company launches.

How did you first become interested in real estate?

We moved back to St. Augustine in 1998. There were limited fashion merchandising opportunities here at that time. While raising my three children, real estate offered me the opportunity to be a mom and have a career. I became very passionate about working in real estate.

Before joining Berkshire Hathaway HomeServices Florida Network Realty, you worked in retail management. How did that experience contribute to your success later in your career?

In every job I've had, the consumer experience has always been important to me. When someone leaves you feeling good, you know you did everything right. The success of the company depends on the consumers' experience. Retail is one of the most challenging consumer experiences to achieve success. Those experiences translated well into a real estate career. A real estate purchase is someone's largest investment and extremely emotional.

What advice might you have for a young person just starting out and considering real estate as a career?

Business doesn't happen overnight. Plan well, plant your seeds and be consistent. You can achieve every dream, but you must show up and be dependable. When choosing a company, find one that aligns to the consumer experience you want to provide and supports you in your business. In the long run, that will bring you success.

What do you like best about what you do?

I love watching Realtors set goals and achieve them. I love brainstorming and finding ways to help Realtors enhance their business. My husband laughs when people say I am techie, but I look at technology different than most. I find the key component of the technology that makes business happen. When technology is taught in that way, a Realtor will see the value and utilize it to enhance their business.

What do you like best about living here on the First Coast?

I love living here in the First Coast because of the lifestyle it offers.

How do you like to spend your free time?

I love to play golf, spend time with my family and grandchild, yoga and long walks on the beach.



Photo by Julie Ryan Photography

Ann King is president of Berkshire Hathaway HomeServices Florida Network Realty.

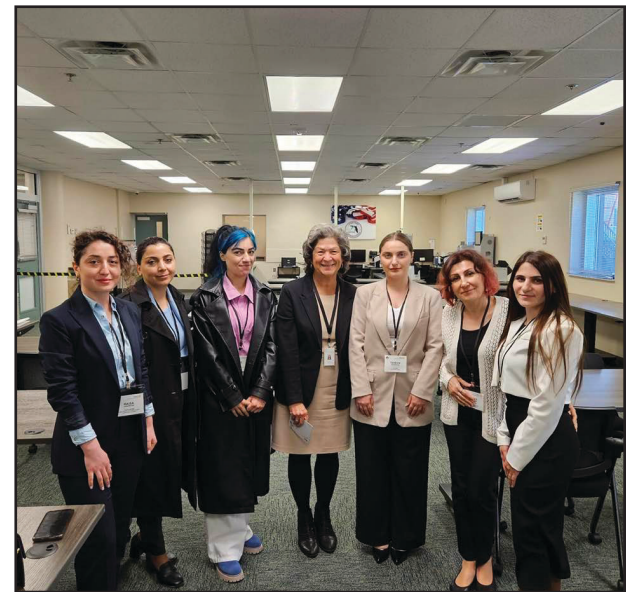
Contributed photos



Rotary Club of Ponte Vedra Beach President Jennifer Logue welcomes the Armenian delegation at Jacksonville International Airport.



Atlantic Beach Arts Market Founder Chelsea Leonard explains the concept of a co-operative art gallery to the delegates.



On Election Day, Supervisor of Elections Vicky Oakes explains the election process to the visiting Armenian delegation.

Local Rotary clubs host visit by Armenian women's delegation

Several Beaches Rotary clubs joined forces last week to host an international delegation of women leaders from Armenia.

Sponsored by the Congressional Office for International Leadership's Open World Program, the delegation traveled to Jacksonville on March 15-23 to study women leaders and gender equality.

The group was hosted by the Rotary clubs of Ponte Vedra Beach, Palm Valley and Jacksonville-Oceanside, with delegates staying in Rotarians' homes and participating in a week of meetings and social and cultural events.

"Rotary clubs have long been a partner to the Open World program, with Rotarians opening their homes to visiting delegates and putting together a week of informative and inspiring programming," Jennifer Logue, president of the Rotary Club of Ponte Vedra Beach said. "Given

that for the first time ever, the mayors of Jacksonville, St. Augustine, Jacksonville Beach and Neptune Beach are all women, we thought this would be a perfect time to connect the Armenian women's delegation with our First Coast women leaders."

Members of the Armenian delegation included: Raisa Aghabekyan, programs manager for Impact Hub Armenia Social Innovation Development Foundation; Susanna Matinyan, president of Youth Avangard; Tatevik Martirosyan, lecturer at Alaverdi State College and Armenian Representative of the Europe Goes Local mentoring program; Karine Davtyan, attorney and president, Women's Rights House; Anahit Badalyan, former TV journalist and founder of the Berd Women's Resource Center Foundation; and delegation facilitator Anahit Khachatryan, public engagement specialist at the U.S. Embassy in Armenia.

During the delegation's visit, the group met with Jacksonville Mayor Donna Deegan, St. Augustine Mayor Nancy Sikes-Kline, Jacksonville Beach Mayor Christine Hoffman and Neptune Beach Mayor Elaine Brown.

Delegates also attended city council and county commission meetings, met with women business and nonprofit leaders and enjoyed outings to THE PLAYERS Championship, the beach, the Guana Tolomato Matanzas National Estuarine Research Reserve and a tour of Dutton Island Preserve by former Atlantic Beach Mayor Ellen Glasser.

"I think we learned as much about Armenia through the delegates' comments and questions as they learned from us," Logue said. "For example, when the group met on Election Day with St. Johns County Supervisor of Elections Vicky Oakes, she predicted that the turnout for

the primary would be around 15 percent. The Armenian women asked if we would have to redo the election, saying that in their country if the voter turnout falls below a certain percentage, the results don't count."

The U.S. Congress founded the Open World program after the fall of the Soviet Union to bring future leaders of former Soviet republics to the United States to learn about America's democratic institutions.

Since then, more than 30,000 current and future leaders from post-Soviet era countries have participated in the program.

"The Armenian women were so passionate about learning from our local women leaders," Logue said. "They all agreed that they were looking forward to taking those leadership lessons back to Armenia to improve their communities and their country."

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Celebrate Easter with egg hunts and parade options across county

By Anthony Richards

There are several fun activities for the whole family to take part to celebrate Easter this year and the fun can be found throughout St. Johns County.

The week will be full of Easter egg hunts across the county, including a pair taking place on March 28 at Palencia Park located at 405 Palencia Village Drive in St. Augustine and Veterans Parks located at 1332 Veterans Parkway in St. Johns.

Both of the egg hunts on March 28 will be held at the same time from 10 a.m. to noon.

There will also be two Easter egg hunts going on March 30 from 10 a.m. to noon as well, as they will take place at Treaty Park at 1595 Wildwood Drive in St. Augustine and Al Wilke Park at 6140 Main Street in Hastings.

The Easter Bunny will be on hand at all four of the Easter egg hunts for children and families to mingle and take photos with.



Families are encouraged to arrive early to enjoy time with the Easter Bunny and get in position for the egg hunts, which are each scheduled to start

promptly at 11 a.m. The first hour will be a perfect time for photos.

The hunts are open for children up to eight years old and are free to the public and for more information, call 904-209-0333.

Each hunt will have a maximum participation number of 300 children.

Also, on March 30 beginning at 9 a.m. the City of St. Augustine will con-

tinue its holiday tradition with its 65th Annual Easter Parade with the route going through the streets of historic downtown St. Augustine.

Families and spectators are encouraged to line the streets and soak up the festive atmosphere and rejoice in the Easter celebration with the flare and pageantry of St. Augustine.

St Francis
IN-THE-FIELD
EPISCOPAL CHURCH

CELEBRATE
EASTER

7:45am & 11:15am - Worship Service
9:15am - Children's Service | 10:30 Easter Egg Hunt

895 Palm Valley Road, Ponte Vedra, FL 32081
stfrancispvb.org



Community Easter Sunrise Service
on the beach at Ponte Vedra Inn & Club

March 31 6:30 a.m.

DETAILS AND FULL EASTER
SERVICE SCHEDULE AT ccpvb.org



CHRIST
CHURCH
400 San Juan Dr
Ponte Vedra Beach

EASTER BRUNCH AND DINNER

Here's a look at some brunch and dinner options for this Easter. This list is not exhaustive.

Ancient City Brunch Bar offers bagels, pastries, coffee, tea, lattes, brunch boxes, vegan options and more. 210 St. George St., Unit C3, St. Augustine 904-342-0890, ancientcitybrunchbar.com

In addition to its regular dinner menu being served all day, the **Columbia Restaurant** is offering roast leg of lamb "Dali", baked Virginia ham as well as a special strawberry Andalucia dessert. Prices vary per entrée chosen. 98 St. George St., St. Augustine 904-824-3341, columbiarestaurant.com

Cordova Coastal Chophouse & Bar at Casa Monica Resort & Spa offers an Easter brunch buffet with seatings every two hours from 11 a.m. to 5 p.m.

Guests can enjoy Easter brunch at **Atlantic Grille**, Hammock Beach Resort, from 11:30 a.m. to 3:30 p.m. Indulge in artisan breakfast, appetizers, entrees, a kids'

menu (ages 4-12) and sweet treats.

The Milltop Tavern is serving up pineapple glazed ham, scalloped potatoes, slow simmered green beans and cinnamon apples from 11:30 a.m. to 9 p.m. No reservations required.

Nona Blue offers brunch from 10 a.m. to 3 p.m. Call 904-834-7549 to make reservations.

O.C. White's Seafood and Spirits offers shrimp and grits, blueberry pancakes, specialty omelets and more — all with a view of the bayfront in downtown St. Augustine. Serving brunch from 9:30 a.m. to 1 p.m. 118 Avenida Menendez, ocwhites-restaurant.com

The Original Café Eleven is offering huevos rancheros, biscuits and gravy, unique concoctions like steak-and-egg tacos and more from 8 a.m. to 1 p.m.

PK's Roosevelt Room offers fresh, farm-to-table ingredients from local farmers, butchers, bakers and fishermen.

Popular selections include croque monsieur, fried chicken biscuits & gravy and brulée French toast. 121 St. George St., St. Augustine 904-209-5700, pkstaug.com

Join Pusser's Bar & Grille in Ponte Vedra Beach for brunch from 11 a.m. to 3 p.m. Call 904-280-7766 for reservations.

Raintree Restaurant serves up brunch from 9 a.m. to 1 p.m. Begin with a choice of champagne drinks and a continental buffet of breads, muffins and salads, followed by a choice of entrees. 102 San Marco Ave., St. Augustine 904-824-7211 to make reservations. raintreerestaurant.com

Enjoy brunch at **TPC Sawgrass** from 10 a.m. to 2:30 p.m. 110 Championship Way, Ponte Vedra Beach 904-543-5105, tpc.com/sawgrassevents

Enjoy an Easter brunch at **Vernon's First Coast Kitchen** from 10 a.m. to 3 p.m. 1000 TPC Blvd., Ponte Vedra Beach, 904-280-3405

Experience farm-to-table specialties at **Uptown Swinery**. Serving banana foster pancakes, shrimp & grits and roasted buffalo cauliflower as well as many other favorites. Brunch is served from 11 a.m. to 3 p.m. 45 San Marco Ave., St. Augustine.

On Saturday, March 30 from 12-3:30 p.m., celebrate Easter with a one-of-a-kind **Tea Party at Vernon's First Coast Kitchen at Sawgrass Marriott Golf Resort and Spa**. Sip on tea while enjoying a delightful array of sweet and savory fare. Enjoy crafts and activities alongside an elegant teatime. Open for all ages. Each children's reservation includes a plush Easter Bunny. Reservations can be made at opentable.com/vernon-s-restaurant. Tickets are \$55 per adult and \$30 per child, with complimentary parking via validation.

On Easter Sunday, **1912 Ocean Bar & Rooftop** will offer its traditional Sunday Brunch menu during its brunch hours, 10:30 a.m. to 12:30 p.m. Reservations can be made at 1912OceanBarAndRooftop.com, with complimentary parking via validation.

EASTER SERVICES

Here's a list of some of the area's Easter services. This list is not exhaustive.

CRESCENT BEACH

A Sunrise Service is being offered on Crescent Beach on Easter Sunday.

CATHOLIC

Cathedral Basilica of St. Augustine
38 Cathedral Place, St. Augustine
Easter Day: 7 a.m., 9 a.m., 11 a.m.

National Shrine of Our Lady of La Leche at Mission Nombre de Dios
101 San Marco Ave., St. Augustine

Easter Day: 10 a.m. at the Great Cross

Saint Benedict the Moor

86 ML King Ave., St. Augustine
Easter Day: 8 a.m. and 10 a.m.

Our Lady Star of the Sea
545 A1A North, Ponte Vedra Beach
Easter Day: 7 a.m., 9 a.m., 11:30 a.m. and 5 p.m.



EPISCOPALIAN

Christ Episcopal Church

400 San Juan Drive, Ponte Vedra Beach
Easter Day: 7:30 a.m., 9 a.m., 11:15 a.m., 12:45 p.m. (Misa en Español)

Christ Church Among the Oaks

120 Meadow Ave., St. Augustine (Vilano Beach)
Easter Day: 9 a.m.

Trinity Parish

215 St. George St., St. Augustine
Easter Day: 7:30 a.m., 9 a.m., 11:15 a.m.

LUTHERAN

Christ Our Savior Evangelical Lutheran Church
21 Milton St., St. Augustine
Easter Day: 10:30 a.m.

Memorial Lutheran Church of the Martyrs
3375 U.S. 1 South, St. Augustine
Easter Day: 8 a.m. and 10:30 a.m.

CELEBRATE EASTER WITH O.C. WHITE'S

BRUNCH 9:30 AM - 1:00 PM DINNER 1:00 PM - 9:30 PM

SMOKED HAM & PEPPER JACK CHEESE OMELETTE
3-egg omelette with smoked ham and pepper jack cheese. Served with 2 pieces of bacon, a side of fruit and home fries or grits. **\$23.99**

VEGETARIAN OMELETTE
3-egg omelette with spinach, onions, tomatoes, mushrooms, peppers, and cheddar cheese. Served with a side of fruit and home fries or grits. **\$23.99**

APPLE CINNAMON FRENCH TOAST
Texas toast layered with granny smith apples, sweet cream butter, brown sugar and cinnamon. Baked to golden brown. Served with 2 pieces of bacon and a side of fruit. **\$25.99**

KING'S BREAKFAST
Scrambled eggs, one blueberry pancake, 2 pieces of bacon, served with home fries and a side of fruit. **\$18.49**

QUEEN'S BREAKFAST
Scrambled eggs, a Belgian waffle topped with strawberry sauce, 2 pieces of bacon, served with home fries and a side of fruit. **\$18.49**

OC'S BISCUITS & GRAVY
Biscuits, gravy and sausage, home fries, scrambled eggs, topped w/ green onions. **\$19.49**

EASTER BUNNY'S BREAKFAST (8 & UNDER)
Scrambled egg, mini blueberry pancake, 1 piece of bacon, home fries & side of fruit. **\$14.99**

LUNCH REGULAR MENU ITEMS 12 PM - 4 PM
DINNER REGULAR MENU ITEMS 4 PM - 9:30 PM

HONEY BAKED HAM
Sweet and savory ham served with baked potato and vegetable of the day. **\$22.99**

BLACKENED SHRIMP & GRIT CAKES
Fresh local shrimp blackened and served over fried grit cakes topped with red eye gravy. **\$24.99**

10 OZ PRIME RIB
Prime rib served with au jus, baked potato and vegetable of the day. **\$34.99**

LOW COUNTRY BOIL
1 lb. of snow crab legs, sweet corn, sausage, and potatoes in Chef's seafood bouillon. **\$34.99**

118 Avenida Menedez, St. Augustine
904-824-0808

EASTER AT REDEEMER

HE IS RISEN!

SUNRISE SERVICE
6:45AM

MAIN SERVICE WITH BAPTISMS
8:30AM 10AM 11:30AM

SPECIAL NEEDS SERVICE
10AM

EASTER EGG HUNT - 1PM

Redeemer Church
190 S. Roscoe Blvd.
Ponte Vedra Beach, FL
redeemerpv.com | [@redeemerpv](https://www.instagram.com/redeemerpv)

SCAN FOR DIRECTIONS

Finding happiness is key to discovering fit lifestyle

By Anthony Richards

Fitness is a big part of Dr. Ellen Hancock's life and she aims to share that passion with her patients as a surgeon at Ponte Vedra Plastic Surgery.

August will be two years since Hancock and her husband moved to the area from Galveston, Texas, where she was very familiar with, having grown up in Austin, Texas.

However, it was the endless beautiful weather and outdoor activities potential that led the couple to Nocatee, where they now call home.

"My favorite things to do are to run, hike or being out on the bike trails in the Guana Preserve," Hancock said. "We're mountain biking pretty much every weekend, and you never know what kind of animals you'll see, from bobcats to birds."

According to Hancock, being fit and having a body that feels good is all about the choices one makes, and those choices become part of a larger healthy lifestyle.

"Surgery is one thing, but if you don't maintain a healthy lifestyle, it won't help like you want it to," Hancock said. "I've really come to know how much what we eat can affect our bodies and the role it can have on how we age. It's really impactful as a plastic surgeon to walk the

walk, in order for patients to trust you and the advice you give them."

However, she also understands how it can be difficult for some people but also knows that there are many paths to discovering a healthy lifestyle and what works for one person may not be the best approach for another.

"I've never been one to count calories and I don't own a scale, but I still feel like I live a healthy lifestyle, but I just do it on my terms," Hancock said.

For her, being outdoors and running or working out is a very meditative process, and it allows her to have an outlet to relax and decompress from the busy times of life.

Part of her outdoor activities also include gardening, which gives another aspect and although it may not be as demanding from a physical fitness standpoint, she enjoys growing her own healthy options to eat.

Hancock is also part of a Nocatee women's running group, who all share a passion for running.

"It's all about finding the activities that make you happy, whatever that may be," Hancock said. "For me, it's running and mountain biking, but for someone else



Contributed photo

Dr. Ellen Hancock of Ponte Vedra Plastic Surgery loves biking, running and other outdoor activities as part of her healthy lifestyle.

LIFESTYLE continues on Page 11

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She shares her healthy lifestyle with her husband and believes it helps create accountability when experiencing it with someone by your side.

Lifestyle

Continued from 10

it might be swimming or pickleball. It really doesn't matter, as long as it's something you enjoy, and it keeps you active."

Having her husband by her side through much of her fitness lifestyle is something Hancock is thankful for, because she knows how having someone

to share the lifestyle with can go a long way in keeping it going.

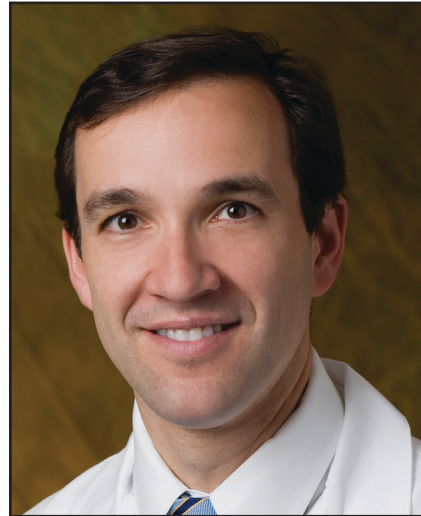
That could even be owning dogs, as she walks her dogs routinely and it serves as a measure of accountability for her.

"If I haven't taken them on a walk for a while, I'll know it's time by the way they look at me," Hancock chuckled.

"They definitely help hold me accountable and make sure I'm keeping up with it. You need that in your life."

GUEST COLUMN

When should you go to the hospital for a heart issue?



By Anthony Magnano, M.D.
Ascension St. Vincent's Riverside

Heart disease is the leading cause of death for both men and women in the United States. Unfortunately, many

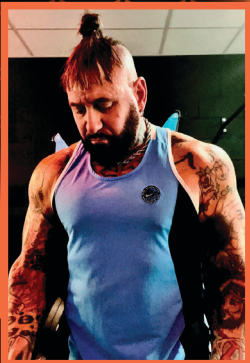
patients aren't aware when they or a loved one are having a heart emergency. Don't ignore the signs of a cardiac event — even the subtle ones. Learn when to take quick action to visit the hospital or dial 911.

Subtle Symptoms of Heart Issues

Chest pressure, which may or may not spread to the neck or left arm, is the most classic symptom of coronary artery disease. However, many patients don't realize that symptoms like nausea, sweating, indigestion, heartburn and lightheadedness can be some of the first signs of a heart attack, particularly when worsened by physical exertion.

While many of these symptoms are common and may represent non-cardiac diseases such as heartburn or reflux, it is important to take note when you have

HEART continues on Page 12



John DiPatre, Owner



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Heart

Continued from 11

new, different sensations that you are not used to experiencing. If you or a loved one begins to experience such symptoms, don't ignore them. Schedule an appointment with your doctor or cardiologist to get checked out.

When to Call 911: Signs of a Heart Emergency

If the above symptoms are severe or persist at rest, consider visiting an emergency department. In the case of any distress, such as severe respiratory difficulty or severe lightheadedness, call 911.

Other important symptoms of a cardiac emergency may include sudden vision loss, mental confusion, difficulty walk-

ing and balancing or a severe headache. Shortness of breath, nausea, cold sweats, lightheadedness and an uncomfortable sense of danger may also be present.

When it comes to heart attack (or myocardial infarction) and stroke, you must seek immediate medical attention. These conditions can be reversed or limited in severity by prompt treatment. In both cases, there is impairment to the heart or brain. Restoring blood flow can prevent brain damage and lead to a vastly better outcome, but this needs to be done as soon as possible.

When to Go to the Hospital for an Extended Atrial Fibrillation Episode

Atrial fibrillation, also known as AFib, is a heart rhythm condition that affects millions of Americans. The condition itself may or may not produce significant

symptoms. When symptoms do occur, they may include an irregular heartbeat or palpitations, lightheadedness or dizziness, fatigue, chest discomfort and even a sudden inability to exercise.

If you know you have AFib and experience an episode, in many cases, you do not need to go to the hospital. Ensure you have taken your medications, following all instructions from your doctor. Then sit down, rest and wait 12 or more hours for your symptoms to settle. Because heart rate rises sharply with exertion, resting may keep the heart rate lower and lessen the severity of symptoms. However, if you still do not feel better, call your doctor, who may want to adjust your medications. If your symptoms persist for more than 24 hours, you are in distress (severely short of breath, significantly lightheaded, sweaty, etc.), and you cannot reach your doctor, it

is reasonable to visit the hospital.

Take Control of Your Heart Health

When it comes to your heart health, prevention is key. Some heart conditions, like atrial fibrillation, may not cause any symptoms at all. That's why maintaining annual check-ups is important to catch heart disease before it progresses. Remember, never ignore the symptoms of a heart issue. When in doubt, it's best to be cautious and visit the hospital or call 911. Doing so could save your life.

Dr. Anthony Magnano is a Ponte Vedra resident and Chief of Cardiology at Ascension St. Vincent's Riverside. For more information on Dr. Magnano and his specialty in treating Atrial fibrillation, visit [Healthcare.ascension.org](https://www.healthcare.ascension.org) or call 904-388-1820.

GUEST COLUMN

New technology for high blood pressure treatment

By **Samer M. Garas, MD, FACC**

Ascension St. Vincent's Riverside

Hypertension, also referred to as high blood pressure, is a leading risk factor for cardiovascular disease, chronic kidney disease, stroke and death. According to the Centers for Disease Control and Prevention, it is the most common condition in Florida, affecting nearly half of adults aged 45 to 79. Unfortunately, many patients treated for high blood pressure remain above the normal range despite lifestyle changes and various medications.

That's why my team at Ascension St. Vincent's Riverside is excited to offer a new FDA-approved technology to treat people with medication-resistant high blood pressure. We are the first hospital in Jacksonville to perform this minimally invasive procedure that we believe can help many patients.

About High Blood Pressure

High blood pressure (hypertension)



Dr. Samer M. Garas

happens when the force of blood flowing through your blood vessels is consistently too high. Nearly half of American adults have high blood pressure, but because there aren't always physical symptoms, many don't even know they have it.

It's important to properly manage high

blood pressure to prevent health threats like heart attack and stroke. Recognizing the limitations of medication to treat the condition, the FDA has approved a groundbreaking new treatment approach known as ultrasound renal denervation. The brand-new procedure offers hope for improved outcomes in hypertensive patients.

Ultrasound Renal Denervation Offers a New Therapy Option

Many people with high blood pressure have overactive nerves leading to their kidneys, which can cause blood pressure to increase. Renal (kidney) denervation is a minimally invasive procedure that uses ultrasound energy to calm these overactive nerves between the heart and kidneys and help lower blood pressure.

The technology my team is using at St. Vincent's Riverside also incorporates a unique cooling ablation system during the procedure to protect the arteries. The ultimate goal of the one-time procedure is to reduce or eliminate the need for hypertension medication. It provides 24-hour blood pressure control and is a promising option for patients suffering from the side effects of multiple medications each day.

What to Expect

This low-risk treatment usually happens in an outpatient setting and only takes around 30 minutes to perform.

During treatment, a small tube is guided through the leg into the blood vessels near the kidneys, and ultrasound energy is applied for seven seconds, repeated 2-3 times on each side. Afterward, the tube is removed, leaving nothing behind.

After the procedure, some people go home the same day, while others stay overnight. Most can resume normal activities within a few days. Fast recovery allows for an easy return to regular life.

Take Control of Your High Blood Pressure

When not controlled, high blood pressure can lead to heart disease, stroke, heart failure, kidney disease and dementia. With treatment and management, you can lower your blood pressure to help you live a longer and healthier life.

This year, patients with high blood pressure can receive even more personalized and streamlined care when St. Vincent's Riverside opens a specialized hypertension clinic. If you or a loved one need high blood pressure care, don't wait — schedule an appointment today.

Dr. Samer Garas is a cardiologist and medical director of the cardiovascular service line at Ascension St. Vincent's. For more information on Dr. Garas and his specialty in interventional cardiology, visit [Healthcare.ascension.org](https://www.healthcare.ascension.org) or call 904-388-1820.

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St. Johns County confirms McGee as fire chief



Chief Sean McGee

The St. Johns County Board of County Commissioners has unanimously approved Sean McGee as the new fire chief of St. Johns County Fire Rescue.

During the presentation of her request to confirm McGee, County Administrator Joy Andrews said, “Sean McGee puts the safety of his team and the community before himself. My family feels safer in St. Johns County because of him, his leadership and the team he has assembled.”

Andrews said that McGee’s leadership within the department and throughout the community superseded the original plan to use a national search for fire chief candidates.

McGee was named acting fire chief in October 2023 with the departure of Fire Chief Scott Bullard. David Stephens, president of the St Johns County Professional Firefighters and Paramedics IAFF Local 3865, said, “St. Johns County professional fighters are excited to have Chief McGee appointed as our next fire chief. We look forward to working with him as we continue to protect our community and

advance our department into the future.”

McGee’s experience and accomplishments include:

- A 25-year member of St. Johns County Fire Rescue. He has served the department in the operational ranks of firefighter, engineer, lieutenant, captain, and the last 11 years as battalion chief.
- Earning a bachelor’s degree in public relations/communications, and holds an extensive list of fire service and public safety specific certifications.
- Prior to accepting the role of acting fire chief, he held the rank of battalion chief for 11 years in St. Johns County.
- Participating in major department projects, including the new hire committee, aerial operations programming, marine rescue program development, airport operations liaison, and the aircraft rescue firefighting program.

St. Johns County Sheriff Rob Hardwick said, “I’m honored to congratulate Sean McGee on his confirmation as fire chief. There is no one more qualified for this position; Chief McGee is a phenomenal man in his professional and personal life, and his continued leadership is great news for St. Johns County Fire Rescue. I look forward to our partnership in public safety.”

Contributed photo



Sponsors, Volunteers sought for KATE KUP

The Kate Amato Foundation will conduct its fifth annual KATE KUP Triples Tennis Tournament on April 20 in Ponte Vedra Beach. All proceeds from this event will benefit the foundation, whose mission is to find safer, smarter and more effective treatments for children with cancer.

KATE KUP will kick off at 8 a.m. April 20 at The Yards in Sawgrass. This year, the tournament, which has grown

each year in popularity, sold out player registration in a record-breaking 24 hours. This family-friendly spectator event offers free admission to the public while raising awareness and funds for pediatric cancer. Kate Amato Foundation and The Yards invite the community to come out and enjoy an entertaining day of triples tennis, delicious food from

KATE KUP continues on Page 14

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KATE KUP

Continued from 13

your favorite local restaurants, Taco Lu and Bearded Pig, a live DJ, a Wine & Beer Garden for the adults, Kid Zone activities including face painting, games and ice cream, an Awards After-Party and more.

“We are thrilled with the growth of KATE KUP,” said Jeff and Lisa Amato, foundation co-founders. “Each year the buzz keeps getting bigger and better than the year before, and our registration sell-out in less than 24 hours really solidified that. Our goal is to grow all signature KATE events and increase fundraising so we can improve outcomes for all kids with cancer. Only with the help of our community and generous companies and individuals can we make a meaningful impact in the fight against pediatric cancer.”

The Amatos of Jacksonville Beach lost their daughter Kate at the young age of 11 in November 2016 after a long and difficult battle with cancer.

Through her illness, Kate’s parents discovered how severely underfunded research is for pediatric cancer and witnessed first-hand the brutal effects of outdated, toxic treatments. To honor Kate’s life and continue the fight for other children, the Kate Amato Foundation was formed.

As part of their mission, the foundation awards grant funding to cutting-edge



Contributed photos



pediatric cancer research projects at some of the leading immunotherapy and cancer genomics research labs in the country, including Duke University, Texas Children’s Cancer Center/Baylor College of Medicine, Children’s Hospital of Philadelphia (CHOP) and Dana-Farber Cancer Institute/Harvard Medical School. In four short years, the foundation has funded \$575,000

in grants to support groundbreaking pediatric cancer research projects.

These grants are predominantly funded by KATE Signature events: KATE KUP Triples Tennis Tournament, KATE KLASSIC Golf Tournament and KATE KOMBO, which is a simultaneous golf and pickleball tournament. Additional foundation programs include KATE’S

KINDNESS PROJECT, which provides immediate direct support to local children hospitalized with cancer, and KATE KLUB, a school-based program where children can get involved with fundraising events and activities.

In its short tenure, Kate Amato Foundation has gained a lot of community support and is receiving corporate support from their friends at Trailer Bridge who are hosting their own fundraising event to benefit the foundation, Rally for Kate, a charity golf tournament happening on April 5 at Ponte Vedra Inn & Club’s Ocean Course.

The Kate Amato Foundation has expressed gratitude to the sponsors whose generous support and commitment has helped make the KATE KUP Triple Tennis Tournament a success. Businesses and organizations are invited to support the mission to find safer, more innovative treatments for childhood cancer. Sponsorship packages are available at various levels, offering unique opportunities for brand visibility and community engagement.

To learn more about sponsorship opportunities go to <https://kateamatofoundation.org/kate-kup>.

To volunteer at the KATE KUP, go to <https://kateamatofoundation.org/kate-kup-volunteers>.

To donate to the Kate Amato Foundation or learn more, go to KateAmatoFoundation.org.

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CHAMBER OF COMMERCE
Ponte Vedra Beach Division

Chamber
Connections

After Hours at THE PLAYERS 2024

Photos provided by the St. Johns Chamber of Commerce Ponte Vedra Beach Division



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March 2024



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MESSAGE FROM THE PRESIDENT/CEO


Isabelle Renault
President/CEO, St. Johns County Chamber of Commerce

For more than a century, the St. Johns County Chamber of Commerce has been invested in making St. Johns County a place where businesses can grow and prosper. In the last few years, we recognized a need for another channel to be better supporters of the business community.

The St. Johns County Chamber of Commerce Foundation was established with this goal in mind. A 501(c)(3) nonprofit foundation provides an additional set of tools to support not only businesses but also the entire community through leadership opportunities, workforce education and economic development programs.

With the COVID pandemic in 2020, many local businesses, especially those in tourism and hospi-

ality, experienced severe economic challenges. The St. Johns County Chamber, a 501(c)(6) nonprofit, was ready and eager to find ways to ease the burden on the business community, but many economic relief opportunities were open only to 501(c)(3) nonprofits. By establishing this new foundation, the St. Johns County Chamber has opened a new path to supporting businesses when they need help most.

The foundation will also encompass Leadership St. Johns, the premier professional leadership development program in our county, and will establish a permanent scholarship fund to make this program more accessible, especially to small businesses and their employees. The foundation will also partner with local educational institutions to develop a highly skilled workforce and create an employment pipeline of local workers for St. Johns County businesses.

In addition to celebrating the new foundation, the St. Johns County Chamber this year is celebrating 120 years of advocating for the local business community. Since its establishment in 1904 as the St. Augustine Board of Trade, the chamber has positioned the business community at the forefront of political, social and economic discussions locally and at the state level.

There is so much to celebrate already this year, and so much more to look forward to. The chamber is constantly hard at work for St. Johns County businesses and will continue to advocate for a vibrant and prosperous future for our community.

Isabelle Renault
President and CEO, St. Johns County Chamber of Commerce

CALENDAR OF EVENTS

APRIL

- **Ribbon Cutting:** St. Augustine Youth Services Playground, St. Augustine, April 3
- **Women with Vision Council Meeting:** Palencia Club, St. Augustine, April 4
- **Ribbon Cutting:** Stretch Lab, St. Augustine Beach, April 4
- **Chamber Before Hours:** Coastal Compass Executive Suites, Ponte Vedra, April 10
- **Joint Chamber at Noon:** Casa Marina, Jacksonville Beach, April 11
- **Historic St. Augustine Area Council Meeting and Locally Made Roundtable:** Our Lady of La Leche, St. Augustine, April 12
- **Ribbon Cutting:** 4Ever Young, St. Johns, April 12
- **Chamber After Hours:** Lisa Barton Team Ponte Vedra - Keller Williams Realty Atlantic Partners, Ponte Vedra Beach, April 17
- **Tourism & Hospitality Council Meeting:** Our Lady of La Leche, St. Augustine, April 18
- **St. Johns County Chamber Foundation Poker Tournament:** bestbet, St. Augustine, April 25
- **Ribbon Cutting:** Extract Juicery, St. Augustine, April 26

MAY

- **Chamber 101:** New Member Orientation, Zoom, May 10
- **St. Johns County Chamber Golf Classic:** Marsh Landing Country Club, Ponte Vedra Beach, May 20
- **Ribbon Cutting/20th Anniversary Celebration:** Advanced Business Solutions

New events and programs are added to the calendar regularly!
View these and RSVP at bit.ly/sjc-chamber-events

Chamber announces staff changes


Elizabeth Middlebrooks

Elizabeth Middlebrooks joined the staff of the St. Johns County Chamber of Commerce earlier this year as the director of marketing and communications. This position will be responsible for strategies for member communications, public relations, brand management, sales and advertising.

Middlebrooks brings a wealth of nonprofit marketing, communications and programming experience, as well as nearly a decade of journalism experience. She has been self-employed the last two years, providing marketing and communication services to a number of clients, including nonprofit organizations, real estate professionals and a digital health startup. The St. Johns County Chamber of Commerce also engaged her to develop the branding and collateral for the Attainable Housing Coalition in fall 2023. Prior to that, Middlebrooks worked as the marketing manager for First Coast No More Homeless Pets and as the senior manager of marketing

and communication at Girl Scouts of Gateway Council.

An East Tennessee native, she received her bachelor's degree in English and history from Vanderbilt University in 2008.


Evelyn Rytelewski

The chamber also welcomed Evelyn Rytelewski in February as an administrative assistant. She is the first point of contact in the chamber's St. Augustine office. She brings several years of direct customer service experience and will additionally provide membership and event support.


Scott Maynard

Scott Maynard has been promoted to senior vice president of economic development for the St. Johns County Chamber of Commerce. He works to help retain businesses in St. Johns County and to make the county an attractive place for new businesses.

Chamber celebrates 120th anniversary

This year, the St. Johns County Chamber of Commerce is celebrating a big birthday as it marks its 120th year.

Established in 1904 as the St. Augustine Board of Trade, the chamber has a long history of promoting, supporting and advocating for the business community in St. Johns County.

In fact, President Theodore Roosevelt visited St. Augustine in 1905 thanks to efforts by the St. Augustine Board of Trade to promote the city.

Whatever the name has been, the chamber has always been working to promote the best business environment possible in the community. Some of the chamber's current efforts include:

- Managing a grant for businesses to become Certified Autism Centers, indicating a commitment to providing an inclusive, welcoming environment for neurodiverse visitors.
- Spearheading the Attainable Housing



Coalition to better advocate for housing that meets the needs and budget of the county's most essential workers.

- Establishing the St. Johns County Chamber Foundation to provide leadership training, workforce development and disaster relief programs for local businesses.

The chamber encourages members to plan to attend the annual Celebrate! event on Nov. 14, where more history from the past 120 years will be showcased. More information will be available soon.

Chamber members are encouraged to participate in the display by sharing any history with the chamber, including milestones experienced as chamber members or what's been accomplished with the chamber's support. Members can share documents, photos, a story or news clippings with the chamber by emailing communications@sjcchamber.com or dropping by the offices in St. Augustine or Ponte Vedra Beach.

Chamber Golf Classic returns for 2024

The St. Johns County Chamber of Commerce will hold the annual Golf Classic on Monday, May 20, at Marsh Landing Country Club in Ponte Vedra Beach.

The golf tournament will support the chamber's mission to deliver continuous service to members and to the community. Golfers can network with fellow business professionals and industry leaders while enjoying a day of friendly competition on the links.

Marsh Landing's golf course is a

nature lover's paradise, with great views all along the course. Chamber members can sign up as a foursome or individually, and sponsorships are available.

2024 St. Johns County Chamber Golf Classic

When: Monday, May 20. Check-in begins at 7 a.m.

Where: Marsh Landing Country Club, Ponte Vedra Beach

Cost: Foursome, \$1,200; individual, \$300
Register: bit.ly/sjcchamber_golf_2024



Photo by the St. Johns County Chamber of Commerce

The St. Johns County Chamber Golf Classic returns for 2024 at Marsh Landing Country Club.

Argyle Ribbon Cutting



Photo by Susan Griffin

Argyle Ponte Vedra Beach held a ribbon cutting in February.

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Byron Chandler Interiors ribbon cutting

Byron Chandler Interiors held its grand opening and ribbon cutting on Jan. 20. It was an afternoon of networking, food and celebrating.

Photo by the St. Johns County Chamber of Commerce



Before Hours at Encompass Health



Photo by the St. Johns County Chamber of Commerce

A Chamber Before Hours event was held Jan. 10 at Encompass Health — St. Augustine. Tom Laughlin and his team hosted the morning of networking, food and coffee.

Ferreira Wealth Group ribbon cutting



Photo by the St. Johns County Chamber of Commerce

Ferreira Wealth Group held its ribbon cutting in January in Nocatee.



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Bank Ribbon Cutting



Photos by First Coast Headshots

Fifth Third Bank held a ribbon cutting at its new branch in Northwest St. Johns County in February.

County Update

St. Johns County Administrator Joy Andrews presented an update at the February 23 Economic Development Council breakfast highlighting the county's growth and how officials are managing and planning for development, infrastructure changes and maintaining the high quality of life for all St. Johns County residents. An update was also provided from Baptist Medical Center about their expansion into St. Johns County.



Photo by the St. Johns County Chamber of Commerce

Chamber Before Hours

The Feb. 8 Chamber Before Hours was held at St. Augustine, Ponte Vedra and The Beaches Visitors & Convention Bureau in St. Augustine.

Photo by the St. Johns County Chamber of Commerce



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St. Johns County Chamber of Commerce establishes foundation to serve the community

The nonprofit foundation will be anchored by Leadership St. Johns and offer workforce development and educational opportunities

The St. Johns County Chamber of Commerce is proud to announce the creation of the St. Johns County Chamber of Commerce Foundation, a 501(c)3 nonprofit organization with the mission to serve the entire community through leadership opportunities, workforce education and economic development programs.

The Chamber established the SJCCC Foundation to expand its programming and culture of philanthropy beyond the business community. The foundation's primary focus areas will include:

- **Leadership St Johns:** The premier professional leadership development program in St. Johns County, Leadership St. Johns has fostered the growth of hundreds of business and government employees for more than 20 years. The foundation seeks to create a permanent scholarship fund to support Leadership St. Johns.
- **Disaster relief:** The foundation will create an emergency relief fund for businesses to support recovery from natural disasters or economic downturns.
- **Workforce development:** Through partnerships with local educational institutions, the foundation will support the development of a highly skilled workforce and the creation of an employment pipeline of local workers for



Photo provided by The St. Johns County Chamber of Commerce
The 2024 class of Leadership St. Johns kicked off earlier this year. The St. Johns County Chamber Foundation will establish a permanent scholarship fund for Leadership St. Johns to make the program accessible to more businesses.

St. Johns County businesses.

“The St. Johns County Chamber of Commerce Foundation is a natural extension of the chamber’s work to promote a vibrant, diverse business environment in St. Johns County,” said Isabelle Renault, chamber president and CEO. “The foundation opens new avenues for programs and philanthropic work to make a difference in the community at large as we work to strengthen our business community.”

The foundation will be led by a board of directors comprised of business leaders in the county. The found-

Foundation Kickoff Event

Celebrate the new St. Johns County Chamber Foundation with a fundraiser Texas hold ‘em tournament and reception, hosted by bestbet St. Augustine!

When: Thursday, April 25, 5:30-9 p.m.

Where: bestbet St. Augustine, 800 Marketplace Drive, St. Augustine

Cost: Spectators, \$50; Poker players, \$100

RSVP: <https://bit.ly/SJC-foundation-kickoff>



ing members include Board Chair Cecil Gibson (Ameris Bank), Vice Chair Orville Dothage (Northrop Grumman), Treasurer Erika Alba (Woolsey/Morcom), Secretary Nancy Dering Mock (Nancy Dering Mock Consulting) and Chamber President and CEO Isabelle Renault.

“The community will benefit tremendously from the St. Johns County Chamber of Commerce Foundation,” Gibson said. “By offering education and leadership development, along with the relief fund, the foundation’s work will create opportunities for both individuals and businesses to thrive in St. Johns County.”

More information about the foundation is available at sjcchamber.com/foundation.

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After Hours at Bestbet



Photos by Susan Griffin
Katie Root, director of marketing, speaks.

Jamie Shelton and the team at Bestbet Poker Room/Jax, Orange Park and St. Augustine Players Group hosted the Feb. 22 Chamber After Hours Event. It was a wonderful evening of networking, food and drinks.



Attendees gather at the After Hours event.



Photo by the St. Johns County Chamber of Commerce



Alfreda T. Boney of PSC Consulting speaks during the most recent Chamber at Noon.

Making connections is topic

Alfreda T. Boney of PSC Consulting gave a presentation at the St. Johns County Chamber of Commerce's March 20 Chamber at Noon at Marsh Landing Country Club. She spoke on the importance of making meaningful connections and building relationships by seeking opportunities for collaboration rather than competition.



Photos by Susan Griffin
Pictured from left are Elizabeth Bernardino, Alfreda T. Boney, Dr. Erika Hamer and Felicia Cox.

CycleBar Ribbon Cutting



Photo by Anthony Richards
CycleBar joined the St. Johns County Chamber of Commerce with a ribbon cutting on Jan. 5.

Effect Medspa grand opening



Photo by Susan Griffin
The Effect Lifestyle Practice held its grand opening and ribbon cutting Jan. 18.

Fyzical welcomes Chamber



Photo by the St. Johns County Chamber of Commerce

The Feb. 7 Chamber Before Hours was held at Fyzical Therapy & Balance Centers, a wonderful morning of networking, food and coffee.

Love's Ribbon Cutting



Photo by the St. Johns County Chamber of Commerce

Love's Travel Stops on S.R. 206 at Interstate 95 held its ribbon cutting March 20, and the company shared donations to Peace of Heart Community and the St. Johns County Sheriff's Office.

KFC Grand Re-opening

KFC in St. Augustine held its grand re-opening and ribbon cutting on Feb. 28.

Photo by the St. Johns County Chamber of Commerce



Improv holds ribbon cutting



Photo by the St. Johns County Chamber of Commerce

Third Space Improv held its ribbon cutting ceremony in January.

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After Hours at THE PLAYERS

The following are photos from the joint After Hours at THE PLAYERS Championship event, co-hosted by the St. Johns County Chamber and the Jacksonville Chamber of Commerce. The member event was held on THE PLAYERS grounds and took place March 7.

Photo by Susan Griffin



Matt Price, Susan Phillips and Isabelle Renault.

PLAYERS Economic Impact

Smith was guest speaker during the St. Johns County Chamber of Commerce luncheon at Marsh Landing Country Club on Feb. 14.

Photos by Anthony Richards



THE PLAYERS executive director Lee Smith speaks next to the tournament's 50th anniversary logo during the St. Johns County Chamber of Commerce Ponte Vedra Beach Division luncheon on Feb. 14.



Local business owners met at Marsh Landing Country Club during the St. Johns County Chamber of Commerce Ponte Vedra Beach Division luncheon on Feb. 14.

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Texas Roadhouse holds ribbon cutting



Photo by the St. Johns County Chamber of Commerce

Texas Roadhouse celebrated joining the St. Johns County Chamber of Commerce with a ribbon cutting on March 25.

UF Health St. Johns rebranding



Erin Wallner speaking at the event.

Erin Wallner, administrator of marketing and communications for UF Health St. Johns, spoke at the Jan. 11 Joint Chamber at Noon event with the JAX Chamber Beaches Division. She talked about how UF Health St. Johns orchestrated a flawless launch of its rebranding, which included everything from press releases, marketing and advertising, public appearances and multiple social media campaigns across multiple platforms.



Photos by the St. Johns County Chamber of Commerce

Discover & Recovery ribbon cutting



Photo by the St. Johns County Chamber of Commerce

Discover & Recovery St. Johns County held its ribbon cutting ceremony March 16. It was a wonderful afternoon of networking, food and celebrating.

Village RV Ribbon Cutting



Photo by Susan Griffin

Village RV located at 2305 FL-16 in St. Augustine, held its ribbon cutting March 22.



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Fleur de Lis Ribbon Cutting



Photo by the St. Johns County Chamber of Commerce

Fleur de Lis Boutique Florida held its ribbon cutting in February.

After Hours at Longleaf



Photo by the St. Johns County Chamber of Commerce

Genalin Ivantchenkov and the team at Longleaf at St. Johns hosted a Chamber After Hours event in January, a wonderful evening of networking, food and drinks.

After Hours at Basecamp Fitness



Photo by the St. Johns County Chamber of Commerce

Josh Bailey and the team at Basecamp Fitness hosted the Chamber After Hours event in January, an evening of networking, food and drinks.

After Hours at Brown Family YMCA



Photo by the St. Johns County Chamber of Commerce

Feb. 21 was a beautiful evening for a Chamber After Hours Event. Cara Roach and the team at Brown Family YMCA hosted the wonderful evening of networking, food and drinks.



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Miracle Leaf Ribbon Cutting



Photo by the St. Johns County Chamber of Commerce

Miracle Leaf Saint Augustine franchise owners cut the ribbon on their new store Jan. 13.

Women with Vision Council



Photo by the St. Johns County Chamber of Commerce

Asia Gholston, vice president of marketing at the Jacksonville Jaguars, spoke at the Women with Vision Council luncheon on Feb. 1. She spoke on the tools needed to navigate the ever-evolving landscape of marketing through brand strategy, marketing operations, digital, social, influencer marketing, concert and event marketing.

UF Health breaks ground for facility



Photo by Anthony Richards

An official groundbreaking ceremony was held at the site of the proposed UF Health Durbin Park hospital in St. Johns.

St. Johns Premier Boat Rentals ribbon cutting



Photo by the St. Johns County Chamber of Commerce

St. Johns Premier Boat Rentals held its ribbon cutting ceremony on March 20. The event was a wonderful morning of networking and celebrating.

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Insects, vectors explored with grand opening of museum

Photo by Anthony Richards

By Anthony Richards

The mosquito has had a place in the history of the state of Florida since the beginning and now there is a museum where that history is on display as well as the research that is taking place moving forward.

The Anastasia Mosquito Control District held the grand opening of its vector education center and science museum on March 26.

The museum is located at 120 EOC Drive in St. Augustine and the city's mayor Nancy Sikes-Kline was also on hand to welcome the center to the community.

According to Anastasia Mosquito Control District commissioner Trish Becker, the idea for the museum has been in the process of becoming a reality since 2018 and it had been planned to already be in place but was pushed back for a while due to the Covid-19 pandemic.

"It's been a process and has been a big part of our five-year plan," Becker said. "We really wanted this to be a place where it doesn't matter what age you are, you can come here and learn something, and it has gone way beyond what we even imagined."

Although mosquitos are a primary focus and steal the show in a sense, they are not the only insects explored throughout the museum's tour.

"We start talking about other bugs and vectors, especially the bad ones because they are becoming more and more invasive, and the first step in protection and knowing what to do to protect yourself," Becker said. "That's why it's so important to educate."

Part of the education has already begun, as they are now open to the public, but the education center has already begun offering itself as a location for field trips



of local schools.

"We've already had a lot of schools," Becker said. "I was here three times last week and it was homeschool week so they were all coming. The kids don't want to leave, which I think is great, because we already do about 150 school visits a year, and it's all about showing that science can be cool."

One of the unique aspects that the education center can offer that going to a school cannot is that there are a couple of glass rooms where museumgoers can watch as

scientists work with different breeds of mosquitos.

It is the interactive displays and real-life scenarios that Becker believes makes the museum so unique from other facilities out there.

The education center and museum is open Wednesdays through Saturdays from 10 a.m. to 6 p.m. and Sundays from 11 a.m. to 5 p.m. Admission will be free until the official opening on July 10.

For more information, please contact the vector education and science museum at 904-257-9880.

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Graduate

Continued from 1

would not be possible.”

However, he also stated that although it is great to celebrate the accomplishment it is also important to not forget that the mission continues, and the steps are already being taken to help save the next 1,000 veterans.

“While each warrior has always conveyed their appreciation for K9s For Warriors, we intern thank them for inspiring us to continue to do what we do and improve upon it,” Bean said. “Our warriors

are who inspire to not just do more but to do it better.”

Shari Duval’s husband Bob and son Brett were in attendance for the ceremony. Brett was the reason behind Shari’s vision after he came home with PTSD after serving as a civilian K9 police bomb dog handler in Iraq and she realized how he was only his true self when he was around his dog.

From there, the discovery and knowledge of the strength and important role the bond between a dog and their handler can have has become the basis of everything K9s For Warriors is built upon.

“I still remember the conversation I had

with Shari in the lobby of my law firm, when she told me what she planned to do with service dogs and veterans and she then also told me that I was going to volunteer,” Bean chuckled. “I know Shari’s spirit is with us today and that she would be extremely proud of what has been achieved. Today, marks the fulfillment of Shari’s vision.”

The need for the organization’s mission remains as according to Bean, an estimated 20 veterans a day commit suicide and K9s For Warriors continues to strive to make

that number zero one day.

“But tomorrow will come and it will present a new challenge for all of us,” Bean said. “We have perfected the process of bonding a human and a service dog, and it is a process that we have proven over and over that saves lives, lots of them. While saving the next 1,000 lives is important, our vision is much bolder, as we are focused on saving all the lives of veterans suffering from trauma caused by their service defending you and me. We will not stop until that mission has been achieved.”



The class consisted of 14 graduates, 10 from Florida and four from Texas.



Photos by Anthony Richards

The bond between a dog and a veteran helps save lives.



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GUEST COLUMN

Should you change investment strategies?

Written by/for Wells Fargo Advisors

You may take a “set it and forget it” approach to investing. But, over time, life events, the timing of when you need the money, and market events are likely to compel you to revisit your strategy. Here are some things to consider when they arise.

Dealing with life events

Events, both expected and unexpected, like the following could cause a change in your long-term goals and time horizon:

- Graduation
- Marriage, divorce or remarriage
- Birth of child or grandchild
- Change in health status
- Job loss, retirement or early retirement
- Death of a loved one

These types of events may prompt you



Photo provided by Ponte Vedra Wealth Management
Pictured from left: Jamie L. Seim, Matthew D. Guevara, Evonne T. Heykens and Stephen T. Foody.

to revisit your investment strategy, and in fact, they may be good reasons to make changes. Do you need to reprioritize your investment goals, spending or how much debt you need to pay down?

Before you reallocate your investments, remember to plan with the same careful consideration you gave to creating your

original investment strategy.

Responding to market action

In addition to life events, you may want to revisit your investment strategy when there’s market volatility. Is that college tuition/mortgage/vacation payment nearer than you anticipated, making you realize that you may need to be more conservatively invested?

It is worth noting that your time horizon for needing the money is the key factor here. Avoid making emotional decisions based on today’s 24/7/365 news cycle. It can be tempting to react to the headlines when you might be better off simply riding out the volatility if you have a longer time horizon.

That doesn’t mean you should never respond to market action. However, it’s often a good idea to think long and hard before you change or, at the extreme, abandon

your strategy.

This article was written by/for Wells Fargo Advisors and provided courtesy of Ponte Vedra Wealth Management Group in Ponte Vedra Beach at 904-273-7918.

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Ascension Riverside offers new technology for patients with chronic hypertension

Ascension St. Vincent’s Riverside is excited to announce it is expanding its leading cardiovascular services by adding new FDA-approved technology to treat people with medication-resistant high blood pressure.

Renal (kidney) denervation is a minimally invasive procedure using ultrasound energy to interrupt overactive nerves between the heart and kidneys.

The total treatment time is typically less than a minute. The technology at St. Vincent’s Riverside also incorporates a unique cooling ablation system that circulates sterile water to help cool and protect the lining of the affected arteries during the procedure.

The ultimate goal of the procedure is to reduce and/or eliminate the need for hypertension medication.

“This is a key procedure in getting people off multiple daily medications and providing real relief,” said Dr. Samer Garas, St. Vincent’s Riverside interventional cardiologist and cardiovascular medical director. “The procedure is done quickly and provides patients better control of their blood pressure.”

More than 54 million adults are treated for high blood pressure in the U.S., and many remain above the normal blood pressure range despite lifestyle changes and various medications.

According to the Centers for Disease Control and Prevention, nearly half of all adults in Florida at least 45 years old experience hypertension.

Because there are sometimes no physical symptoms of high blood pressure, some patients with hypertension don’t realize they have it, making it one of the nation’s most prevalent silent conditions.

“We are pleased to be the first to offer this approach to the Jacksonville area,”

TECHNOLOGY continues on Page 32

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Local salon to host cut-a-thon for Charity Water

By Anthony Richards

Zinke Hair Studio in Ponte Vedra Beach will host a cut-a-thon on April 8 to raise money for Charity Water, which is a non-profit organization with the goal of helping bring clean water to people living in sub-Saharan Africa.

According to Zinke owner Megan Robertson, the cut-a-thon idea came about because as a celebration of April being recognized as “earth month,” and it also helps that Zinke is an official Aveda salon, which is an

American cosmetic company, and they have a strong partnership with Charity Water.

“It’s going to be a really neat initiative and there are only a limited number of spots available,” Robertson said. “Charity Water is such a great organization, and they are really doing their part to change people’s lives.”

The fundraising event will be held from 9 a.m. to 3 p.m. and during that time haircuts will be \$50, and all of the proceeds raised will go toward Charity Water and its projects.

Green and blue hair tinsel will also be

offered for \$15.

“It takes about \$40 to provide a lifetime of clean water to one person, so really one haircut changes someone’s entire life,” Robertson said. “We also have another way that people can get involved and that is through our ‘walk for water’ happening Sunday April 21.”

The “Walk for Water” event is an opportunity for the community to come out and take part in a 3.7-mile walk starting at Southern Grounds & Co. coffee shop in Neptune Beach and going down to Atlantic Beach

and back to raise awareness for the world’s need for clean water.

The cut-a-thon and walk are not the first times Zinke has sought to get involved in the community, as the studio also held a Braids for Breast Cancer event in October, and it is not the last time according to Robertson.

“These initiatives are not just a way for people to look good, but they can do so while also feeling good about themselves and the impact they are making,” Robertson said.

Medical Aesthetics opens studio at St. Johns Town Center

Renowned luxury medical aesthetics brand OVME (pronounced “of me”) celebrates its second Florida location at the St. Johns Town Center with the first being in Tampa.

OVME, favored by both celebrities and influencers alike, is poised to deliver unparalleled client-centric aesthetic services to the Bold City.

OVME's Jacksonville studio promises a welcoming, luxurious atmosphere, meticulously tailored to cater to your specific aesthetics needs.

The company offers luxury medical aesthetics at 29 locations across the country, with notable locations in Atlanta, Washington, D.C., Nashville, Dallas, and Denver.

“When I started, the environment of medical aesthetics was not welcoming,” Dr. Mark McKenna, MD, and founder and CEO of OVME said. “The client experience was very cold and clinical. I wanted to create a welcoming and luxurious space where patients could receive world-class care. Our offices are designed to make our clients feel pampered and comfortable – this ensures they feel confident in discussing their individualized treatments.”



Medical aesthetics brand OVME celebrated its second Florida location at the opening of its St. Johns Town Center location.

McKenna opened his first studio in Atlanta in 2018, designing a space that merged beauty and science to create a luxurious and safe boutique practice.

Since its successful launch, OVME has

opened 29 studios throughout the United States, from Minnesota to Colorado to Florida, and is one of the fastest-growing medical aesthetics brands. OVME offers state-of-the-art treatments that are tailored

to each client’s specific needs.

Their team of board-certified plastic surgeons, aesthetic nurse practitioners, and medical aestheticians offer complimentary in-studio and virtual consultations to discuss the patient’s goals and formulate a treatment plan.

Clients can indulge in skin treatments like facials, peels, microneedling, and laser hair removal. OVME’s team of highly trained professionals offer non-surgical injectables such as Botox and Dysport, dermal filler, Kybella, and Under Eye PRP.

For a holistic approach, OVME offers health and wellness treatments, like Hydration Therapy, Hormone Therapy, custom skin care, and CoolSculpting, and for the ultimate in self-care, they also offer VIP memberships with exclusive offers and benefits.

“So often, men and women don’t take the time to invest in themselves,” McKenna said. “We give so much of ourselves to our work, families, and the thousands of daily tasks that pop up – our ultimate goal is to provide a safe and welcoming studio where we can help people enjoy self-care, skin health, and longevity.”

Technology

Continued from 31

said president and CEO of St. Vincent’s Riverside, Scott Kashman. “This is just one piece of our ongoing commitment to protecting and improving the lives of everyone across Northeast Florida.”

Patients with high blood pressure can receive even more personalized and streamlined care this year when St. Vincent’s Riverside opens a specialized hypertension clinic next month.

For more information about cardiology care at Riverside, go to healthcare.ascension.org and search Ascension Medical Group St. Vincent’s Cardiology-Riverside or call 904-388-1820.

Ascension Florida includes Ascension St. Vincent’s based in Jacksonville, Florida, and Ascension Sacred Heart based in Pensacola, Florida.

Ascension Florida operates ten hospitals and more than 200 other sites of care, employing more than 13,000 associates. Across the region, Ascension Providence, Ascension

Sacred Heart and Ascension St. Vincent’s have served North Florida for more than 165 years.

Ascension is one of the nation’s leading non-profit and Catholic health systems, with a Mission of delivering compassionate, personalized care to all with special attention to persons living in poverty and those most vulnerable.

It includes approximately 134,000 associates, 35,000 affiliated providers and 140 hospitals, serving communities in 19 states and the District of Columbia.

In the fiscal year 2023, Ascension provided \$2.2 billion in care of persons living in poverty and other community benefit programs.

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In the Arts



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THURSDAY, MARCH 28, 2024 · PAGE 33 www.PonteVedraRecorder.com

Butterfield Garage announces April artist

Butterfield Garage’s featured artist for April, Richlin Burnett-Ryan, presents “Exuberance,” a series of vibrant multi-media works full of color and life. A First Friday artist talk at 6 p.m. April 5 will be an opportunity to learn about her approach and inspiration.

Burnett-Ryan’s work explores the color play of tissue paper with acrylic paints and inks on canvas, which allows her to create translucent color interactions and texture. Her process begins by removing all color and shade from her photographic reference, reducing the image to its linear or

solid black-and-white form. Then, she reintroduces color to vacant spaces, sometimes overlapping the form.

Born in 1967 in Georgetown, Guyana, Burnett-Ryan immigrated to the United States at 8 and settled in Brooklyn, New York. She attended Clara Barton High School and took art classes at the Brooklyn Museum. Her undergraduate studies were at Rochester Institute of Technology in Rochester, New York, and The School of Visual Arts, New York City. She majored in graphic design. She worked as the art director of IDD Magazine for Thompson Financial,

New York City.

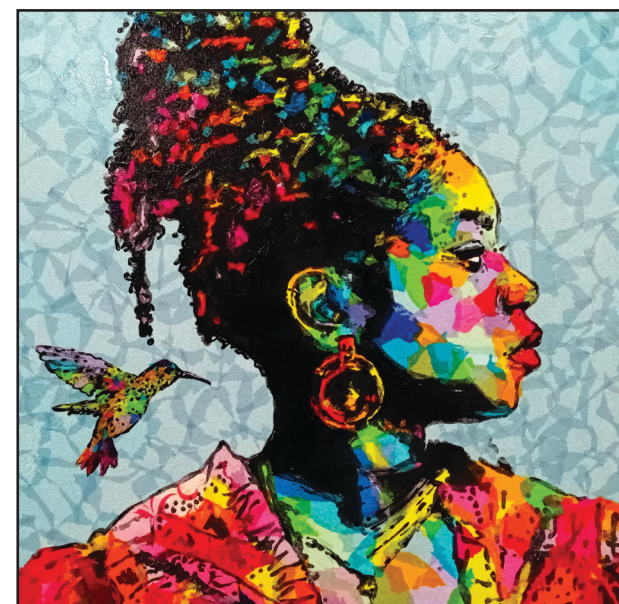
Burnett-Ryan is married to artist Weldon Ryan and resides in Palm Coast. Presently she is a full-time artist and curator.

Butterfield Garage Gallery is located at 137 King St., St. Augustine.

Contributed photos



Sit in St. Augustine



Always Sydney

Ritz Theater to host local film ‘Rights of a Father’

The world premiere of the feature film “Rights of a Father” will be held on June 15 at the Ritz Theater located at 829 North Davis Street in Jacksonville.

The director and writer is Junior L. Ashwood and he will be hosting the event along with the cast and crew during the showcase.

The premiere event will include red carpet/VIP doors opening at 5:30 p.m., while general admission doors open at 6:30 p.m.

One of the unique things about the film is that it was shot entirely in the Northeast Florida area, having been done in Jacksonville, Daytona Beach and Green Cove Springs.

Tickets for the show can be purchased by going to the Vystar box office downtown in person or by simply sending the funds to Junior’s Cash App at “\$JrAshwood,” and letting him know the number

of tickets needed and preferred seating arrangements along with an email address.

Once received, Junior will promptly

buy the tickets in your name, ensuring you get the seats you want. For more information, send an email to ashwoodjj@gmail.com.

VIP tickets are \$100 and general admission is \$50.

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Exhibit marks 250th anniversary of Bartram visit



"Matanzas Salt Marsh" by Robert Bob Arbogast

The St. Johns Cultural Council, which promotes local arts, culture and heritage, is recognizing the 250th anniversary of William Bartram's travels throughout St. Johns County with an Art in Public Spaces exhibition featuring the work of 24 local artists.

Professional and student artists who submitted pieces inspired by the flora and fauna of St. Johns County's natural landscapes were selected following an open call to participate in the exhibition

with specifics about content, dimensions, mediums, artist statements and more.

The exhibition will be on display from April 16 until May 29 at the Rotunda Gallery of the St. Johns County Administration Building, 500 San Sebastian View in St. Augustine. An exhibition preview will be held at 8:30 a.m. April 16, with an evening reception at 5:30 p.m. April 17. The events are free and open to the public.

Participating artists from St. Augustine



"Puc Puggy's Journey" by Nikki Rakov

include Robert "Bob" Arbogast, Gail Beveridge, Terry Bottom, Gail Brown, Byron Capo, Lauren Ehlers, Martha Ferguson, Margaret "Peggy" Galloway, Amy Hemphill-Dove, Debra Mixon Holliday, Rhonda K. Lovett, Louise Meredith, Susan Miller, Stephen Mullen, Paula Pascucci, Nikki Rakov, Stephen Rosche, Herrick Smith, Siv Spurgeon, Catherine Avery St. Jean, Teri Tompkins and Dan Voellinger.

Artists from Elkton include Carole Adams and Cindy Wilson, and the artist from St. Johns is Rhonda K. Lovett.

William Bartram is considered the first American-born naturalist. He initially visited British East Florida in 1765 on an expedition organized by his father. Bartram became fascinated with the flora and fauna he observed along the St. Johns River and returned to East Florida in the spring of 1774 to record the region's plants, animals and indigenous people.

Bartram's account of his adventures, "Bartram's Travels," is considered one of the most important scientific books of the time and is still in print today with descriptions of Florida's vast biodiversity with scientific observations and illustrations of hundreds of plants and animals. The book mentions acres of citrus on



"Limpkin Foraging" by Rhonda K Lovett

plantations in Fruit Cove and Switzerland, which is assumed to be located near the present-day Alpine Groves Park in St. Johns County.

Participating artists and their selected work will be featured in an exhibition catalog published by the Cultural Council.

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Gamble Rogers Folk Festival offers tickets discounts through March 31

Folk music's most anticipated festival returns with a full weekend of performances by seasoned musicians and the best up-and-coming artists.

The Gamble Rogers Folk Festival celebrates bluegrass, folk, and Americana as well as honors Florida native and longtime St. Augustine resident Gamble Rogers, widely beloved for his ability to seamlessly thread storytelling into his musical performances.

The 28th Annual Gamble Rogers Folk Festival will feature 81 artists performing on four stages. It will be held from April 12 to 14 at the St. Johns County Fairgrounds located at 5840 on State Road 207 in Elkton.

The Gamble Rogers Folk Festival is not just for folk enthusiasts; it is for musicians.

Intimate performances across four stages are balanced with workshops that encourage and advance the art of bluegrass, folk, and Americana.

A hallmark of the festival is its inclusion of local and young artists. Always one to inspire the future generation of songwriters and performers, Gamble Rogers' influence will be on full display as the most promising young musicians take to the YoungFolk Stage.

Headlining acts will perform on the main stage, with supporting acts on The Picker's Stage and Gamble's Living Room.

Musicians and enthusiasts alike can learn more about their craft at The Workshop Stage, where the festival performers provide a variety of interactive workshops.



Topics include the Secrets of Songwriting, Mandolin for Everybody, and Herstory: Women in Music. There will also be a special Baby Grand Theatre Presentation of "Gamble Rogers: Down At The Terminal Tavern" at 5:30 p.m. on April 12 and 13.

Performances begin at 5 p.m. on April 12 on The Main Stage and Gamble's Living Room and 11 a.m. on the weekend on all five stages.

Great news for ticket buyers through the end of March, is that the Gamble Rogers Folk Festival is offering a special "spring fling" discounted ticket price

through March 31. Residents can get 30 percent off using the promo code "Spring."

Advance purchase general admission tickets through March 31 are \$70 for the full three-day festival, April or priced individually at \$24.50 for April 12, \$45.50 for the full-day on April 13, and \$24.50 for the full-day on April 14.

Starting April 1st, regular ticket prices will return to \$100 for the weekend, \$35 for Friday night, \$65 for Saturday all day/night, and \$35 all day for Sunday, April 14th.

At-the-gate general admission tickets are \$120 for the full three-day festival or, priced individually, \$40 to \$70.

Children 16 and younger are free throughout the event, and tent camping and RV sites are available for festivalgoers as well.

On-site showers and restrooms are available for all campers. Tent sites are \$30 for the weekend, RV sites are \$100 for the weekend, and RV Overflow Parking is \$75 for the 3-day festival.

Food trucks, local artisans, craft vendors, activities for kids, workshops, and more will be on-site for delicious bites, shopping, and fun.

Well-behaved and leashed pets are also welcome, while blankets, hammocks, and chairs to relax and revel in the mastery of the wonderful tradition of folk music are allowed.

Watch artists bring their paintings to life, and view or purchase works-in-progress and finished paintings in the St. Augustine Art Association Wet Room, open 9-5 daily during the event (22 Marine Street). The Plein Air Paint Out culminates on April 28 at the St. Augustine Yacht Club with a juried exhibit. For complete details on the St. Augustine Plein Air Paint Out visit our website or scan the QR code below.

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Sports



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Panthers, Sharks finding offense early in softball season

By Anthony Richards

It has been roughly 10 games into the softball season and Nease and Ponte Vedra high schools both have winning records but also continue to search for that consistency that will be needed to make and do damage in the playoffs.

The Panthers are 5-4 and are fresh off a 8-1 win over county rival Bartram Trail on March 21.

So far this season, if the Panthers offense is on they can not just win, but do so handily, but they have also experienced their share of games where the bats have not quite shown up.

In the five Panthers' victories this season, they have scored an average of 10.4 runs but in their four losses they have only mustered 2.2 runs in those contests. And those contests have come against strong opponents such as Mandarin (8-3) and Paxon (6-4).

When it comes to producing runs, senior Taylor Burton has been a key contributor for the Panthers, as she leads the team with 10 RBIs on the season, including seven doubles and one home run.

Fellow senior Corinna Cioffi is not far behind with nine runs driven in, with two

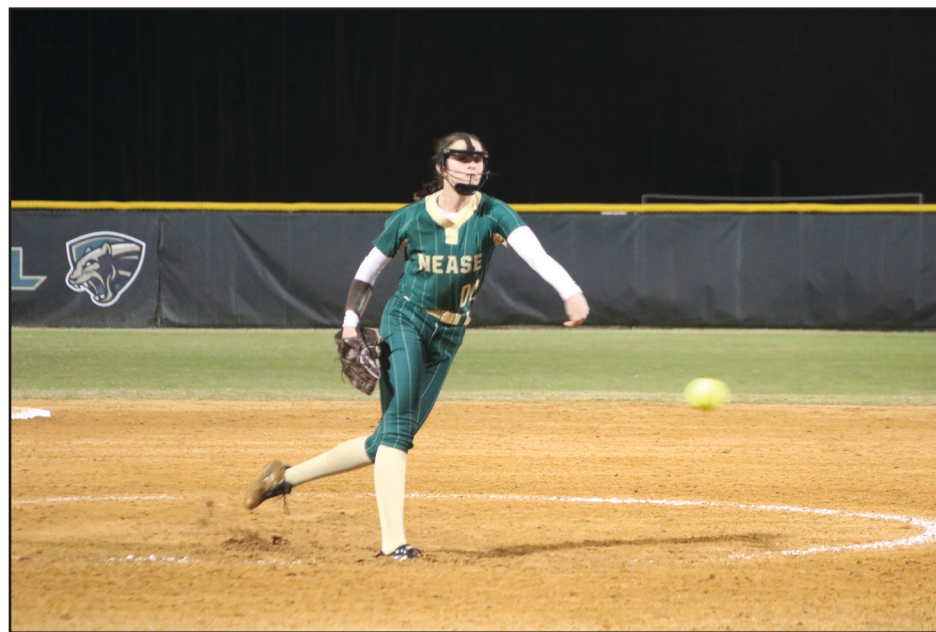


Photo by Anthony Richards

The Nease Panthers have started the season with a record of 5-4.

of those coming as a result of the long ball.

If the Panthers can maintain that offensive prowess but make it a little more consistent they will be a dangerous team in the second half of the schedule.

Down the road, the Sharks have also

made some noise with their bats this year, having scored double digits in three games so far but have also had the pitching to back it up with a pair of shutouts.

One of the pitching bright spots for the Sharks is sophomore Aoife Weaver, who has a record of 3-2 on the season with



a 3.32 earned run average, including a complete game shutout.

She has proved time and time again this season that she has a lot of versatility as a player, as she also leads the squad with 16 hits and 14 RBIs and has a batting average of .412 to go with four stolen bases.

Junior Alaina Daughtry has combined with Weaver to create quite the hitting combo, as she sits second on the team in the majority of hitting stats with 10 hits, 13 RBIs and an average of .312 at the plate.

The Sharks have only played five of their first 13 games at home to start the season, so they are looking for some more home cooking, as they will have six of their last 11 in front of the home fans.

Sharks

Continued from 1

although many of those games were against stiff competition and in tournament formats.

Senior and Florida State University commit Matt Hoag drove in two of the Sharks' four runs in the game with a double and a triple, while Nate Wicker saw the ball well at the plate and went a perfect three-for-three on the night.

Parker Gunnell joined his fellow senior Hoag with a triple and an RBI as well.

Cole Rambler continued to show a knack for finding the base paths and scored twice against the Panthers.

The Sharks added another run in the fifth inning for what may not have looked like much at the time, but it turned out to be the winning run and the difference in the game after the Panthers came storming back with a trio of runs in the final inning.

The Panthers and Sharks have had similar seasons to this point with both only having managed two victories, but as the second half of the season kicks into gear, they both hope to find their groove and start string together wins as they march through the rest of the schedule.

The Sharks carried their momentum beyond



Photo by Anthony Richards

Senior Matt Hoag drove in two of the Sharks' four runs against the Panthers with a double and a triple.

the Panthers' matchup, as they crushed the Eagle's View Academy Warriors of Jacksonville at home 11-0.

Austin O'Hara, Hoag and Caleb Stanton each had two hits in the contest, including three RBIs for Stanton and two for O'Hara.

Roshan Patel pitched five no-hit and scoreless innings that included eight strikeouts en route to the victory.

The Panthers continued the trend of playing county opponents, falling 5-0 to Toco Creek before handling business against Bartram Trail in a close 4-2 contest to improve to a record of 3-9 on the season.

Landrum Middle girls basketball team finishes season undefeated



Contributed photo

Landrum Middle School girls basketball team ended their season undefeated winning the St. John's County Championship. It also marked the last coaching game for coach Mary Pastori after 25 years.

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Worship DIRECTORY

To advertise in the Worship Directory call April at 904-285-8831



Lord of Life Lutheran Church

Join us for Holy Week!

Maundy Thursday and Good Friday
March 28 & 29 at 7 pm.

Easter Sunday Celebration March 31 at 9:45 am.

276 N. Roscoe Blvd., Ponte Vedra Beach
904-285-5347 | LordOfLifePVB.org

Miscellaneous

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Safe Step. North America's #1 Walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. **1-855-417-1306**

DIRECTV Stream - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call **IVS 1-866-859-0405**

BATH & SHOWER UPDATES in as little as **ONE DAY!** Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. **Call: 855-761-1725**

Miscellaneous

Diagnosed with lung cancer & 65+? You may qualify for a substantial cash award. No obligation! We've recovered millions. Let us help! **Call 24/7 1-877-707-5707**

Replace your roof w/the best looking & longest lasting material steel from **Erie Metal Roofs!** 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) **1-833-370-1234**

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're cutting installation costs in half and offering a FREE safety upgrade! Additional terms apply. Subject to change and vary by dealer. Offer ends soon. **Call 1-844-501-3208**

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! **1-833-399-3595**

Miscellaneous

Alaska, Europe, Hawaii + dozens of other popular trips! Starting at \$1649 pp (double occupancy req'd.) YMT Vacations plans everything, leaving you to relax & enjoy. **Call 1-877-626-1958** M-F for more details. Use promo code YMT2024 for \$250 off. Limited time only.

Home Break-ins take less than 60 seconds. Don't wait! Protect your family, your home, your assets now for as little as 70¢ a day! **Call 855-401-1151**

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. **Call 1-800-245-0398**

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

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For more information call (904) 285-8831 to speak with a Sales Rep. today!

CROSSWORD

1	2	3	4		5	6	7	8	9	10				
11					12						13	14	15	
16					17				18					
19				20	21			22	23				24	
25						26						27		
28					29					30				
				31	32					33				
34	35	36	37					38						
39						40	41	42						
43				44							45	46	47	48
49				50					51	52				
53			54					55						
56		57				58					59			
60					61	62					63			
				64							65			

- ACROSS**
- Database management system
 - Medical procedures
 - ___ Clapton, musician
 - Defender
 - Exert oneself
 - Indicates position
 - Quay
 - Atrocities
 - A way to address an adult man
 - Ends
 - Unable
 - Taxi
 - Gratuities
 - A famous train station
 - Japanese persimmon
 - Sours
 - Beneficiary
 - Baseball official
 - Confused situation
 - Unworldly
 - Yemen capital
 - Type of soil
 - Beloved beverage ___ Cola
 - Lying down
 - ___ Angeles
 - Fail to amuse
 - Collapsible shelter
 - Commercial
 - Taste property
 - Lordship's jurisdictions
 - It cools your home
 - Dismounted
 - Charge in a court of law
 - One less than one
 - Spoke
 - Famed garden

- DOWN**
- Show a picture of
 - Small sultanate
 - Unfortunate incident
 - A way to ski
 - Abba ___, Israeli politician
 - Observed
 - "Westworld" actor Harris
 - Belonging to me
 - Shoelace tube

- Takes to civil court
- Early multimedia
- Produces anew
- Horse races
- Of I
- Equally
- Changes color
- A place to stay
- Town in Galilee
- Mathematical figure
- Klingon character
- They ___
- Atomic #58
- Showed up extinct
- Loosen grip
- Unpleasant smell
- Innermost membranes enveloping the brain
- Esteemed college "league"
- Partner to Pa
- Small American rail
- A salt or ester of acetic acid
- Sodium
- Military figure (abbr.)
- Lighted
- Paid to get out of jail
- All of something
- Ohio city
- More abject
- A radio band
- Scientific development (abbr.)
- Monetary unit
- Scored perfectly
- A punch to end a fight
- The Golden State (abbr.)
- The Beehive State (abbr.)

SUDOKU

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

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

NANI national advertising network inc.

To inquire about placing an ad in this section, call 579-2154

Health & Fitness
 VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español
 Dental insurance from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance- not just a discount plan. Get your free Information Kit with details! 1-855-526-1060 [#6258](http://www.dental50plus.com/ads)
 Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587

Home Services
 Aging Roof? New Homeowner? Got Storm Damage? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091
 Water damage cleanup & restoration: A small amount of water can lead to major damage and mold growth in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-872-2809
 Professional lawn service: Fertilization, weed control, seeding, aeration & mosquito control. Call now for a free quote. Ask about our first application special! 1-833-606-6777

Miscellaneous
 Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move.
 Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936
 BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices- No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725
 Donate Your Car to Veterans Today! Help and Support our Veterans. Fast- FREE pick up. 100% tax deductible. Call 1-800-245-0398
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729-4998 or visit dorranceinfo.com/ads
 Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-866-479-1516
 Safe Step. North America's #1 Walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off- limited time! Financing available. 1-855-417-1306
 Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971
 DIRECTV Stream- Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405
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<p>2017 JAGUAR XF</p> <p>SALE PRICE \$11,230 126,456 MILES STOCK# HCY36038</p>	<p>2021 CADILLAC XT5</p> <p>SALE PRICE \$33,980 34,234 MILES STOCK# MZ162468</p>	<p>2020 CADILLAC CT5</p> <p>SALE PRICE \$32,980 23,120 MILES STOCK# L0123743</p>	<p>2020 CADILLAC XT4</p> <p>SALE PRICE \$32,980 7,974 MILES STOCK#</p>	<p>2022 BUICK ENCORE GX</p> <p>SALE PRICE \$23,780 20,491 MILES STOCK# NB038451</p>



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