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Thursday, April 18, 2024

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## Beach project begun

By Shaun Ryan

At the start of any new project, local dignitaries often gather to “break ground,” symbolizing the forthcoming construction. But on Friday, April 12, county and state officials poured sand onto the beach, signifying the beginning of a major coastal restoration project.

For the \$38.6 million Ponte Vedra Beach Restoration Project, 2 million cubic yards of sand will be dredged from an offshore site and placed along nine miles of coastline, from the St. Johns-Duval county line south to the GTM Reserve.

Friday’s ceremony was conducted

**BEACH** continues on **Page 5**

## Circle of Creation provides insight for women business owners

*Business funding featured during inaugural event at the link*

By Anthony Richards

The link in Nocatee continued to do its part in hosting events to help local business owners and entrepreneurs better understand the shifting landscapes.

The latest event they held was the inaugural session of Circle of Creation: The Expansion Project on April 10.

It focused on the importance of business funding for local women entrepreneurs and featured several speakers, including the night’s guest of honor, Rep. Cyndi Stevenson.

Sonya Morales-Marchisillo, founder of Pinnacle Communications Group, shared the story with those in attendance of when she was first trying to find funding and support for her business and the challenges she ran into.

“I thought going to get contracts and money from the banks was going to be the



Photo by Anthony Richards

**Tillery Durbin of Vystar and Sonya Morales-Marchisillo with Pinnacle Communications Group provide insight about business funding.**

easy part, but I was completely wrong,” Morales-Marchisillo said. “My mortgage bank didn’t want anything to do with me and my car loan bank didn’t want anything to do with me. I was not looked at as anyone who had built something.”

Because of this experience, Morales-Marchisillo stressed to the crowd in the main lobby of the link about the importance of finding financial institutions that

**BUSINESS** continues on **Page 4**



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## BRIEFS

### Fun Earth Day event will help keep county tidy

The St. Johns County Solid Waste Division has announced its inaugural Earth Day event for 9 a.m. to noon April 20 at Tillman Ridge Landfill, 3005 Allen Nease Road, Elkton. The event offers free services to St. Johns County residents, including e-waste recycling and paper shredding. This is a part of the county's new anti-litter initiative called Get Hooked launched in February. Call the county's Solid Waste Division at 904-827-6980, email [solid-waste@sjcfl.us](mailto:solid-waste@sjcfl.us) or go to [RecycleStJohns.com](http://RecycleStJohns.com) for details.

"This event is another step in our Get Hooked initiative to help get trash off our roads, out of our rights-of-way and clear of our waterways," said outreach coordinator Matthew Denny. "It will aid us in our efforts to get residents 'hooked' on St. Johns County and keeping this beautiful area litter free. The event is another opportunity for the community to get involved with the campaign led by our mascot, Captain Reducio, and promote the 3 Arrgh's: reduce, reuse, and recycle. Together, we can make a difference."

Denny explained that the event will include a station for the public to donate gently used clothes and household items for charitable causes, educational booths, as well as fun activities for kids to learn about the importance of recycling.

There will also be a chance to see boats, trucks, helicopters and heavy equipment in the touch-a-truck area.

"We will also have our Get Hooked mascot Captain Reducio available to take pictures with attendees," said Denny. "We encourage people to post them on their social media accounts with the hashtag #MySJCFI to help us spread the word."

### Explore the beach at GTM Research Reserve

Join volunteers at the Guana Tolomato Matanzas National Estuarine Research Reserve (GTM) for a beach exploration 9-11 a.m. Saturday, April 20. Collect seashells, search for shark teeth and learn about coastal wildlife. Meet at GTM Research Reserve Visitor Center, 505 Guana River Road, Ponte Vedra Beach.

Wear comfortable closed-toe shoes. Hat, insect repellent, water and sunscreen are recom-

mended. The event is free but online registration is required. To register, go to [gtmnerr.org/visit/events](http://gtmnerr.org/visit/events).

### Access beach information on new app

The St. Johns County Beach Services Department has announced that beach information can now be found in the SJC Connect App, providing a seamless experience for accessing comprehensive beach information. Effective immediately, the former "Reach the

BRIEFS continues on Page 3

## PUZZLE SOLUTIONS

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# Briefs

Continued from 2

Beach” app will no longer be updated, and users can find all their beach-related updates and details under the “more” tab within the SJC Connect App.

This move aims to consolidate resources and streamline accessibility for beachgoers. Whether it’s checking beach driving updates, accessing tide predictions or finding the interactive beach access points map, all these features are now conveniently housed within the app.

The SJC Connect App offers a range of features beyond beach information,

including reporting issues, paying utility bills, accessing news updates and more. For more information, go to [sjcfl.us/sjc-connect](http://sjcfl.us/sjc-connect).

### Palm Valley Market every Tuesday

The Palm Valley Market is held from 10 a.m. to 2 p.m. every Tuesday inside the Palm Valley Community Center, 148 Canal Road. The market offers fresh produce, baked goods, local honey, tea, seasonal treats, soap, jewelry, plants and more.

### Job interviewing tips to be offered

The Savvy Job Hunters Ministry of Christ Episcopal Church will host a free virtual workshop, “Must-Have Interview-

ing Tips and Mock Interviews,” from 10:30 a.m. to noon April 26. The workshop will be presented by Buddy Webster of LEADERS Professional Recruiting, Inc. Email [pottesen66@gmail.com](mailto:pottesen66@gmail.com) to register. Everyone is welcome.

### Library to offer resources for moms, infants

The Ponte Vedra Library and St. Johns CARES, Inc. are collaborating on a St. Johns community drive and event for infants and mothers. Throughout the month of May, donations of needed infant items, such as diapers, baby wipes, formula/baby food and diaper cream can be dropped off by the public at the Ponte Vedra Beach


Library Branch. The donations will be distributed to organizations in St. Johns County with families in need.

On May 9, a Resource Fair for Moms & Babies will be held from 10 a.m. to 2 p.m. at the library and will include information on various topics, CPR training, a pediatrician and more.

### Republican committee to meet May 16

The SJC Republican Executive Committee District 4 monthly meeting will be held at 6:15 p.m. Thursday May 16 at the Palm Valley Community Center, 148 Canal Blvd., Ponte Vedra Beach.

— Compiled by Shaun Ryan



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The Circle of Creation event at the link served as a major networking opportunity for local women business owners.



Photos by Anthony Richards

Those in attendance had the chance to ask questions related to business funding.

## Business

Continued from 1

do not look at the fact that they are women, but instead look at the entire picture and business profile in question.

According to Tillery Durbin, commercial lender at Vystar Credit Union, the complexities of business funding can go beyond the numbers on the screen, and while they are extremely important, so is building relationships.

This is what makes finding funding so treacherous at times, but knowing how to approach it can also be a helpful tool.

“We are not all cut and dry when it comes to business lending like it is on the consumer side,” Durbin said. “When you go to get a car or a house, they’ll pull your personal credit and if you have great credit, then you’ll get whatever you want. Every bank has different rules, but there is always someone out there that can help you and it’s important to remember that.”

Also, taking “no” for an answer is not

the end but instead, Durbin hinted that it can be the beginning of creating an even better business plan.

“You should be asking them, ‘Do you pull my credit?’ and ‘What does my credit need to be?’” Durbin said. “If your credit is not there then you know that’s not the place for you or you need to fix your credit before they pull it. These are questions you have to ask prior to signing up.”

Morales-Marchisillo is an example of how hearing a financial institution tell her ‘no’ was not the end of the road but just

a curve in the path where she wanted her business to be.

“I support all banks, even the ones that told me no because I know that they are supporting some of my colleagues and friends,” Morales-Marchisillo said. “You never want to close the door fully because you may need them, or they may need you down the road.”

Not only did the event have its share of speakers to listen to and offer feedback, but it also served as a networking platform for the business owners in attendance.

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# Beach

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at Mickler’s Landing Beachfront Park, 1109 Ponte Vedra Blvd. State Sen. Travis Hutson, state Rep. Cyndi Stevenson, county commissioners Krista Joseph and Henry Dean, and county Emergency Management Director Joe Giammanco spoke.

“Following the devastation of the 2016 and 2017 hurricane seasons, the Ponte Vedra community and St. Johns County recognized the need to renourish this beach,” said Giammanco. “I can’t tell you how many hours were spent on the planning, design, permitting and finding funding for this project. But I can tell you when the community, the county and the state come together, we can get it done.”

The project, unanimously approved by the County Commission on Feb. 20, will include dune reconstruction between 13 and 18 feet, berm elevation of eight feet and an increase in beach width of 40 to 180 feet. Operations will continue day and night, and the public can follow progress at



sjcfl.us/PVB or by using the county’s mobile app, SJC Connect, available at sjcfl.us/SJC-Connect.

About \$30.6 million of the project will be funded by the state. The remainder will come from county matching requirements and funds previously set aside.

After all the sand is placed, an army of planters will plant about 1.2 million sea oats.

In addition to safeguarding the



Photo by Shaun Ryan

Pouring sand on the beach are, from left, St. Johns County Commissioner Christian Whitehurst, County Administrator Joy Andrews, Commissioner Roy Alaimo, state Rep. Cyndi Stevenson, Commissioner Henry Dean, state Sen. Travis Hutson, Commissioner Krista Joseph, state Rep. Tom Leek, St. Johns County Visitors and Convention Bureau President and CEO Susan Phillips and St. Johns County Chamber of Commerce President Isabelle Renault.

economic value of beach tourism, the project will offer sea turtles more space for hatchling nests. In 2023, St. Johns County beaches had an estimated 79,811 sea turtle hatchlings.

“Think about, with a wider beach, how many more there are going to be in the future,” said Joseph.

The project is expected to be finished in August.



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*Kathy Esfahani is the owner of Kathy's Creative Gardens & Nursery.*

## Kathy Esfahani

### As told to Shaun Ryan

#### How did you get into this line of work?

It's really kind of funny. My first career was in the beauty salon industry. I owned a salon for 15 years in Atlanta, Georgia, which is where I'm from.

I sold that and moved here with my family — it was a business transfer for my husband. I got my Master Gardener certification. And I really taught myself a lot about gardening, because I was really into flowers.

So, I was working in my yard and my friends' yards, and the next thing I know, I decided to start a business. That was 17 years ago. One thing led to another, and I don't even know how — I wasn't really looking to move in here — but by that time I had grown to where I needed to keep my trucks and my trailers and materials someplace.

So, I rented this land for two years. As I was renting it, I decided to make it a nursery, as well, because I needed the plants to install for customers. So, I just decided to open the nursery.

#### You sell plants, pavers, water features — what else?

We do installations, as well, which is a huge part of our business. And I have planters and ornaments for your garden. Wind chimes or baskets, birdbaths. Those kinds of things.

#### What is your typical day like?

[Laughs] I would make your head spin! Because I make everybody else's head spin.

My typical day starts at 5 a.m. I start working on the computer. And I have three crews to go out every single day. I have to get them organized. We start at 7:45. So, up and at 'em, getting them going to three different jobs. And maybe a fourth if it's pavers.

We also do maintenance. Not mowing and blowing, but hand-weeding and as your personal gardener. One of my crews pretty much does that. And we have 50-something accounts a month that they just go and hand-weed and trim and prune as needed.

Then, I'm on one to three jobs, making sure the plants get where they need to be. Just depending on how large the job is.

Of course, I can't even tell you how many emails and phone calls I have to return. Fortunately, I have an assistant, Leslie, who is awesome.

Then, at some point in time, I go for consults.

I get home about 7:30 to 8 o'clock at night. Then, I start back over at 5 in the morning.

#### What do you like best about what you do?

I love people. I could never be behind a desk. But what I love most is finishing a project and just seeing the smiles and the excitement from my customers. That they're blown away over what I've done.

I have a lot of people tell me, "This is like TV. You've transformed it overnight. Transformed it in one day!"

We actually do a lot of transformations in one day. That's probably the most fun. Because people are just shocked. Like, how did we transform that?

#### What should new residents know about gardening here?

We do have a lot of people coming from the North. Probably what I would want to tell them is: They have to speak to someone who has some knowledge.



Photo by Shaun Ryan

**Kathy Esfahani stands next to a huge planter bursting with flowers at her garden center, located at 196 N. Roscoe Blvd., in Ponte Vedra.**

Then, they need to educate themselves on the summer flowers. They might have some of them up North, but they don't last as long.

The other thing I would say is: Everything grows three times faster and bigger than what theirs grows up North.

They just need to realize: Everything needs to be cut. It needs to be pruned. You don't have to allow it to grow as far as it will grow. Cut it.

I think that's the hardest thing for people, even us, when they're blooming. Such as hibiscus. They bloom beautiful flowers all the time. And then, all of a sudden, they are eight feet high.

You've got to cut it, and you've got to cut it with the flowers on it. If you wait until there are no flowers, you're never going to cut it. It blooms all the time.

#### You also have a community-minded spirit.

I love to give back to the community. I do a lot of charity work. So, I don't mind doing that. We have a lot of people, schools and stuff, that have asked us for something. Whether it be a plant to sell or a gift certificate. I do the RITA tennis tournament. I go and set up a healing

garden. That's in Sawgrass Country Club every May.

It takes us half a day with all my crews to set up big trees and big flowers and big plants. The whole tennis court area.

And then Roscolusa; that's coming up in Nocatee. It's a big song event, and it's outdoors. We put in probably 30 palm trees and just flowers everywhere. The front entryway, the VIP area and the stage area. It takes three trucks and trailers to get all the stuff.

We set it up on Friday in half a day with all my crew. And then we come on Sunday and take it back down.

#### What do you like best about living here?

I love the beach. I love the Intracoastal. I'm a boater, so I love boating.

Of course, you can't beat Ponte Vedra Beach. I love the people. They come from everywhere. Everybody's interested in meeting other people. I find everyone very friendly.

Then, of course, there's the weather — other than July, August and September.

To me it's a beautiful place to live.



# Patty fundraising effort record breaking

On Wednesday, April 10, Clerk of the Circuit Court and Comptroller Brandon Patty announced his first quarter fundraising effort raising more than \$55,000 towards his re-election campaign. Patty filed in late February, leaving just over a month to raise funds in Q1. This is the largest first reporting period haul by a non-sheriff constitutional officer in St. Johns County history.

“I could not be more grateful and humbled by the outpouring of support this quarter,” said Patty. “We have stayed on mission, worked hard and made tough decisions, all the while keeping the public first and foremost in mind over the past four years. We have some great plans for the future, and I can’t wait to talk about them and earn every vote possible in August.”

Appointed in December 2019 by Gov. Ron DeSantis and elected unopposed in 2020, Patty serves as Clerk of the Circuit Court and Comptroller for St. Johns County. Patty manages a \$16.1 million budget and a staff of more than 125 responsible for more than 1,000 constitutional and regulatory duties – everything from maintaining court records to issuing passports and marriage licenses.

Over the past five years, Patty has modernized and streamlined the office by focusing on protecting pub-

lic dollars, providing world-class customer service to residents and stakeholders and enhancing transparency across government. Some accomplishments include developing and implementing a safe-but-aggressive short-term investment strategy, which earned more than \$30 million in interest, thereby increasing funding available for county projects and priorities.

Patty also led the charge advocating for and securing an additional St. Johns County judge in 2020 to help facilitate justice for residents.

A lieutenant commander in the U.S. Navy Reserve, Patty is an information warfare officer and has served at the National Maritime Intelligence-Integration Office in Washington, D.C., in the Middle East in support of Operation Enduring Freedom, and Naval Central Command/5th Fleet based at Manama, Bahrain.

Patty is a second-generation Floridian and the first member of his family to graduate from college, earning a bachelor’s degree from George Washington University and a master’s degree from the London School of Economics.

He lives in St. Augustine with his wife Brittney, sons Mason, Graham and Carter, plus their two dogs, Roscoe and Howie.

# Evening for the Estuary is Saturday



Friends of GTM  
RESEARCH RESERVE

Join Guana Tolomato Matanzas (GTM) National Estuarine Research Reserve and Friends of the GTM Reserve for its annual fundraiser, “Evening for the Estuary: Under the Light of the Moon,” from 6 to 10 p.m. Saturday, April 20.

The event will be held at GTM Research Reserve Guana Dam, 505

Guana River Road, Ponte Vedra Beach.

For further information or to register, go to [gtmnerr.org/visit/events](http://gtmnerr.org/visit/events).

Action News Jax anchor John Bachman will serve as master of ceremonies, with keynote speaker Jessica Harvey, CEO of the Guy Harvey Foundation.

Entertainment will be provided by Sidewalk 65. Jonathan Mateer will be celebrity bartender.



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Photos by Robert Delmar



Ponte Vedra Beach Rotary President Jennifer Logue, right, presents Dr. Alfredo Quiñones-Hinojosa with his award.



The Crescendo Amelia Big Band provided the evening's entertainment.



County Commissioner Roy Alaimo, right, joins Doc and Tamara Renuart at "The M\*A\*S\*H BASH."

# Quiñones-Hinojosa receives 'Rock of the Community Award'

*Theme for Rotary Club of Ponte Vedra Beach's Mineral City Celebration is 'M\*A\*S\*H'*

Acclaimed Mayo Clinic neurosurgeon Dr. Alfredo Quiñones-Hinojosa received the 2024 "Rock of the Community Award" Saturday, April 13, at the Rotary Club of Ponte Vedra Beach's annual Mineral City Celebration, held at the Ponte Vedra Concert Hall.

An estimated 300 people attended the charity event, which featured the theme "The M\*A\*S\*H BASH" and saw guests garbed in everything from hospital scrubs and army fatigues to bathrobes and Hawaiian shirts.

"It's quite fitting that our theme tonight is 'M\*A\*S\*H,' which celebrated the heroic efforts of surgeons saving lives under challenging circumstances," Rotary Club President Jennifer Logue told guests. "That's something with which I'm sure Dr. Quiñones can relate."

A Ponte Vedra Beach resident, Quiñones was honored for his contributions to medical research and advances in the treatment of brain tumors. In addition to his groundbreaking work as a neurosurgeon, he is also the co-founder and president of Mission: BRAIN, a global nonprofit that provides critical medical services to patients in need in more than 25 countries.

A video shown at the event highlighted Quiñones' rise from a migrant farm worker to Harvard Medical School graduate and world-renowned brain surgeon. In accepting the award, he thanked his family, his Mayo Clinic team – many of whom were in attendance – and the community

for supporting research and efforts to improve health care around the world.

"In presenting the Rock of the Community Award, the Ponte Vedra Beach Rotary Club seeks not only to honor a deserving individual, but also to inspire others to embrace a spirit of service," Logue said. "From his accomplishments as a neurosurgeon to his philanthropic efforts to provide care to underserved populations, 'Dr. Q' has made a profound positive impact both on First Coast residents and the wider world. We are thrilled to honor him as the 2024 Rock of the Community."

The Mineral City Celebration is the signature annual fundraising event for the Rotary Club of Ponte Vedra Beach. Proceeds from the event have benefited dozens of local nonprofit organizations and charities, including the

Beaches Dial-a-Ride program, Mission House, BEAM, HEAL, K9s for Warriors, United Way of St. Johns County, the Council on Aging and more.

Photos courtesy of Ponte Vedra Beach Rotary



Jeep parked outside "The M\*A\*S\*H BASH"



The iconic "M\*A\*S\*H" directional sign



Lesley and Dr. Wayne Gordon



Mary Merrill, Byron Miller and Michael Bruce



Mike "Father Mulcahy" Johnson won best costume at the event.





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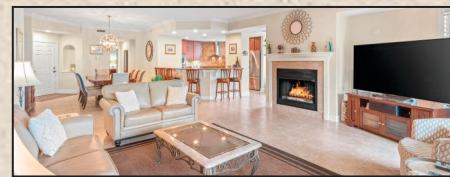
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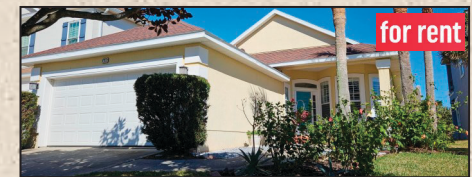
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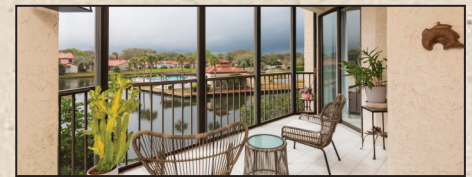
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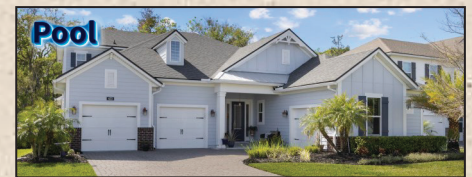
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# Miranda Road bridge improvement being discussed

By Anthony Richards

The Miranda Road bridge that goes over Lake Vedra has been a talking point of the Ponte Vedra Municipal Service District for some time now and action is now being called for in relation to it.

“The sidewalk is not ADA standard

whatsoever, and it actually seems to even jut out into traffic a little bit where you step up onto it,” MSD trustee Brad Wester said. “It’s just really not a good standard that we should all be living by.”

Wester has mentioned to the county that while they come down along San Juan Drive during the planned sidewalk

project along the route that they work with the MSD to improve the bridge since it is one of the linkages from Solana Road down to Miranda Road.

“After the bridge it links up to sidewalks and becomes a loop everywhere else, so for that first section, I suggested that if there isn’t a structural deficiency with the bridge, then we need to wrap the resurfacing of the bridge and the sidewalk area and blend that into a project that meets ADA standard with sidewalk connectivity,” Wester said.

“I got a, ‘Yes, that’s exactly what we should be doing,’ but the magic formula is where is the money coming from.”

It is a discussion they are currently having with St. Johns County officials, as the MSD has already committed \$150,000 to go toward that segment of the sidewalk project.

Wester has talked with St. Johns County Commissioner Krista Joseph and has urged the importance of getting this issue in front of the commission for a vote.

Trustee Mickey White urges all residents with issues with the bridge on Miranda Road and the need for sidewalks along San Juan Drive to call and reach out to their county commissioners, because that feedback will go a long way in helping push those projects in

the directions they need to go to create change.

“We’ll advocate and ask for those changes too, but it all helps,” White said.

The resurfacing of San Juan Drive is also expected to be in the plans for the near future, but narrowing down a precise timetable is still in process.

According to White, he believes the resurfacing is scheduled for some time within the next year.

However, trustee Kitty Switkes informed the board that she met with county road and bridge officials on April 8, and they told her that it could be as early as the next week, but that it was definitely in the plans.

“I asked them if resurfacing the bridge would hurt us when it came to getting federal funds or grants we would need to eventually completely replace the bridge, and they are going to find out,” Switkes said. “Because that was something we were told years ago.”

More updates are sure to come regarding the Miranda Road bridge and the sidewalk project down San Juan Drive at future MSD meetings. The next one is scheduled for May 13 beginning at 5:30 p.m. at the Ponte Vedra Beach Public Library.

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The St. Johns County Council on Aging prepares to host its annual centenarian luncheons during the month of May.



Photos by Anthony Richards

The centenarian luncheons this year are scheduled for May 9 and 16.

# COA prepares for annual centenarian luncheons

By Anthony Richards

The Council on Aging will honor St. Johns County centenarians and nonagenarians at its annual centenarian luncheons during the month of May.

A Ponte Vedra centenarian luncheon for seniors ages 90 and up will be held on May 16 beginning at 11:30 a.m. at THE PLAYERS Community Senior Center located at 175 Landrum Lane.

The COA invites any residents who are themselves or have a loved one that will be turning age 90 or better within the next year.

Anyone interested in attending can contact the COA to register to attend the Ponte Vedra Beach event by calling 904-209-3700.

This will not be the only centenarian luncheon by the COA, as another will be held for residents in the St. Augustine area on May 9 and will get underway at noon at River House located at 179 Marine St.

Registering for the St. Augustine requires the same process as the luncheon held in Ponte Vedra. Advance registration is required as space is limited.

“We are asking for everyone’s help

in inviting all of our cherished elders in the community who are eligible to attend,” COA executive director Becky Yanni said. “Council on Aging must rely upon members of the community to help us get the word out.”

Each honoree is invited to bring one complimentary guest to the luncheon. Tickets for additional guests may be purchased if space is available by once again contacting the COA.

“We are very excited to be able to host these special events,” Yanni said. “The entire community looks forward to the chance to recognize our St. Johns

County elders and honor their exceptional lives.”

Sponsors are still needed to help finance the events. Table sponsorships are available for a donation of \$250, and include table and social media recognition, as well as a seat to attend the centenarian luncheon of your choice.

To register to attend or to become a sponsor, please contact COA’s Janel Graham at 904-209-3700 or [jgraham@coasjc.org](mailto:jgraham@coasjc.org).

The RSVP deadline for the Ponte Vedra event is May 1, while the deadline for the River House event is April 24.

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## OBITUARIES



### Nancy Lane Daniel McCarthy

Nancy Lane Daniel McCarthy passed away peacefully at the age of 93 on April 10, 2024, at Vicar's Landing in Ponte Vedra Beach with her family at her side. She was born on October 30, 1930, in Miami, Florida, and spent her early years

in Miami with her mother and father, Julian and Ophelia Daniel, and her brother Julian Daniel. Nancy graduated from Miami Edison High where she was a member of the Edison Cadettes. She then attended Florida State University, graduating with a Bachelor of Science degree in 1951. She later received a Masters of Education degree.

Nancy met John McCarthy, a WWII Navy Vet from Pennsylvania, while teaching at a local Miami school. They married on January 3, 1953, and settled in Miami. John and Nancy thrived in marriage for 65 years until his death in 2018. Nancy leaves behind their four children: Rebecca Lane (David) Andrews of Cary, NC; Julian Daniel (Cindy) McCarthy from Tallahassee; John Patrick (Toni-Jean) McCarthy from Ponte Vedra Beach; and Kathleen (John) Furness from Ponte Vedra Beach.

Nancy had a very successful teaching career at Miami Springs High School, where she was the Head of the Science Department, and taught Biology, and Anatomy and Physiology, for 25 years. Nancy earned many teaching honors and awards at Miami Springs High

School and was an inspirational mentor to thousands of students. She had a deep and abiding love for education, nature, gardening, music, sports, and her Christian faith. Nancy attended Central Baptist Church and Miami Springs Presbyterian Church when living in Miami.

When the Navy ordered one son to Jacksonville, Nancy, and John, then both retired, moved from Miami to Ponte Vedra Beach in 1996. This caused other family members to move to Ponte Vedra Beach and their family became "centered" there. Nancy and John were active members at Palms Presbyterian Church, where Nancy taught an adult Sunday school class for more than a decade. In 2015 John and Nancy moved into Vicar's Landing and were deeply appreciative of the great care and fine people they met there.

Nancy's life was all about her family. Known affectionately as "Memom," she spent every day nurturing and supporting that family. Nancy traveled the globe to visit with, and assist her children, and then focused on creating fun and adventure for her 13 grandkids, taking them on countless motorhome trips around the

country. In her senior years she delighted in her 13 great-grandchildren. Nancy was the "Matriarch" of her family in every sense of the word, and mentored all family members with her vast interests, talents, and great love. Nancy was an eternal optimist, who lived every day with a smile, a song in her heart, and kindness and respect toward all. She was also a master cake decorator and baker, and her creations were the highlight of every family gathering.

A private family celebration of her life and interment will be held at Palms Presbyterian Church. In lieu of flowers, donations can be in memory of Nancy Daniel McCarthy to: Vicars Landing Members Trust, Employee Scholarship Fund, 1000 Vicars Landing Way, Ponte Vedra, FL 32082. Please visit her online Tribute at [www.quinn-shalz.com](http://www.quinn-shalz.com).

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### Bryan Collier Goode Jr.

Bryan Collier Goode, Jr. passed away April 9, 2024, after a long battle with dementia. He was born December 20, 1935, in Montgomery, AL to Bryan Collier Goode, Sr. and Catherine McSwain Goode. Bryan attended Lanier High School and Auburn University and graduated with a major in engineering physics. He was a member of the Sigma Nu Fraternity. Bryan spent a brief time as an officer in the Army after his four years at R.O.T.C at Auburn. Following the military, he had a long career in the area of medical and X-ray technology. In addition to Bryan's career, he was elected to the Clearwater, FL school board, was a local campaign manager for a U.S. Representative of Congress, and a member of the Ponte Vedra Rotary.

Bryan was the loving patriarch of his

family and prior to his illness, he lived his life as a spiritual, conservative, honest, generous, family man. He was the consummate curious engineer at heart, always interested in how things worked. Across Bryan's five decades in the diagnostic imaging industry, he was the CEO of several large companies and in "retirement" became an entrepreneur starting his own successful business. Bryan was a friend, mentor, and leader whose life touched and influenced many people. While we celebrate his memory and his life, he will be missed dearly.

Bryan is survived by his son, Bryan Collier 'Tripp' Goode, III (Sandra); daughter, Sandra Allison Sternberg (James); grandchildren, Chloe and Claire Goode, and Jack Sternberg; and many nieces and nephews. Bryan was preceded in death by his wife, Nancy Sandra

Permenter Goode and daughter, Nancy Melissa Goode.

A Celebration of Life service will be held Friday, April 19, at 3 p.m. at Palms Presbyterian Church, 3410 S. 3rd Street, Jacksonville Beach.

In lieu of flowers, donations in his memory may be made to Beaches Emergency Assistance Ministry (BEAM), 850 6th Avenue S., Suite 400, Jacksonville Beach, FL 32250 ([www.jaxbeam.org/donate](http://www.jaxbeam.org/donate)).

Please visit his online Tribute at [www.quinn-shalz.com](http://www.quinn-shalz.com).

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**OBITUARIES**



**Josie Claire Cannon Doty**

Josie Claire Cannon Doty of Ponte Vedra Beach, Florida born in 1933 at St. Lukes Hospital in Jacksonville, peacefully passed away on Monday March 25, 2024.

Jo was preceded in death by her parents, Frank & Elvira Cannon; two sisters, Frankie Knabb and Winnie Warren; husband, Bill Doty; and son, Steve Doty. Jo is survived by her daughter, Susie Doty; her brother John Cannon; 5 grandchildren – Kendal, Taylor, Christopher, Kaity, Andee; 4 great grandchildren – Brooklyn, Hunter, Cambrie and Carson.

Jo grew up in Jacksonville. She was

on a mission to education right from the start. She graduated from Landon Jr./Sr. High when she was 16 years old. Then she went right to college at FSU where she graduated in 3-1/2 years with her bachelor’s degree in Elementary & Secondary Education. She then completed her master’s degree in Elementary Education and Administration. Jo started teaching in the ’50s.

Her love of children was amazing and she thrived in teaching and education. One of Jo’s greatest legacies was as an Elementary School Principal. She was principal at Loretto Elementary School for 9 years and absolutely loved it! When they built the New Mandarin Oaks Elementary School, she was asked to lead the start-up of the new school as principal. She brought along with her many, many valuable friends and teaching colleagues with whom she worked through the years, because she always knew the best thing for the kids, as well as the parents was to have the most dedicated, caring staff and teachers in place. THAT is exactly what she did there for 14 years until she retired (1989-2003).

While attending college at FSU, Jo met William “Bill” Doty. After she graduated from FSU, they were married Feb. 9, 1954. However, Bill left FSU to attend Randolph Macon Military Academy — of course graduating with honors with the intent of a career in the US Army. They traveled all over Europe during Bill’s first three years of deployment and Jo was allowed to go with him. On their sec-

ond tour of duty in Germany, their first child was born, Susan Lee Doty (AKA: Susie). They were then stationed at Ft. Lee, Virginia and four years later their son, Steven Taylor Doty, was born. Their next six years were spent in Ft. Rucker, Alabama. After Bill retired with 25 years of service in the US Army, they came back to Jacksonville permanently. Bill also shared Jo’s passion for education and children and started teaching at Fletcher Senior High School where he definitely made his mark on many, many students.

One thing Jo and Bill always loved was their Seminoles! They had season tickets and traveled to every home game on the booster bus for years! ALL the family, friends, children and grandchildren have special memories of those trips! GO NOLES! Probably their second FAVORITE thing to do, or destination spot, was always Disney World in Orlando!! They took both their children to the opening Day of Disney World and at a moment’s notice were packing up to go any time! Having grandchildren only gave them a reason to go more often! Jo was an amazing leader and she always told us growing up: “Don’t adapt to the energy in the room. Influence the energy in the room.”

Jo loved sitting on the beach, listening to the ocean and reading paperback books, one after the other. She loved her pets too! Her White Westie, Molly, was a special trained service dog. Jo took Molly to the hospital to visit patients weekly. She and Bill also raised Himalayan Show Cats and travelled to attend cat shows and

to show their own cats.

Jo loved to sew and was an excellent seamstress. She had such a creative flair, all of her own, that always came out in the pieces she created. Every special occasion meant a trip to the fabric store. Jo also loved to cook and bake. She always loved a good tomato sandwich and a good, strong cup of black coffee.

She could also make anything grow and thus loved working in the yard. Her beautiful garden and bed of Amaryllis is amazing, and all the neighborhood looks forward to their blooms every spring. At this time, they are all blooming and smiling at her.

Jo was such an amazing, kind, special lady that many, many people will miss terribly! Her passing leaves us all with a profound sense of loss, but her spirit, laughter and loving heart will forever be a part of us. Rest in peace beloved Jo! Wife, Mother, Grandmother, Great Grandmother and irreplaceable friend to ALL who knew her!

A memorial service will be held in Jo’s honor on Friday, April 26, 2024 at 11 a.m. at Ponte Vedra Valley Funeral Home, immediately followed by her committal service.



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**DEATH NOTICES**

**Kathleen E. Del Vecchio**

Kathleen E. Del Vecchio, 74, of Jacksonville, Florida, died April 14, 2024. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com. 904-249-1100

**Patricia B. Hernandez**

Patricia B. Hernandez, 92, of Jacksonville, Florida, died April 12, 2024. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100 www.quinn-shalz.com.

**Richard Hippensteal**

Richard Hippensteal, 89, of Jacksonville, Florida, died April 3, 2024. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www.pontevedravalley.com

**Alda Jacovetti**

Alda Jacovetti, 85, of Jacksonville, Florida, died April 11, 2024. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com. 904-249-1100

**Baldur Karlsson**

Baldur Karlsson, 89, of Ponte Vedra Beach, Florida, died April 7, 2024. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www.pontevedravalley.com

**Sheryl Ann Locke**

Sheryl Ann Locke, 63, of Jacksonville, Florida, died April 12, 2024. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100 www.quinn-shalz.com

**Toni Lynn Miello**

Toni Lynn Miello, 77, of Saint Johns, Florida, died April 10, 2024. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www.pontevedravalley.com

**Frank R. Roy, Jr.**

Frank R. Roy, Jr., 79, of Ponte Vedra Beach, Florida, died April 13, 2024. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com. 904-249-1100

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# Conservationist keynote speaker for Flagler College Science Week kickoff



Jessica Harvey

Flagler College has announced that Jessica Harvey, a renowned environmental conservationist and the daughter of Guy Harvey, will be the keynote speaker for

this year's Science Week 2024 kickoff event.

The presentation, titled "Make Your Legacy an Adventure," which provides a rare opportunity to hear from a leading figure in environmental conservation, will take place at 4 p.m. Sunday, April 21, in the Ringhaver Student Center and is free and open to the public.

Jessica Harvey, born and raised in the Caribbean, credits her parents for instilling in her a profound love for wildlife and the great outdoors. Her journey led her to a fulfilling career as an environmental conservationist. As the chief executive officer of the Guy Harvey Foundation, she collaborates with her team to expand the STEAM-driven marine educational resources provided by the foundation and its partners to move the global community toward a greener economy and healthier environment, one country at a time.

Harvey's role centers on education. She and her team devise innovative ways to engage communities and raise awareness about the critical importance of a balanced and thriving marine ecosystem through strategic partnerships with local NGOs, government departments, corporations and private citizens.

"Science Week: Celebrating 10 Years of Science!" will honor the 10th anniversary of Flagler College's Coastal Environmental Science (CES) major. Professors Barbara Blonder and Terri Seron, the faculty mentors who implemented the Capstone Symposium 10 years ago, will lead the occasion, showcasing Flagler students and their research in the CES and biology programs during the 25th Science Symposium Capstone Presentations.

In addition to Harvey's keynote address and the culminating events of the Senior Capstone Symposium and Poster Presentations on April 24, Science Week will feature a range of unique events. These include an ecological boat tour, a student class showcase and the Science of Wine fundraiser, offering students and community members a diverse and engaging experience to learn about the sciences.

The Coastal Environmental Science

program, a cornerstone of experiential learning and undergraduate research, ranks among the top four majors at Flagler College. With the recent addition of a biology major, the department recognizes the need for expansion. Proceeds

from the week of events will directly benefit the science program, supporting faculty growth, the establishment of a science modular laboratory, equipment upgrades and academic scholarships.

Following Harvey's address, "Make

Your Legacy an Adventure," attendees are invited to a meet-and-greet reception.

To learn more about Science Week 2024 and to RSVP for the events, go to [flagler.edu/scienceweek](http://flagler.edu/scienceweek).

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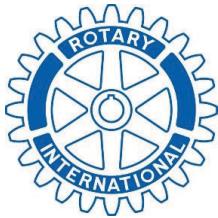


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The Rotary Club of Ponte Vedra Beach  
in cooperation with The Ponte Vedra Recorder

**2024 Local Heroes Awards Nomination Form**

The Local Heroes Awards recognize individuals who give back to the community and reflect the spirit of the Rotary Club’s motto, “Service Above Self.” From volunteering with local charities to giving back through the arts, education, environmental protection activities or doing your job in an exemplary way, we seek to recognize the “unsung heroes” who make Ponte Vedra such a special place to live, work and raise a family.

**Please complete this nomination form and return it to the address below by April 18, 2024.** For more information or any questions, contact Ponte Vedra Beach Rotary Club member Steve Crosby at [stevecrosby101@gmail.com](mailto:stevecrosby101@gmail.com).

**Nomination Submitted By:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Email address: \_\_\_\_\_ Telephone: \_\_\_\_\_

**Nominee Information:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Email address: \_\_\_\_\_ Telephone: \_\_\_\_\_

Title/Organization (if applicable): \_\_\_\_\_

**Nominee’s activities and/or contributions to the community:**

**Please provide sufficient details so the nominating committee may give your nominee every consideration! Feel free to attach additional pages as well as a resume, articles or other supporting materials (optional).**

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**Nomination Deadline: April 18, 2024**  
Email entries to: [stevecrosby101@gmail.com](mailto:stevecrosby101@gmail.com)  
or mail to: Local Heroes Awards Committee  
Rotary Club of Ponte Vedra Beach  
P.O. Box 70  
Ponte Vedra Beach, FL 32004  
**Or submit your nomination online at: [pvbrotary.org](http://pvbrotary.org)**

**Thank you  
for your nomination!**



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# TOP HEALTH

## HEROES IN HEALTHCARE





# New Afib procedure saves heart tissue

Atrial fibrillation (Afib) occurs when there is a malfunction in the electrical signals that tell the heart to beat. This causes the heart to beat too slowly, too quickly or irregularly. The disorder increases a patient's risk of having blood clots, strokes, heart failure and other heart-related complications.

Experts predict the number of people with Afib will rise to 12.1 million by 2030. As the number of people with this common heart rhythm disorder grows, so does the need for innovative treatment options. In the Jacksonville area alone, the number in need of treatment is predicted to rise by nearly 70% over the next 10 years.

Baptist Health is poised to meet this growing community need through its robust electrophysiology (EP) program, which harnesses the latest technological advancements to care for the heart's electrical system and help patients regain their normal heart rhythm. Recently, Baptist Health became one of the first health systems in the U.S. to adopt a new, cutting-edge technology to treat patients with Afib.

Pulsed Field Ablation (PFA) is a minimally invasive technology that uses electrical fields to increase precision and target only the heart cells causing irregular heartbeats. Afib is commonly treated with ablation therapy, a procedure that typically uses heat or extreme cold to re-map the

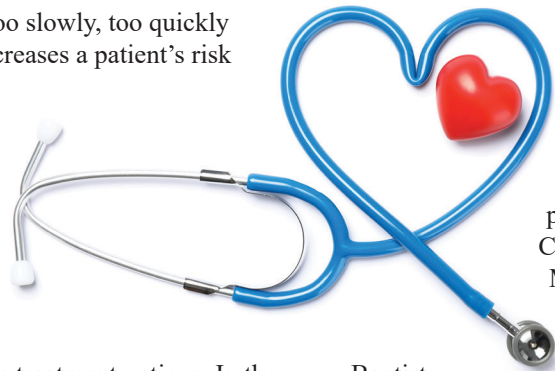
electrical signals causing the heart to beat irregularly.

With PFA, patients spend less time under general anesthesia because the outpatient procedure can be up to 60 minutes quicker than conventional ablation procedures. This decreases the chance of complications, speeds up recovery times and enhances the patients' overall experience.

Cardiac electrophysiologists Matthew McKillop MD and Christopher Austin MD performed the PFA procedures using the PulseSelect device at Health's Heart Rhythm Center. The art center is a "one-stop" destination offering specialized pre-operative, procedure and post-operative care close to home.

"Ablations are often the best form of therapy for patients with Afib," said McKillop, who is the medical director of Baptist Health's EP program. "Early in my career, ablations took eight hours to perform but now we can do them in less than two. The increased precision offered by these new, innovative technologies is leading to more efficient procedures with better outcomes for our patients who appreciate the convenience of being able to go home the same day."

For more information on Afib and other heart rhythm disorders, go to [baptistjax.com/afib](http://baptistjax.com/afib).



# Brain Builders meets kids' auditory, speech needs

First Coast Brain Builders provides quality speech, language, hearing and educational services to Jacksonville communities and neighboring areas. Its child-centered approach utilizes the latest technologies and evidence-based therapies to establish individualized treatment plans for a variety of diagnoses.

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# Baptist Medical Group aligns specialties, practices

On April 4, Baptist Health introduced Baptist Medical Group, encompassing more than a dozen of its employed primary care, specialty care and hospital-based physician practices with a new “wraparound” brand designed to reflect their unified governance, common goals and shared vision.

While individual practice names will remain in place, the shared identity of Baptist Medical Group demonstrates the practices are working as one to grow, innovate and respond to the rapidly changing health care landscape.

“This is the result of years of collaboration between our practice leadership and the health system,” said Dr. Edward Gorak, vice president and medical director of Baptist Medical Group. “We have earned the trust of our community by serving them at every stage of life with high-quality care. Now, we are intensifying our focus on efficiency, consistency and access to help drive down overall health care costs as we continue to improve the quality of care and service.”

The first major group employed by

the health system, Baptist Primary Care, began as a few practices that were acquired in the early 1980s. Today, Baptist Primary Care is the largest network of family medicine, internal medicine and pediatric providers in Northeast Florida, with more than 55 offices and 250 physicians and advance practice providers.

Over the decades, based on community need, a number of specialty groups joined the health system as employed practices (behavioral health, cardiology, endocrinology, neurology, neurosurgery, oncology, rheumatology and more).

Because each was brought into the health system at a different time, the various practices had separate technologies, processes and governance structures, which somewhat limited their ability to effectively collaborate, drive efficiencies and share resources and best practices.

As Baptist Medical Group, these practices consider themselves “partners in health,” aligned not only in mindset but also in how they work — sharing common tools, care techniques, patient experience expectations, growth goals

and innovation initiatives.

Through greater alignment, the health system has achieved remarkable results. For example, Baptist Health launched a collaborative care model that bridges Baptist Primary Care and Baptist Behavioral Health with a team-based approach to care. Since the implementation of this model, the wait times for existing adult, adolescent and pediatric primary care patients in need of a behavioral health consultation have been reduced from as long as 11 months down to fewer than five days.

By accelerating the adoption of tools such as “Epic Fast Pass,” several Baptist Medical Group practices are helping patients get access to an earlier appointment date if another patient cancels. Due to this technology and other strategies focused on access, Baptist Heart Specialists has reduced wait periods from an average of six weeks for new patients to just over two weeks.

With more than 2,000 providers with privileges on its adult and pediatric medical staff, Baptist Health recognizes that

its success in providing effective, efficient and consistent care is dependent on working collaboratively across its entire network of providers.

“We recognize individual specialties, groups and physicians have different and unique needs,” said Timothy Groover, MD, senior vice president and system chief medical officer at Baptist Health. “Therefore, we offer multiple options for alignment, including membership in our clinically integrated network, Baptist Physician Partners. No matter what the form of physician-health system alignment, we are deeply grateful for the commitment and dedication of all of our providers, employed and independent alike. It takes everyone rowing in the same direction to deliver excellence in quality, efficiency, value and experience to our patients and their families.”

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# NeuroNow: Pioneering personalized neurology care in North Florida

In the heart of Jacksonville, a revolution in neurology practice is taking place under the guidance of Dr. Jason Siegel.

After 10 years at Mayo Clinic Florida, Siegel embarked on a new venture. In 2022, he founded NeuroNow, a direct specialty neurology practice that prioritizes the patient-physician relationship, offering personalized care for a range of neurological conditions from dementia to concussions.

While at Mayo, he published more than 40 articles and seven book chapters and gave numerous other abstracts and presentations. He held leadership roles in the departments of neurology and critical care medicine and earned the Mayo Brothers Distinguished Fellowship Award. These credentials, with his board certifications in neurology, neurocritical care and brain injury medicine, set the stage for the innovative approach to NeuroNow.

Siegel treats a broad spectrum of neurological conditions, including Alzheimer's, Parkinson's, migraines, strokes, epilepsy and concussions. NeuroNow distinguishes itself as a small, personal-



Dr. Jason Siegel is seen in his NeuroNow office.

Contributed photo

ized practice. Run alongside his wife, Breanna, Siegel ensures personalized care where patients feel genuinely heard and understood.

In 2024, Siegel introduced BrainShield, Florida's only preventative neurology program. BrainShield represents a

proactive stance on neurological health, employing comprehensive evaluations to identify and mitigate risk factors for neurological diseases.

Local business owner Tim Broderick of

Broderick Design Co. shared his experience.

"Approaching 50, I've prioritized preventative health care," he said. "Discovering NeuroNow's BrainShield was pivotal. Dr. Siegel is phenomenal, simplifying complex concepts and guiding you through the process. BrainShield has been a game-changer for me, empowering me to take charge of my neurological health."

"I'm proud to be enrolled in the BrainShield program," said Kelley Pierce. "It's a comprehensive look at my risk factors for getting brain diseases like dementia and stroke."

Patients have the flexibility of seeing Siegel in various settings: at his office on Southpoint Boulevard, via telemedicine or in the comfort of their own homes. This accessibility underscores Siegel's dedication to removing barriers between patients and quality neurological care.

NeuroNow and BrainShield represent Siegel's vision for the future of neurology: a future where patient care is personalized, preventative measures are paramount and access to care is seamless.



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# Baptist Health pioneers surgical robot innovation

Surgeons at Baptist Medical Center Jacksonville were the first in the United States to perform procedures with a new, sleek sidekick — the Maestro Surgical Robotics System.

The robot provides surgeons with an extra set of “hands” to help hold instruments and move tools with precision during laparoscopic surgeries. At Baptist Jacksonville, the tool is being used during gastric sleeve procedures, a common type of weight loss surgery.

The first procedure was performed using the first version of the new Robotics System. The case was completed by Steven Hodgett, MD, a bariatric surgeon with North Florida Surgeons PA, who practices at the hospital.

“Stability and control are of critical importance and innovative robotic technologies help us reach new levels of precision,” said Hodgett. “We’re fortunate to have had the opportunity to provide input on robotic surgical technologies being developed at the global level, which later translates to real-world surgical improvements for patients.”

Because of surgical expertise and technological advancements, like the new Robotics System, patients can undergo a sleeve gastrectomy using a minimally invasive approach, which helps reduce pain and recovery time. In fact, patients usually go home after an overnight stay in the hospital.

The first person to undergo surgery with the assistance of the new robot was a Baptist Health team member.

“I’ve been working in the medical field for 30 years; to me, being the first at Baptist Health was an exciting, cool

thing,” said Valerie Sawyer, 62, who works in outpatient coding in the finance department. “I had complete trust in the bariatric surgical team.”

About 20 years ago, Sawyer had gastric band surgery to help with weight loss, which had been a lifelong effort. Recently, the band slipped and was causing her extreme discomfort. Sawyer knew it was time for a change and a gastric sleeve was recommended. That’s when she found out about the minimally invasive approach with the new robotic system.

The surgery was a success, and she is on the road to recovery.

“I’ve already lost about 30 pounds since the surgery,” she said. “It’s helped with knee and back pain. My biggest goal is trying to get in better health for my grandkids. I love spending time with them.”

Baptist Health is the region’s leader in robotic surgery, with 17 total surgical robots throughout the system. Each hospital within the Baptist Health system is equipped with at least one surgical robot. Surgical robots are used for a wide range of procedures and help increase a surgeon’s precision, while also leading to a faster recovery for patients.

“Ultimately, new technologies can play a pivotal role in enhancing a patient’s experience,” said Matthew A. Zuino, executive vice president and chief operations officer at Baptist Health. “Embracing cutting-edge innovations allows us to deliver a higher standard of care, ensuring our patients receive the best possible outcomes in their health care journey.”

## 7 ways to reduce stroke risk

Stroke is a serious medical condition that results from impaired blood flow to the brain, the consequences of which can be trouble with mobility, speech complications, lack of muscular control, and even death. UTMB Health indicates stroke is the fifth leading cause of death in the United States, but up to 80 percent of all strokes are preventable. These seven strategies can help individuals reduce their risk for stroke.



1. Lower your blood pressure, as hypertension can double or even quadruple stroke risk if it is not controlled. Harvard Health says high

blood pressure is the biggest contributor to the risk of stroke in both men and women.

2. Keep a healthy weight, as being overweight or obese increases risk for stroke, says the Centers for Disease Control and Prevention.

3. If you smoke, quit. Smoking can lead to hardening of the arteries that can make it more difficult for blood to flow to the brain, according to the Office of Disease Prevention and Health Promotion.

4. Exercising can help lower blood pressure and keep weight in check, but Harvard Health says it also stands on its own as a method for reducing

**RISK** continues on Page 22



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# Ascend Plastic Surgery Partners acquires Ponte Vedra Plastic Surgery

Ascend Plastic Surgery Partners recently announced a partnership with Ponte Vedra Plastic Surgery (PVPS).

According to Ascend, the partnership advances its mission to elevate patient care standards and provide exemplary aesthetic services across the United States. PVPS expands Ascend's presence into Florida, adding a fifth state, six additional surgeons, and six new locations to the Ascend footprint.

PVPS was founded 30 years ago. Founding partners Dr. Cayce Rumsey and Dr. Robert Burk partnered with Dr. Erez Sternberg, Dr. Hollie Hickman and CEO Dennis Oistacher to cultivate an operation focused on advancing aesthetic medicine and embodying a culture of excellence.

"Joining forces with Ascend Plastic

Surgery Partners represents a pivotal chapter in our journey," said Oistacher. "It's a partnership that reflects our shared commitment to unparalleled patient care, innovation, and the continuation of the legacy we've built at PVPS."

Ascend, under the leadership of Chief Medical Officer Dr. William Hedden and CEO Anthony Milonas, is recognized for its commitment to clinical excellence and personalized patient experiences.

"The integration of PVPS into the Ascend family marks a momentous step forward in our quest to set a new standard of excellence in the aesthetic medicine industry," Milonas said.

"We are honored to carry forward the incredible legacy of PVPS, a testament to the vision of its founders and

the dedication of its team."

"We are excited for the next phase of PVPS's growth and are thrilled to partner with the Ascend team," said Burk. "We are looking forward to sharing in best practices while continuing to optimize patient care and results, as we look to expand."

The focus remains on preserving the strong company culture and positive attributes that have defined PVPS. This merger not only signifies a blending of talents and resources but also a shared vision for the future of aesthetic medicine, where patient well-being and clinical excellence lead the way.

PVPS was advised by Westcove Partners and Advos Legal. Ascend was advised by McDermott Will & Emery and Berkley Research Group.

## Tips to find a home health aide

Home health aides (HHAs) can help aging individuals or those with certain physical or cognitive limitations live full lives without requiring them to move into assisted living facilities or seek alternative housing arrangements. HHAs provide a host of services, and individuals living in well-populated areas may have no shortage of options as they seek to hire a professional to help themselves or a loved one with the tasks of daily life. Individuals or families beginning their search for a home health aide can keep these tips in mind.

### • Identify the services required.

Personal care consists of bathing, eating, dressing, toileting, and grooming. Household care involves cooking, cleaning, laundry, and shopping. HHAs who provide medical care may help clients manage medications, provide physical therapy and help clients get to their doctor's appointments. Companionship is a component of emotional care, which also may entail engaging clients in meaningful activities and conversation. Identifying the services required can help individuals

AIDE continues on Page 23

## Risk

Continued from 21

stroke risk. Reach a rate of exercise that involves breathing hard but still being able to talk.

5. If you drink alcohol, keep it to no more than one to two drinks per day. After which, increased drinking elevates stroke risk sharply.

6. Control cholesterol levels, and have your cholesterol checked at least once every five years, says the CDC.

7. Manage your atrial fibrillation. Afib is an irregular heartbeat that can cause the formation of clots in the heart. These clots can then make their way to the brain. Afib increases stroke risk significantly.

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### Care Rooted In Empathy and Experience

Do you ever wonder what it is that makes some doctors so incredibly compassionate while others have a bedside manner better suited for the DMV?

In the case of Dr. Jann Turpin, DOM, AP of Riverplace Acupuncture Integrative Health it is a case of true empathy. "I suffered from chemotherapy-induced peripheral neuropathy while battling Stage III breast cancer."

Peripheral neuropathy, which affects over 20 million people in the U.S., is weakness, numbness and pain from nerve damage, usually in the hands and feet. "My feet were burning at night and my fingers were numb and tingling all day. If my feet got cold, the pain was so intense I had to sit down."

Peripheral neuropathy, which affects over 20 million people in the U.S., is weakness, numbness and pain from nerve damage, usually in the hands and feet. "My feet were burning at night and my fingers were numb and tingling all day. If my feet got cold, the pain was so intense I had to sit down."

Peripheral neuropathy is normally a degenerative condition, but since Dr. Turpin's neuropathy was caused

chemotherapy, it was expected to improve. However, doctors said that improvement could take months or years and the medications prescribed weren't working. She knew she couldn't live like that.

It wasn't until her primary care doctor sent her to an acupuncturist that she found real relief.

"This is why I often refer to my practice as 'The Last Resort With the Best Results.' You've been everywhere else and been given the same disheartening prognosis, prescribed the same medications and told this is just something you're going to have to learn to live with."

**The Magic of Compassionate Care**  
And what do those in her care have to say?

"Dr. Turpin looked me in my eyes and wanted to know about me, not just my condition. I feel like a person, not just a patient," shares Jesse. "In fact, I don't think she ever used the word patient." Others proclaim "she saved my life", "her neuropathy treatments gave me my life back," and "it's a miracle she treated my fibromyalgia. I don't know how else to explain it."

Soon after her incredible first experience with the healing arts, she made the life changing decision to abandon her 13 year computer programming career and pursue her education in acupuncture.

Acupuncture quite literally saved my life and I wanted to share that with the world," she proclaims."

### Your Golden Years Should Be Golden

While in school, she watched as her grandmother began to suffer from peripheral neuropathy. "Your golden years should be golden, not plagued with insufferable pain while doctors and specialists tell you there is nothing they can do." Understanding that Eastern Medicine excels where Western medicine fails, Dr. Turpin set forth to develop treatment protocols for all variations of Peripheral Neuropathy (including diabetic and chemotherapy-induced) and now has a 90% success rate in treating this once difficult to manage condition.

**"I was tired of seeing the older generation suffer unnecessarily," shares Dr. Turpin. "Diagnosing them as 'just getting older' and giving them a treatment plan of 'you're just going to have to get used to it' has never sat well with me so I wanted to offer them a real option for treatment and care."**

Dr. Jann Turpin has a long, personal history in complicated, difficult to understand conditions and understands how tragic it can all be if left untreated. "I have sat where my patients sit. I've experienced their pain and suffering in a very real way. I know the frustration of feeling hopeless on an intimate level. That's why I practice the brand of medicine I do and why I've made it my life's mission to treat the 'untreatable'. It brings me joy when I get to say 'I can help you'."



"[Dr. Turpin] is just such a wonderful, unique person. You mention what's bothering you and before you know it, it's gone!"

Betty, Jacksonville



Furthermore, Dr. Turpin isn't opposed to more modern medical solutions. "It's in blending the time-tested science of acupuncture with recent innovations in medicine that get me the best results." One of those advancements is ATP Resonance BioTherapy. Originally developed by NASA it aids nerves in regeneration by providing them with the nutrients they need to repair and renew, "very similar to what water does for a plant!"

Dr. Turpin and her staff specialize in treating chronic pain, complicated neurological conditions and autoimmune diseases that leave other professionals scratching their heads. Ready to schedule? Call (904) 720-8887 for a comprehensive consultation today. For more information about Dr. Jann Turpin and what she treats, visit [www.RiverplaceAcupuncture.com](http://www.RiverplaceAcupuncture.com).

Call (904) 720-8887 to  
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# Customers encouraged to help children's hospitals

Southeastern Grocers Inc. (SEG), parent company and home of Harveys Supermarket and Winn-Dixie grocery stores, is partnering with eight children's hospitals across the Southeast to raise essential funds for pediatric health care provided to local children every day.

Now through April 30, Harveys Supermarket and Winn-Dixie customers are encouraged to donate \$1, \$5 or round up their total grocery bill while shopping at their neighborhood stores to support their local children's hospital. Donations will aid each facility's specialty programs, including family centered support, therapeutic activities, research, child advocacy, pediatric cancer and additional programs that contribute to the recovery of young patients.

Raymond Rhee, chief people officer for Southeastern Grocers, said, "We are dedicated to nurturing the health and hap-

piness of the communities we serve. Our ongoing collaboration with our children's hospital partners allows us to support the tireless work of health care providers, while fostering hope and healing for young patients and their families across the Southeast. Together with our customers, we can make a difference in the lives of children facing medical challenges and build a stronger, healthier future for all."

Funds collected during SEG's community donation program will be donated to the following eight children's hospitals to support their specialized care and emergency services:

- Wolfson Children's Hospital (Jacksonville)
- Orlando Health Arnold Palmer Hospital for Children (Orlando)
- Golisano Children's Hospital of Southwest Florida (Fort Myers)
- Johns Hopkins All Children's Hospital

(St. Petersburg)

- Nicklaus Children's Hospital (Miami)
- Studer Family Children's Hospital at Ascension Sacred Heart (Pensacola)
- Children's of Alabama (Birmingham, Alabama)
- Ochsner Children's Hospital (New Orleans)

SEG has raised more than \$1.1 million for its local children's hospital partners since the program's inception in 2021, and the grocer remains dedicated to serving its neighbors in need across its footprint.

In addition to supporting local chil-

dren's hospitals, SEG recently partnered with the Roc Solid Foundation to construct a playground set for a local child battling cancer as a patient at Wolfson Children's Hospital. Pediatric cancer patients cannot often use public playgrounds during treatment due to weakened immune systems, and a private playset provides the family with a way to create memories together safely. Through this ongoing partnership, SEG has built three additional playsets for local patients in Jacksonville (2021), Tampa (2022) and New Orleans (2023).

## Aide

Continued from 22

and their families zero in on the professionals who can help them.

• **Seek recommendations from trusted doctors and confidantes.** Physicians undoubtedly have had previous patients who have benefited from the services of HHAs, so they can likely recommend local professionals. Trusted confidantes, such as neighbors, relatives and friends, who have been in similar situations, or have family members who have required HHAs, also can be an invaluable resource.

• **Contact a local agency.** Contacting a

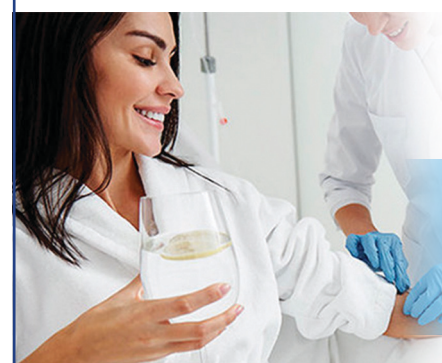
local Home Care Agency can put individuals and their families in contact with professionals who can help match people with particular needs with HHAs who specialize in such care or have extensive experience providing a range of home care services.

• **Look into a direct-hire group.** When working with a direct-hire group, inquire about their fees and ask if they can share any information regarding how to pay independent contractors who can be found through their agencies. It's also important to ask if direct-hire groups formally vet professionals that can be found through them or if individuals and families must conduct their own background checks.

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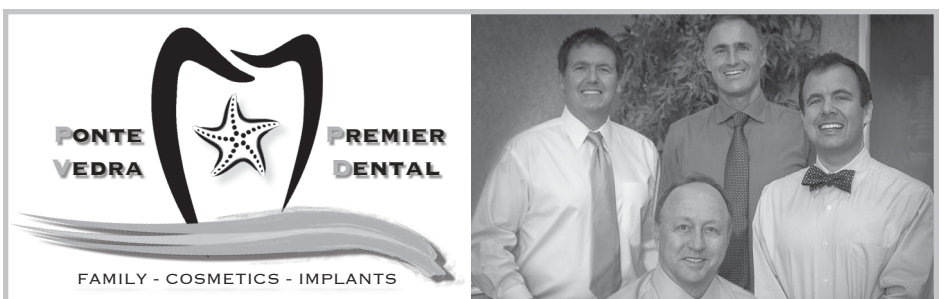
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The Recorder's garden columnist, Kathy Esfahani of Kathy's Creative Gardens & Nursery, shares her tips for growing gorgeous gardens in Northeast Florida.

**KATHY'S GARDENING GUIDE**

# Landscaping with palm trees

*"May you never be too busy to stop and breathe under a palm tree." — unknown author*



**By Kathy Esfahani**

Palm trees dot the landscape in our Florida home! If you are missing out on this great addition to your yard, the warm months of the year are a great time to plant palm trees.

Be sure to consider the space you have available, proximity to structures and the amount of sun and water in your desired area. Some palms remain small enough to be closer to a house while others will grow very large over time and need more space.

Although an established palm requires little attention, it is often necessary to trim these trees as the weather warms up (not during the dormant months of late fall through winter). It is important to properly remove any fronds that are entirely brown and dry.

They are weighing down the tree and should be cut at the base of the branch, close to the trunk or the soil



Photo provided by Kathy's Creative Gardens & Nursery

**Roebellini Palm**

depending on the type of palm. Be careful not to pull on branches as this can damage healthy parts of the tree.

We have several varieties of palms currently available at the nursery:

- Sylvester Palms (Phoenix Sylvestris): The Sylvester palm will be a large tree and, therefore, needs space to grow. They grow approximately 1.5 feet per year and can reach a maximum height of 40-50 feet. These palms

are cold hardy, drought tolerant and moderately salt tolerant. Sylvester palms are one of the most popular palms in this area and easily recognizable by their diamond cut trunk.

- Queen Palms: Queen palms have cascading fronds that blow beautifully in the wind. They can reach a height of 50 feet but fit in somewhat tight spaces because they grow tall and skinny. These palms feature bright glossy leaves and clusters of orange dates. Queen palms create a tropical feeling and are, therefore, popular around patios, pools and other relaxing areas.

- Roebellini Palms (Pygmy Date Palms): Because of its size, this miniature palm tree is well suited to be planted closer to your home. Roebellini palms are slow growers with a maximum height of only 10-11 feet. They are popular at the end of driveways, outside front doors, or as the centerpiece to a garden bed.

- Majestic Palms: This palm loves the humidity of our Floridian climate. The fronds of a majestic palm can fan out to 15 feet wide. They are slow growers that tolerate some shade and thrive in naturally wet areas.

- European Fan Palms: These palms are slow growing trees that can reach 8-15 feet tall. European fan palms

LANDSCAPING continues on Page 29

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Photo by Ebru Yildiz

Grammy winner Paula Cole will help bring back the '90s at this year's festival.



Contributed photo

Fastball will perform at this year's festival.

# '90s festival to feature Grammy winners

Ancient City Entertainment has announced the return of As If! The 90s Fest, which will be held from 1 to 9:30 p.m. May 18 at Francis Field in downtown St. Augustine.

This year's lineup boasts triple co-headliners, with the spotlight shining on Deana Carter, a Grammy Award-winning country music singer-songwriter best known for her debut album "Did I Shave My Legs For This?" and her hit single "Strawberry Wine"; Paula Cole, a Grammy winner who found worldwide acclaim with her triple-Grammy nominated song, "Where Have All the Cowboys Gone?" as well as headlining the popular music festival, Lilith Fair, in 1997 and 1998; and Fastball, an American rock band that had number one hits with tunes "The Way" and "Out of My Head."

Other acts include Chillula, Ramona + the Riot and Julia Gulia.

"Get ready to experience the electric energy of the '90s as we bring you the 4th Annual As If! The 90s Fest," said Jeanetta Cebollero, owner of Ancient City Entertainment and the festival's organizer. "It's a family-friendly event that serves as the official summer kick-off, brimming with live music, vendors, food trucks, a water slide, a fly photo booth, and a celebration of all things '90s. It's going to be all that and a bag of chips!"

In addition to providing an unforgettable trip down

memory lane, the festival is also a force for good, benefiting ACE Alliance, a 501c3 organization dedicated to supporting individuals in the tourism, entertainment and hospitality industries along coastal Northeast Florida.

Past events have raised tens of thousands of dollars, and the 2024 edition promises to continue this tradition of giving back to the community with the help of festival sponsors: The Law Offices of Ron Sholes, P.A., The Newcomer Group, MasterCraft Builder Group, Barwick Banking Company, Champion Brands and more.

Tickets are \$30 for online general admission, \$40 for day-of admission and \$200 for VIP access. For addi-

tional information and to purchase tickets, go to the As If! The 90s Fest website at [asifthe90sfest.com](http://asifthe90sfest.com).

For those craving even more '90s immersion, the festival offers rad special events such as the official As If! 90s Fest Afterparty and exclusive meet and greets.

Francis Field is located at 25 West Castillo Drive, St. Augustine. For vendor and sponsorship opportunities, contact Jeanetta Cebollero at [ancientcityentertainment-group@gmail.com](mailto:ancientcityentertainment-group@gmail.com).

For more information, go to [asifthe90sfest.com](http://asifthe90sfest.com). Follow along on Facebook @[asif90sfest](https://www.facebook.com/asif90sfest) and Instagram @[asifthe90sfest](https://www.instagram.com/asifthe90sfest)



Vanilla Ice was a headliner for the 2023 festival.



You never know which blast from the past will show up.

Photos by Melissa Marcarelli



As If! The 90s Fest brings back great memories.



Attendees at last year's festival had a great time.



# Rotary Club of Palm Valley tours St. Augustine Distillery

The Rotary Club of Palm Valley held a social event at St. Augustine Distillery, which included a tour and tasting.

Photos by Susan Griffin



St Augustine Distillery celebrates 10 years.



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# Volunteer of the Year promotes art at Ocean Palms

Ocean Palms Elementary School's Adult Volunteer of the Year, Amy Parent, was recently named St. Johns County School District's Volunteer of the Year. Also recognized at the event was OPE's Student Volunteer of the Year, Leighton Mackenzie.

It all started with an idea and a little creativity for Parent, PTO's CAAP (Children's Access to Art Program) chair, who wanted to expand this school art program by ensuring it reached every corner and classroom of Ocean Palms, which she achieved by hitting the pavement and recruiting more volunteers to the program, developing lessons and a training program, and securing additional funding.

CAAP volunteers ultimately bring color, creativity and art to classrooms, but they needed inspiration to participate long term with this pro-

gram. As a result, Parent created an environment where art had a wider definition with which everyone could relate and feel as though they had something to share with students.

She continued to help volunteers on this journey with meaningful, formalized trainings and shared lesson plans and through co-teaching when requested.

Today, it is commonplace at OPE to see volunteers with printed art pieces and art supplies walking through the halls, to take in pieces of art hanging on doors or bulletin boards throughout the school, or to hear students mention an artist by name.

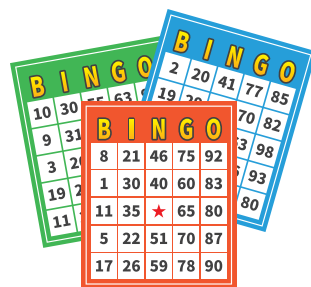
This is Parent's CAAP legacy living on at Ocean Palms, four years after she first began volunteering at the school, and it truly is a work of art.



Contributed photo

Ocean Palms Elementary School's Volunteers of the Year, Leighton Mackenzie and Amy Parent, with Principal Tiffany Cantwell at the district recognition event.

## Bingo fundraiser is April 23



A bingo fundraiser will be held 6-8 p.m. Tuesday, April 23, at Culhane's Irish Pub on Atlantic Beach to benefit Mission House and BEAM on Jacksonville Beach. The public is invited to attend this event coordinated by the CBV

Cares Realtor Group of Coldwell Banker Vanguard Realty on Ponte Vedra Beach.

Tickets to the event are \$20 and includes two bingo cards and one drink ticket compliments of Culhane's Irish Pub.

Attendees may "pay to play" bingo via cash at the door. Prizes will be awarded to bingo game winners and those who purchase raffle tickets. Proceeds will be split evenly between Mission House and BEAM. Proceeds from raffle tickets will go toward funding other nonprofit organizations in the Beaches area supported by CBV Cares.

Mission House is a day shelter and provides a place for homeless in our area to shower and gain clothing, medical attention, meals and counseling to assist in their finding employment and a place to call home again.

Mission House also has a medical clinic open two days a week to provide medical care with the help of area medical professional volunteers. For more information on Mission House, go to [missionhousejax.org](http://missionhousejax.org).

BEAM is a community-based organization serving low-income residents in times of need to prevent homelessness, provide emergency funding to cover rent and utility expenses and assist with food insecurity. For more information on the services BEAM provides, go to [jaxbeam.org/about-us](http://jaxbeam.org/about-us).

CBV Cares is a charitable fundraising organization created by Coldwell Banker Vanguard Realty real estate agents who support area charitable organization efforts. For more information, call Beaches CBV Cares Chair Carole Bayer at 904-860-5000 or Co-Chair Nancy Hammond at 816-820-6103 or go to [facebook.com/CBVCares](http://facebook.com/CBVCares).

Culhane's Irish Pub is located at 967 Atlantic Blvd.

## Peer support available to 911 dispatchers, first responders

Out of the thousands of calls Mary Jensen answered throughout her 20-year career as a 911 dispatcher in South Florida, the memory of a singular gunshot still rings out with haunting clarity.

"An elderly gentleman had called one afternoon," Jensen said. "He asked for the police to respond. When I tried to question what he needed, he just said to send somebody right away and hung up."

Jensen called back and asked the woman who picked up to quickly locate him.

"As she walked into his bedroom, that's when the gunshot went off. He had taken his own life," Jensen said. "I can still hear that sound. I can still hear her scream."

National Public Safety Telecommunicators Week, which is being celebrated April 14-20, is not only the ideal time to recognize current and former 911 dispatchers like Jensen but also to ensure they have the proper tools to process the traumas they face every day.

Emergency dispatchers become part of traumatic events unfolding in real time. That constant weight takes an emotional toll that can lead to damaging and sometimes life-threatening behaviors.

Jensen said she's seen the negative impacts of the job manifest differently among her friends.

"Some turn to alcohol and some turn to suicide," she said.

Statistically, first responders and dispatchers have higher rates of relationship issues, alcohol or drug abuse, and suicide attempts and completions. In fact, more than 1,250 first responders in the U.S. have taken their own lives since 2018, according to Blue H.E.L.P. Eighty-one of those were in Florida.

However, Jensen said that seeking help — especially from a peer — can make a significant positive differ-

ence in dispatchers' mental health.

Jensen recalls that she reached her breaking point on the day of that suicide, but that a colleague, who happened to be part of their organization's critical incident stress management team, recognized she was upset and took her on a walk. That simple outreach from a peer proved remarkably effective in helping Jensen process the trauma and feel supported.

No longer an emergency dispatcher, Jensen has come full circle as one of dozens of peer specialists on the other

line when a first responder needs help. Jensen co-founded and serves as chief operations officer for Zero Life Center, one of several providers that administer a First Responder Peer Support program, developed and managed by LSF Health Systems.

The program employs specially trained peer specialists, who are current or former first responders or military members, to provide confidential and free support to first responders and their family members across 20 counties in Northeast and Northern Central Florida, including St. Johns County. This includes dispatchers, police officers, firefighters, EMTs and corrections officers.

By calling 211, a first responder can talk privately with someone who has been in their shoes. Dr. Christine Cauffield, CEO of LSF Health Systems, said with the split-second decisions dispatchers make each day, it is only natural that they carry a lot of emotional weight on their shoulders.

"With this program, they have a free, confidential way to release some of that burden," Cauffield said. "They are there for us 'first,' so our program is designed to be there for them 'now.'"

For more information on First Responder Peer Support, first responders can go to [StayFitforDuty.org](http://StayFitforDuty.org) or call 211.



Contributed photo

Mary Jensen





Contributed photo

A sandhill crane family seen recently in Nocatee.

# Watch for sandhill cranes crossing roads

New sandhill crane parents are out and about with their babies in tow. Nocatee residents are asking motorists to watch out for these vulnerable birds as they slowly cross local roadways. Sandhill cranes are a threatened and protected species.

Members of the community got four roadway signs installed by St. Johns County along Nocatee Parkway. Postcards have also been placed in storefront windows of businesses in Town Center.

Concerned residents are asking people to:

- Give them plenty of space.

- Avoid feeding them.
- Keep pets leashed.
- Observe posted signage and speed limits.

Those seeking to photograph the cranes are asked not to chase after them and cause them stress.

Florida sandhill cranes are a subspecies of the greater migratory sandhill cranes. Migratory cranes winter here, giving the appearance of an abundance of these birds. In fact, the year-round resident Florida sandhill cranes are decreasing in number due to various factors, including loss of habitat.

## Landscaping

Continued from 5

are harder than most palm trees and can handle partial shade, colder temperatures and dry periods. They have finely textured fronds with colors ranging from green to silver.

• **Bismarck Palms:** These silvery blue-green palms can serve as a centerpiece for your landscape. Bismarck palms have a thick trunk and fronds that can reach a span up to 16 feet wide. Although this palm only grows 1-2 feet per year, it has the potential to eventually reach 60 feet tall.

• **Sago Palms:** These wide trunk palms are dark green and lush, remaining relatively close to the ground even after several years. It would take 50 years for a sago palm to reach 10 feet tall. They have a large cone of seeds growing out of the middle of the tree. Because these seeds are poisonous to pets, we tend to avoid using them in fur-friendly yards.

Be sure to check us out on Facebook — Kathy's Creative Gardens & Nursery!



Photo provided by Kathy's Creative Gardens & Nursery  
**Lantana**

**Flower of the Week: Lantana**

**Please email Kathy at [kcg.pvr@gmail.com](mailto:kcg.pvr@gmail.com) for any questions or gardening tips you would like to see in the future. For more information and ideas, visit Kathy's Creative Gardens & Nursery, 196 N. Roscoe Blvd. The phone number is 904-655-7373.**

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Contributed photos

Students at Ocean Palms do their best to soak their teachers!

# Ocean Palms Elementary's Spring Family Night was a Splash

Ocean Palms Elementary welcomed students and their families for a night of inflatable, face-painting, candy-walking fun with a touch of splash. That's right, the teachers and staff at Ocean Palms sat

at the mercy of three bean bag tosses, under buckets of water, as students stepped up to the challenge. Let's just say it made a splash!

Families, alongside fellow otters, en-

joyed music, food from Chick-fil-A and the school experience auction chock full of camps, activities and other fun in the community. They also had an opportunity to shop the Scholastic bookfair.

The event, sponsored by Beaches Orthodontics, with food sponsored by Chick-fil-A, was a night to celebrate students, staff and the community one last time this school year.



OPE students and their families enjoy dinner at the school's Spring Family Night event.



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READ USA, is a Jacksonville-based nonprofit dedicated to eradicating illiteracy, recently announced the single largest one-time gift in the organization's history of \$565,000 from the late philanthropist Roseann Duran.

# Record \$500k-plus donation received by READ USA

READ USA, is a Jacksonville-based nonprofit dedicated to eradicating illiteracy, recently announced the single largest one-time gift in the organization's history, with a legacy gift of \$565,000 from philanthropist Roseann Duran, who passed away earlier this year.

As a result, READ USA is honoring Duran's enduring legacy and generosity with multiple dedications to demonstrate the everlasting impact of her transformational gift.

"Roseann's extraordinary generosity will have a far-reaching impact on literacy and community empowerment in Duval County and beyond for years to come," said, Robert Kelly, Ph.D., chief executive officer of READ USA. "Roseann was a passionate supporter of literacy and READ USA for many years, and we remain emboldened by her steadfast belief in our mission. We are eternally grateful for her investment in the students we serve who ultimately benefit from her extraordinary gift."

Duran leaves behind an indelible legacy on Northeast Florida through her philanthropy, volunteerism and professional accomplishments that have inspired and supported thousands of people across all walks of life.

Her highly successful career traversed the finance and marketing industries, throughout all of which Duran remained grounded in supporting the people within her organizations and across Northeast Florida's many communities.

A natural leader, she was tenacious about community involvement, both professionally and personally, and gave extensively of her time, talent and treasure to numerous organizations in Jacksonville, which she called home since 1973.

"Roseann was an active community builder and philanthropist and her enthusiasm for life extended into a tapestry of passions and connections across her remarkable career and charitable endeavors," said Judith Beaubouef, Duran's longtime friend. "We miss Roseann im-

mensely. We are inspired by the enduring legacy she leaves on our Northeast Florida community and beyond."

Duran's transformational gift to READ USA significantly bolsters the organization's efforts to provide high-interest book and high-quality teaching resources to children, teens, teachers, and families across Duval County and beyond.

To honor Duran's exceptional gift, READ USA has created multiple acknowledgments in her name, including the Duran Data Portal, which is recognized in perpetuity.

The READ USA Duran Data Portal is a critical resource in measuring and demonstrating the impact and results of READ USA's programming for Duval County Public Schools, third-party evaluators, grantmaking organizations, and others.

The Duran Data Portal specifically supports the literacy tutoring program that trains and pays teens to provide daily, intensive, one-to-one literacy tutoring to

DCPS elementary students.

The 2024 Peace in the Pages will also honor Duran. READ USA's annual Peace in the Pages event, taking place on Oct. 2, is a celebration of literacy and recognizes seven local leaders for their commitment to literacy for all and closing the literacy gap in Duval County.

Duran will be recognized as the presenting sponsor of this year's event, which will include a tribute segment dedicated to celebrating her life and generosity.

"Roseann radiated kindness, empathy, peace, freedom, leadership and success – the very values that underscore the meaning and purpose behind our Peace in the Pages event and all that we do at READ USA," said Ellen Wiss, co-founder and board chair of READ USA. "To know Roseann and feel her zest for life was an immense blessing, and she will be remembered as someone who has had a transformational impact on countless lives in Northeast Florida for years to come."

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# Business Weekly

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## Patriot Place certified 'Florida Green' by coalition

St. Johns Housing Partnership (SJHP), a nonprofit that develops affordable housing, announced on April 4 that Patriot Place has earned Gold Certification under the Florida Green Building Coalition (FGBC) Homes Standard.

"We are excited to be part of this important project," said FGBC President Bill Kachman. "Homes for transitional veterans, built on a beautiful infill lot with an incredible live oak for them to sit and relax under. To be involved with this project means so much knowing that Patriot Place will be able to house an at-risk or homeless veteran after everything they have done for our country."

Patriot Place comprises six new, low-income residences to address St. Johns County's critical need for housing for at-risk and homeless veterans. Residents began moving in at the end of 2023.

Green building practices were utilized throughout the construction process to address FGBC criteria such as energy performance; water conservation; site conservation; health, air quality and moisture, materials, and disaster mitigation.

"Patriot Place is a good example of what can be done when the public and private sectors come together," said SJHP Executive Director Bill Lazar. "I want to congratulate all the partners, donors and supporters that made Patriot Place a reality for an at-risk segment of our community. Affordable housing must be sustainable over time both in terms of actual affordability and debt service along with building performance and long-term maintenance."

Founded in 1996, SJHP has helped expand housing options for the greater community, not just to benefit veterans. To



Photo submitted Mike Bonts Public Relations

**Florida Green Building Coalition (FGBC) President-Elect Ralph Locke, left, FGBC President Bill Kachman, MountainStar Partners' Mike Johnsen and St. Johns Housing Partnership Executive Director Bill Lazar.**

achieve that, the group brings together public and private sectors, including investors on projects that create low- and moderate-income housing, rebuild neglected homes and revitalize neighborhoods in disadvantaged areas.

The project is a collaboration between MountainStar Partners, a real estate investor and developer, SJHP and St. Johns County. The total cost of Patriot Place was \$1 million, including infrastructure

improvements

MountainStar Partners committed more than \$500,000 for land acquisition and construction costs. Patriot Place marks the first time that a density credit exchange for low-income housing was created and housing delivered to the community.

Patriot Place was built by Robert Marshall of World Island Builders and designed by Architect Bryan McCloskey. Financial partner Ameris Bank financed the construction.

Patriot Place took five years to complete, including finding and purchasing the lot, securing financing for construction, permitting and zoning. The one-bedroom apartments are 630 square feet each and veterans will pay about 30% of the market rate with the balance subsidized through the partnership with Flagler CareConnect.

Patriot Place residents will be managed by the UF/ Flagler Health+ social health program UF/Care Connect+, which links area residents with resources like safe housing, food pantries, counseling services, workplace readiness and transportation.

Former St. Johns County Development Services Director Suzanne Konchan conceived the original idea for Patriot Place and St. Johns County commissioners Roy

Alaimo and Henry Dean helped Patriot Place become reality.

The Northeast Florida Association of Realtors, Bo Strange with Lovely Loo and the Snodgrass Family Foundation donated additional funds, time and materials.

Other contributors and supporters included The Home Depot Store No. 6334, Eagle Scout Michael Korfhage and Boy Scout Troup 243, University of Florida IFAS Master Gardeners and FGBC certifying agents Kachman and Ralph Locke, both military veterans, who waived their fee and volunteered their time. The entire solar panel system was donated by Everybody Solar, JinkoSolar and Synergy Solar.

FGBC is the state's leading certifier of green projects. The FGBC Certification Program tailors' carbon-reducing, green building standards to the Florida climate, allowing builders, developers and communities to meet green building standards while simultaneously constructing sustainable properties best suited for Florida's ecosystem.

Going Green? In Florida you have a choice. Contact the Florida Green Building Coalition at [info@floridagreenbuilding.org](mailto:info@floridagreenbuilding.org), go to [floridagreenbuilding.org](https://floridagreenbuilding.org) or call 407-777-4914.

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# Selling season underway in Northeast Florida

The “selling season” in Northeast Florida has arrived, albeit a bit early this year. For single-family homes, prices are up, active inventory is up, new listings are up and so is the median number of days on the market.

There are only two exceptions. Pending sales for single-family homes dropped nearly 20%, and, unfortunately for consumers, the Home Affordability Index ratcheted down slightly, 2.2%, to register at 66.5.

The Home Affordability Index measures housing affordability for the region. In other words, it measures whether a typical family earns enough to qualify for a mortgage on a typical home, based on current interest rates, median income and median home prices.

A higher number means greater affordability. This index measures affordability factors for all homebuyers making a 20% downpayment. An index of 100 is defined as the point where a median-income family has the exact amount of income needed to purchase a median-priced existing home.

An index value exceeding 100 means that the family has more than enough income, while a value below 100 means that a family doesn't have enough income to qualify for a mortgage loan.

“The market is moving up in a positive



direction each month,” said 2024 NEFAR President Rory Dubin. “March saw over a 20% increase in closed transactions despite a slight increase in the median price. In fact, almost a third of sales were above list price, indicating high demand in our more affordable market compared with the rest of and most of the Southeast. Both inventory and new listings increased as well, showing a robust market for both buyers and sellers.”

Specifically, the median sales price for single-family homes in the region in March was \$389,000, a 1% increase from February. Active inventory totaled 5,920 homes, a 3.2% increase over last month. Likewise, new listings tallied 3,580, a 6.7% increase. And the median number of days on the market stood at 33, up 3.1% from the month before.

As spring arrives and the selling season becomes busy, employing a Realtor who

has local knowledge and experience is vital, according to Dubin.

“It is more important than ever to use a NEFAR Realtor to navigate the high amount of activity in real estate in Northeast Florida,” he said.

In Duval County, the March median price of single-family housing was \$345,950, slightly less than a 1% drop from February. The median number of days on the market in March rose to 29, a 7.4% increase from the month before.

Month-to-month closed sales rose 24.4% to 964, pending sales fell 19.4% to 746, and new listings increased 10.5% to 1,813. Active inventory for the county climbed 5.4% to 2,709 homes, a 2.8-month supply.

In March, the Home Affordability Index remained the same at 75.

In St. Johns County, March median prices climbed 10.4% to \$546,259 for single-family homes. The median days on the market rose 21.9% to 39.

Month-to-month, closed sales rose 17.5% to 484, pending sales dropped 17.2% to 409 and new listings increased 3.3% to 989. Active inventory increased 4.3% to 1,852 homes, a 3.8-month supply.

The Home Affordability Index fell, 11.3% to 47, indicating that it is still very expensive to live in St. Johns County.

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# In the Arts

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Linda Cole



Lisa Lockhart



ConBrio

## Romanza Festivale announces headliners, schedule

Romanza Festivale of Music & the Arts is once again celebrating the vibrant and unique confluence of art, culture and history in St. Augustine, the Nation's Oldest City.

Romanza Festivale events continue to immerse audiences in the outstanding cultural experience of this historic city, which is a top voted location among the Most Romantic Small Towns in America by New York Travel Guides.

This year's lineup includes an abundant mix of national, regional and local artists.

Dozens of ticketed concerts, free showcases and special events will include The Legendary Count Basie Orchestra; Linda Cole of the Cole Family dynasty; refined Euro-jazz violinist Luca Ciarla from Italy; internationally acclaimed Con Brio String Quartet, and Duo Arpeggione with virtuosi Drs. Catherine Lan and Claudio Jaffe.

For 17 consecutive days from May 3 through 19, Romanza Festivale of Music & the Arts features performances, shows and exhibitions in collaboration with numerous independent organizations, businesses and talent.

This year, Romanza Festivale will present more than 40 concerts, plays, art exhibits, dance exhibitions, readings and recitals with A Classic Theatre; Art Galleries of St. Augustine; Arts and Crafts Beer Tasting; author Elizabeth Randall; author Madeline Martin; Belle Fleur Ensemble; Bold City Brass; Community Drumming with Amber Hall; EMMA Concert Association; First Coast Opera; Flagler College's Key of Seas; Florida Chamber Music Project; Florida School for the Arts; Florida Sto-

rytelling Troupe; guitarist Dr. Jonathan Dotson; harpist Isabelle Scott with Inspire Women's Choir; Lisa Lockhart and Friends; North Florida Saxophone Quartet; North Florida Women's Chorale; perennial favorite Mama Blue; pianist Michael Clark; soprano Raquel Rubi with Harmonie Coalesce; St. Augustine Art Association; St. Augustine Community Chorus; St. Augustine Concert Band; St. Augustine Music Festival; St. Augustine Orchestra; St. Johns Classical Guitar Ensemble; Tale Tellers of St. Augustine; tenor John Daugherty; The Three Tellers; The 9B Woodwind Quartet; Third Space Improv; Voices of Jacksonville, and Yael ZaZa Flamenca.

Additionally, "Kaleidoscope of Dance," Romanza's signature on-stage spectacular showcase will feature performances by Ancient City Sirens; Arts on the Edge Dance Company; Blue Lotus World Dance Company; Flamenco Perspective; Florida School of the Arts; Grace

Conservatory; JAX City Ballet; Matanzas Tap; Noise Complaint; North Florida Dance Association — Dance USA; Ponte Vedra Ballet; Rhythm Theory; St. Augustine Dance Performance Company; The Dance Company; St. Augustine High School Dance Collective and Zoika's Dance.

For more information and performance schedules, go to [romanzafestivale.com](http://romanzafestivale.com).

In its 13th year, Romanza Festivale is St. Augustine's original multi-arts event, presented by Romanza-St. Augustine, a 501(c)(3) non-profit organization. The non-profit also produces the St. Augustine Celtic Music & Heritage Festival, the St. Patrick Parade and other events.

Romanza events are funded in part by the Florida Department of State Division of Cultural Affairs, Florida Council on Arts and Culture, the St. Johns County Tourist Development Council and St. Johns Cultural Council.



The Legendary Count Basie Orchestra



Bold City Brass



Duo Arpeggione



St. Augustine Community Chorus



Isabelle Scott



# First Coast Cultural Center's Beaches gala set for April 28

*Keynote speaker and honorary chair is Aundra Wallace, president of JAXUSA Partnership*

This year's First Coast Cultural Center Beaches — A Celebration of the Arts annual fundraising event will be held 6-8 p.m. Sunday, April 28, at the TPC Sawgrass Clubhouse, 110 Championship Way in Ponte Vedra Beach.

The gala event will feature keynote speaker and honorary chair Aundra Wallace, president of JAXUSA Partnership. Cost per person is \$250 with tables of eight available for \$2,575.

During the nonprofit's largest fundraiser of the year, First Coast Cultural Center will recognize individuals, businesses and organizations who have made a significant impact on the arts in Northeast Florida.

The fun and formal affair will include gourmet, Beaches-inspired chef specialties, a carving station, silent auction, live music, live art, an awards presentation and performances.

For more information, contact Kimberly Sheridan at 904-280-0614 ext. 1205 or email [Ksh Sheridan@firstcoastculturalcenter.org](mailto:Ksh Sheridan@firstcoastculturalcenter.org). To purchase tickets and for sponsorships, go to [firstcoastculturalcenter.org/beaches-a-celebration-of-the-arts](http://firstcoastculturalcenter.org/beaches-a-celebration-of-the-arts).

Highlights of the evening will also include the prestigious Irene Lazzara — Beaches, A Celebration of the Arts Award, which will be presented to an individual, business or organization dedicated to ensuring that arts and culture are ingrained into the everyday life in the Beaches community.

Additional awards include the Emerging Artist Award to be bestowed on an emerging artist of any age who has displayed great accomplishment with their fine art or craft medium; The Ron and Hilah Autrey Arts Education and Advocacy Award to be given to an artist or arts advocate with a track record of advancing the arts and, or educating the public, business leaders, elected officials and students on the fundamental value of arts in the Beaches community.

Additionally, the Community Impact Award (Member's Choice) will be awarded to an individual, business or organization that has demonstrated a tangible and measurable development of the arts and culture in the Beaches community; and The Art of Giving Award will be presented to a business, large or small, or an individual committed to funding and/or sustaining arts and culture programs within the Beaches community.

New this year is the #Gulanism Award, which will be given to a young individual who exhibits positivity and is known for consistently sharing affirmations personally and professionally. The term #Gulanism is derived from Dr. Arun Gulani of Gulani Vision Institute.



Contributed photos

Donna Guzzo and guests at last year's fundraiser include Joe Bryant, Lauren Blocker and then-commissioner Jeremiah Blocker.

The event will feature live music with violinist Alyssa Albert and cellist Sabrina Krisberg. Live artists will include ceramic artist Catherine Lynn, charcoal artist Claire Weaver and oil painter Katherine Weaver. Candice Sirak, national board-certified music therapist and Sound Connections Music Therapy manager will host an interactive booth featuring music therapy.

Honors will be presented to individuals, businesses and organizations within the coastal counties of Nassau, Duval and St. Johns, between Amelia Island and St. Augustine Beach while recognizing honorees who go above and beyond to enhance the arts and culture in the region.

Award winners will be chosen by a committee of judges who are unaffiliated with

the Cultural Center, with the exception of the Community Impact Award, which will be a center Member's Choice Award.

According to Donna Guzzo, president and CEO of First Coast Cultural Center, the evening features award recipients who have dedicated their expertise, philanthropy and services to the nonprofit and in the community throughout the year.

"We are honored to have as our keynote speaker and honorary chair Aundra Wallace, president of JAXUSA Partnership," said Guzzo. JAXUSA Partnership is the private, nonprofit division of JAX Chamber, Jacksonville's regional economic development initiative overseeing the efforts of the seven counties of Northeast Florida.

Event funds will support the nonprofit

through ticket sales, sponsorships, program and signage opportunities and leaders in arts and culture.

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

Sponsors of this year's event include Lazzara Family Foundation, Ron and Hilah Autrey, Gulani Vision Institute, Tom Bush Family Dealership, Publix Super Markets Charities and bestbet St. Augustine.

First Coast Cultural Center's new building is formally opened with arts, culture, community activities and a gift shop at 6000B Sawgrass Village Circle in Ponte Vedra Beach. The two-story, 6,000-square-foot space was funded in part by local donors and an additional support campaign is currently in place with the Beaches gala and numerous events.

The center is a place to create, understand and experience the arts. The organization accomplishes its goals through exhibitions of local, regional and national artists in a variety of media through educational and enlivening events, quality arts classes, lectures and workshops.

Key programs include Sound Connections Music Therapy for children with disabilities, which is offered free of charge to students at St. Johns County schools, including Title I schools, which provide additional resources to economically disadvantaged students.

Also, Kick StART afterschool arts enrichment programs and services are available and include Title I schools with the help of grant funding. Summer camps are available with online registration along with additional seasonal children's camps, and adult programs.

For further information, go to [firstcoastculturalcenter.org](http://firstcoastculturalcenter.org).

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# Cracker Collective to perform

Doug Spears' Cracker Collective will perform at 2 p.m. Sunday, April 21 at Beluthahatchee. The performance will be outside, weather permitting.

No reservations are required, though there is a \$10 suggested donation per person.

A fifth generation Florida native, Doug Spears' stories and award-winning songs have been welcomed in listening rooms, house concerts and concert venues across the country for more than 30 years. An established regular at Florida's folk and acoustic music festivals, his Americana/folk sound has been distributed and heard on independent radio across the U.S., Canada, Australia and Europe.

The Cracker Collective is the product of decades of friendship and music collaboration between home-grown Florida talents, all of whom are mainstays of the Florida folk and acoustic music community. Joining Spears in the Collective are Lon and Lis Williamson, musical partners for more than 40 years in St. Augustine, and Ron and Bari Litschauer from West Palm Beach, who have likewise been on a 40-plus-year musical adventure together.

This collaboration uses Spears' original tunes as the canvas for eloquent harmonies,



Contributed photo

**Doug Spears' Cracker Collective will perform Sunday, April 21.**

clean, tightly performed arrangements and musical stage craft honed by decades of experience. Above all else it is five dear friends having one heck of a good time doing what they love. You're going to like what you hear.

Inquiries may be sent to [skf.concerts@gmail.com](mailto:skf.concerts@gmail.com).

Beluthahatchee is located at 1501 S.R. 13 North in Fruit Cove.

Future concerts at Beluthahatchee are:

- May 12: Mike Worrall
- June 9: Charley Robertson
- July 14: Lauren Heintz and Jane Ross Fallon
- Aug. 11: Woody Guthrie Tribute
- Sept. 8: Larry Mangum
- Oct. 13: Songs For Stetson
- Nov. 24. Grant Peeples
- Dec. 8: Feed Your Neighbors

# Ponte Vedra students to present 'Grease'

One of the biggest classic rock-and-roll musicals will take the stage April 18-22 at Ponte Vedra High School. Tickets are \$10 and can be purchased at [www.PVHSDAB.com](http://www.PVHSDAB.com).

"Grease," is the classic rock-and-roll musical production that was adapted to film in 1978 starring John Travolta and Olivia Newton-John. The production follows working class teenagers (The Palace Burger Boys and The Pink Ladies) as they are challenged with peer pressure, personal values and love in 1959 Rydell High School.

The Ponte Vedra High School theatre series continues to raise the bar for itself as its audience grows. Under the leadership of Jason Nettle, community attendance has grown significantly over the past several years with productions such as "White Christmas," "Romeo & Juliet" and "Les Misérables," to name a few.

The Pink Ladies will be played by Clairra

Williams as Sandy, Bella Rocha as Rizzo, Victoria Wolker-Kraljic as Jan, Maia Rogerson as Marty and Sierra Schnabel as Frenchie. The Palace Burger Boys will be played by Charlie Pennella as Danny, Logan Knight as Doody, Ryan Kelley as Kenichie, Colby Ryzcko as Roger and Cairo Maughan as Sonny. The overall cast of more than 120 have been working on- and off-stage to bring together a memorable experience.

"We are grateful for the community's support that has helped to fund the production and proud of all the work that the actors and stage crew have put in to making this a very special event," said Erika Williams, president of the Dramatic Arts Booster (DAB).

Don't miss out on a great family friendly event at Ponte Vedra High School and get your tickets before they are gone at [www.PVHSDAB.com](http://www.PVHSDAB.com).



Contributed photo

Ponte Vedra High School students are presenting the popular musical "Grease" on April 18-22.

# Sweet Art Gallery opens

Sweet Art Gallery at 310 Front St., Ste 875, Ponte Vedra Beach, held an opening for its inaugural exhibition on Saturday, April 13. The featured artist, whose work will be displayed until May 15, is Al Razza. Here, he is seen with one of his works, "Shades of Marilyn," which incorporates wall coverings and lace into its tactile surface.

Photo by Shaun Ryan



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- 12 ArtSongs
- 17/18 Adelya Plays The Lark Ascending
- 23/24 At the Ballet II

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# Sports



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Photos by Anthony Richards



The Sharks defeated the Yellow Jackets 20-4 to win the District 3-1A title on April 16.



Lily Moser fires a shot for a goal.

## Sharks rout Jackets for district title, Panthers finish runner-up

By Anthony Richards

The Ponte Vedra High Sharks continue to be a class above when it comes to girls lacrosse in the Northeast Florida area, as they defeated St. Augustine High 20-4 in the District 3-1A Championship on April 16.

The Sharks jumped out to a 5-0 lead in the blink of an eye in front of their home fans, with the fifth goal coming from the sister combination from Hannah and Lily Toole.

Hannah slipped a pass to her older sister Lily in front of the net for a one-two

punch.

The Sharks found themselves leading 6-1 at the end of the first quarter and quickly cranked up the intensity even more on the offensive end with a barrage of goals that led to the 16-goal margin of victory.

Audrey Schmidt scored a couple of quick goals to help open the scoring in the second quarter, including a snipe that froze the opposing goalie.

The Sharks did an excellent job of creating offense on the night, especially after winning faceoffs and converting them quickly into a prime scoring opportunity

in the offensive end of the field.

The Nease High Panthers also played for a district title on the night, as they hosted Fletcher High in the District 2-2A but fell 9-7 as a late comeback attempt fell short.

The Panthers trailed the Senators 9-4 heading into the fourth quarter and that is when freshman Amelia Thompson began to take over with three goals in just a matter of minutes early in the final frame.

The third of her goals in the fourth quarter was one for the highlight reel as she regained possession in front of the net and with her back to the goalie, quickly

turned and fired a shot in the back of the net.

However, despite the furious stretch of offense in the fourth quarter, there was not enough time remaining on the clock for the Panthers to complete the comeback as the Senators were able to control possession and play keep-away for the most part during the final five minutes of the contest.

The Panthers entered the district tournament as the top seed but will end the regular season as district runner-up and will now look forward to possibly earning a spot in the state playoffs.



Carmen Palenik plays tight defense for the Panthers.



Isabella Hayes of Nease scoops up a loose ball.



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Poodle needs a loving home! Peanut is lonely and needs playmates. He is a white Poodle that is a wonderful pet for children. He 16 months old and weighs almost 16 pounds. He is cared at Forever Vet and is up to date with all his needs.

Please contact Jack.

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**Miscellaneous**

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**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**

1. Midway between south and southeast
4. For each
7. Airborne (abbr.)
10. Photographs
11. They \_\_\_
12. It's important in respiration (abbr.)
13. Monetary unit
15. Cool!
16. A son of Jacob
19. Cut off
21. Devour
23. Agent of one's downfall
24. Best
25. Network of nerves
26. Partner to "oohs"
27. Origins
30. Sewing utensil
34. Alias
35. Swiss river
36. Greek mythological figure
41. Type of whiskey
45. Lay to rest
46. "Rule, Britannia" composer
47. Select jury
50. Feeling
54. Action regarded as morally wrong
55. Makes angry
56. Act incorrectly
57. Defensive nuclear weapon
59. Class of escort aircraft carrier
60. To what degree
61. Buzzing insect
62. The human foot
63. "The Leftovers" actress Dowd
64. A place to stay
65. Sun up in New York

**DOWN**

1. An involuntary muscular contraction
2. Earnest
3. Cuts out surgically
4. Can't move
5. Baseball stat
6. British soldier

7. Traditional medicine plants
8. Political party controlled by managers
9. Hebrew prophet
13. Supporter
14. Relative biological effectiveness (abbr.)
17. Liberty Mutual mascot
18. Georgia rockers
20. A place where building is done
22. Large, deep-bodied fish
27. Clothing retailer
28. Supplement with difficulty
29. Annoy constantly
31. Founder of Babism
32. Indigenous person in parts of Asia
33. Sea eagle

37. Leave behind
38. Time of day
39. Colorless crystalline compound
40. They lay out course requirements
41. A diamond has three
42. Algerian coastal city
43. Remove cover
44. Rechristened
47. Distinctive practice
48. Defunct phone company
49. Turkish officer of high rank
51. Eliminate from the body
52. Witness
53. Soviet Socialist Republic
58. Founding Father Franklin

**SUDOKU**

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

Level: Intermediate

**Here's How It Works:**

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

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- Bath & shower updates in as little as 1 day! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & military discounts available. 1-877-543-9189 Change In Ad Copy - Wording & Phone #!
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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
- 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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