

THE RECORDER



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PonteVedraRecorder.com

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



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Get Organized
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INSIDE: CHECK IT OUT!
The Recorder's Entertainment EXTRA featuring TV listings, streaming information, puzzles and more!



THE PLAYERS quickly approaches on horizon

Photo by Anthony Richards

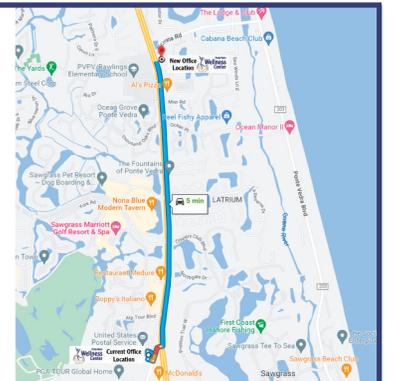
THE PLAYERS senior vice president and executive director Jared Rice (far right) was the guest speaker at a joint luncheon hosted by the St. Johns County Chamber of Commerce Ponte Vedra Beach Division and the Jacksonville Chamber of Commerce on Jan. 11. THE PLAYERS is scheduled for March 7-12. Read the full story from the event on page 9.

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Covering Ponte Vedra, St. Augustine, and Greater St. Johns County

Hugh Osteen

COO/VP

hugh@osteenmediagroup.com

(904) 285-8831

Susan Griffin

Publisher

susan@pontevedrarecorder.com

(904) 686-3938

Shaun Ryan

Editor

shaun@pontevedrarecorder.com

(904) 285-8831, ext. 1202

Anthony Richards

Reporter

anthony@pontevedrarecorder.com

(904) 285-8831, ext. 1207

Don Coble

Contributor

don@claytodayonline.com

Amber Anderson

Page/Graphic Designer

amber@pontevedrarecorder.com

April Snyder

Sales Assistant

april@pontevedrarecorder.com

(904) 285-8831, ext. 1204

Kristin Flanagan

Account Executive

kristin@pontevedrarecorder.com

(904) 285-8831, ext. 1206

Adele McGraw

Account Executive

adele@pontevedrarecorder.com

(904) 285-8831, ext. 1208

Debbie Apple

Account Executive

debbie@osteenmediagroup.com

(904) 285-8831

Christina Donato

Account Executive

christina@pontevedrarecorder.com

(904) 285-8831

Joe Wilhelm

Circulation Manager

joe@osteenmediagroup.com

(904) 300-5374

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Visit our new website at

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Plus, find the Recorder on Facebook at

www.facebook.com/ThePVRecorder

BRIEFS

Cypress Village welcomes 2023

Cypress Village will be the site of a “new year, new start” celebration, Sip Sip Hooray, from 4:30 to 6 p.m. Jan. 25 at 4600 Middleton Circle East, Jacksonville. RSVP by Friday, Jan. 20, by calling or texting Debbie at 904-962-3328.

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.

Blog offers scholarship

The Ponte Vedra Focus, a local community blog, is accepting submissions for its 5th annual \$1,000 blog writing scholarship.

Sponsored by The Volen Group, Keller Williams Luxury International and Gwinn Volen, creator of the Focus blog, the scholarship is open to all high school seniors in Duval and St. Johns counties who plan to continue their education after graduation.

Last year's winner wrote an article about the top Asian food finds in Jacksonville. The prior year, the winner showcased the best mini donut

shops.

Posts should be well-written, interesting articles about the greater Jacksonville community. Entries can be funny or serious, and the main point is for them to have a local flavor. The top five submissions will be published on the blog.

Deadline for submissions is March 10.

To apply and for more information, go to pontevedrafocus.com/scholarship.

Fight For Air Climb to raise money to fight lung disease

More than 2.5 million Floridians live with lung disease, including asthma, chronic obstructive pulmonary disease and lung cancer. To help fund the work to end lung disease, the American Lung Association in Florida will host its iconic Fight For Air Climb Jacksonville at the Bank of America Tower on March 18.

This is the 15th year of the premier stair-climbing event in Jacksonville. Participants will climb 34 flights to the top of the Bank of America Tower.

Registration for the Fight For Air Climb is \$35 and includes a \$100 fundraising minimum. For more information, and to register, go to ClimbJax.org.

— Compiled by Shaun Ryan

Bolles celebrates 90 years on Founders' Day

Students across all four Bolles campuses gathered for a special convocation on Jan. 5 to celebrate Founders' Day, which commemorates the school's establishment 90 years ago on Jan. 5, 1933.

The convocation featured dynamic videos highlighting Bolles' rich history and the enthu-



Photos provided by The Bolles School

Two Bolles students prepare to enjoy their Founders' Day cupcakes.

siasm surrounding the school's 90th birthday. The students also shared brief histories of their respective campuses, and lower school students recited poems about why they love attending Bolles.

Upon dismissal, faculty and staff distributed bracelets to lower school students that read, “Happy 90th Birthday, Bolles,” while upper and middle school students enjoyed delicious Founders' Day cupcakes.



Two Bolles lower school students show off bracelets that read, “Happy 90th Birthday, Bolles.”

PUZZLE SOLUTIONS

U	N	B	I	D	A	H	A	B	S	W	B	S		
G	E	O	D	E	R	E	P	E	A	T	E	R	S	
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S	C	A	R			O	A	K	S	P	A	C		
U	L	N	A	C	L	A	N	S	C	E	B	U		
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A	R	E	S	T	O	N			P	E	A	K	S	

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

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President/CEO Of Visit Jacksonville to speak at luncheon

Michael Corrigan, president and CEO of Visit Jacksonville, will be the guest speaker at the next Coastal Friends (formerly Newcomers Alumnae) monthly luncheon from 11 a.m. to 1:30 p.m. Wednesday, Feb. 1, at Marsh Landing Country Club.

Corrigan will speak on “Why Visit Jacksonville.” Visit Jacksonville’s mission is to grow awareness of Jacksonville and the surrounding beaches as a top leisure and business destination. His talk should be both entertaining and informative, as Jacksonville hosts more than 20 million visitors annually.

Marsh Landing Country Club, located at 25655 Marsh Landing Parkway, Ponte Vedra Beach, will be serving a field green salad, herb-roasted sliced bistro steak over mashed potatoes, broccoli and carrot cake.

Open to the community, the cost to attend this luncheon is \$25. Reservations must be made in advance to reserve a seat by contacting the luncheon chairman bartshar@comcast.net as soon as possible. The deadline to sign up and get your check to her is Friday morning, Jan. 27.

Coastal Friends is a social group of women who live in

Ponte Vedra Beach, Nocatee, Jacksonville, Jacksonville Beach, Neptune Beach, Atlantic Beach, St. Augustine and the surrounding area. Formed in 1988, some of the activities offered are adventures and outings, book club, bunco, canasta, happy hour, lunch in, lunch out, mah-jongg and wine socials.

Luncheons are held the first Wednesday of every month except for July and August. New members are welcome throughout the year. For more information on how to join, contact brookemeister@msn.com or click on coastalfriends.wildapricot.org.



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3 Bedrooms, 4 Bathrooms, 1 Half Bathroom \$1,969,000



Marsh Landing Country Club

Elegantly appointed 1-story ranch home with water to preserve views. Sought-after Marsh Landing Country Club. Fully equipped with open floorplan, the flow of the home is comfortable and easy. Spacious screened porch off of formal living room provides nice space for casual entertaining and perfect spot to watch the wildlife in the backyard lagoon sanctuary.

5 Bedrooms, 4 Bathrooms \$1,500,000



Oceanfront Home on Ponte Vedra Blvd.

This oceanfront home on Ponte Vedra Blvd. with 110 ft. of ocean frontage sold for lot value only at \$10,500,000.



Amazing Vistas in Deercreek Country Club

Spacious living with pool/spa and lake-to-preserve views in Deercreek CC, making it ideal for easy commutes. Owner's suite is located on 1st floor along with living room, dining room, kitchen, butler's pantry, powder room, family room and office. Upstairs are 3 additional and spacious bedrooms, 2 full baths plus a flex space/theatre room. Sellers have many updates including fully renovated kitchen and bathrooms. Don't miss this one!!

4 Bedrooms, 3 Bathrooms, 1 Half Bath \$930,000



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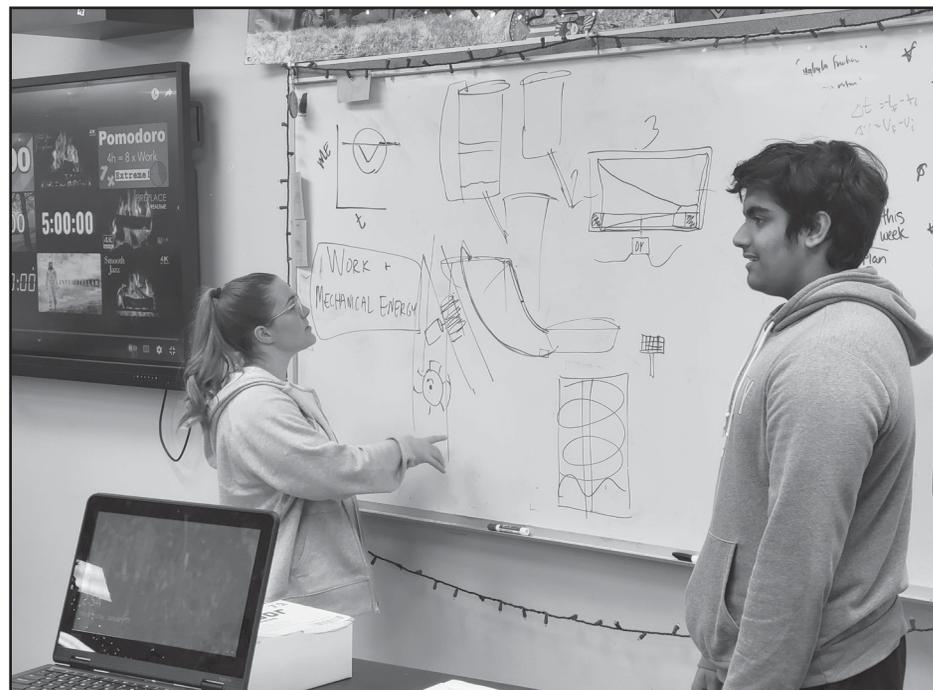
Sarah Alexander, REALTOR®
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Sarah@SarahAlexander.net
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Elizabeth Hudgins, REALTOR®
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beachshomes.com





Kendra Lay shows their work on the board to an engineer from Matthew's Design Group via video conference on a laptop.



Kendra Lay and Yash Singh leads the group in discussion.

Photos courtesy of Kevin Lay

Nease High group named Samsung Solve for Tomorrow state finalist

Concept for hydro-powered generator moves to next phase

By Anthony Richards

A group of Nease High students have come together to form an idea for a hydro-powered generator that has them named as a finalist in the state of Florida as part of the annual Samsung Solve for Tomorrow initiative.

The initiative put forth by Samsung seeks to inspire students to team up to come up with an idea for an invention that can be used to solve a problem that the world is faced with that can perhaps one day be used to help solve the problem in the future.

The team at Nease High came up with the idea for the generator after it was first proposed by fellow team member Yash Singh.

"It's a little surreal, because I was involved with this project last year, but we didn't make it this far," senior Morgan Bourquin said.

Making it this far in the competition is a new experience for all those involved with the team, except for teacher Kevin Lay, who has been involved with the initiative for many years and even oversaw a team that had their invention selected as one of the top three in the nation while he was at a school in Missouri.

"I like to see a teacher's role as more like an architect, where you're a facilitator," Kevin Lay said. "You give them all as much encouragement as you can and give them a safe place to meet and

you just let them explode. It's such a humbling experience to just sit back and watch it all take place."

Nease High will receive \$2,500 in Samsung technology and classroom supplies as a reward for the group being named one of 300 state finalists across the nation and there is an opportunity to earn \$25,000 more if they continue to advance and are named one of 50 national finalists and \$100,000 if they are one of the final three chosen past that point.

"At the beginning of the year when we got everyone in our group together, we came up with a list of problems in our community and we think of solutions we could move forward with," Kendra Lay said. "Power insecurity was our chosen problem and Yash just really ran with the idea."

The idea was one that came to the forefront of the students' minds after going through the most recent hurricane season locally.

"Because we get a lot of hurricanes in this area of Florida, we thought that we could use the water from flooding to help generate electricity for homes when they lose their power," senior Priscilla Sun said.

At first the hope was to have it be able to power one appliance during testing, and once that is mastered it would then be able to be scaled up to eventually powering an entire room of a house and then the house as a whole.

The group has been working on the project since the start of the school year and now that they have made it as a state finalist, it means that they can now take their idea beyond the conceptual phase and begin to get deeper into the design



Members of the group huddle around the whiteboard discussing their project.

phase and eventual construction of it.

The next step for the group is to get all the raw materials ordered that will be needed and begin mapping out the organizational plan for eventual construction of the prototype.

That is an aspect that Bourquin has been working hands-on with, as each student in the group has their roles within the project and hers is dealing with communication and lining up arrangements for the parts they will need.

"We're also looking into working with some nonprofits after we've created the product, because we think it could really benefit them," Bourquin said.

The fact that their idea is on the verge of becoming a reality is something that has the entire group anxious and excited

to see what lies in store next.

"Having the go ahead to continue with our project and knowing that something we created could actually help others and eventually maybe even go beyond helping our local community but even help those in say the Midwest, where there are power outages due to tornados," senior Bri Chua said.

The passionate vibes amongst the team is obvious from the minute you walk into Kevin Lay's classroom and it is evident that he has created a fun atmosphere where creativity is ever free flowing.

"I think his teaching style really helps, because it's not like he just comes in and tells us what to do, but instead he allows us to analyze and make our own decisions," Lalit Mudunuri said.

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

Brown But Not Dead!

"If we had no winter, the spring would not be so pleasant." — Anne Bradstreet



By Kathy Esfahani

Many of us are frustrated with the appearance of our beautiful flowers and trees. The freeze over the holidays and cold temperatures last weekend have been

quite challenging for our favorite heat-loving plants! But do not despair. Many of the flowers and trees that look so sad at the moment are not dead! Do not pull them up or cut off the brown leaves. These brown areas can help protect the plants against future cold temperatures. It is best to wait until frost season is over before pruning.

Bush daisies are a perfect example of plants that are currently brown and cold but will return beautifully in the spring. You can help your bush daisies stay warm by piling three inches of new mulch on the plant's root zone (begin at the main stem of the plant and cover the ground outward under the canopy of the leaves). Once warmer temperatures are here to stay, cut down the brown stems and leaves to make room for new growth.

This will also be a good time to apply an all-purpose fertilizer to help the plant begin to grow.

Once spring and summer arrive, bush daisies will thrive and produce yellow flowers all season long. These plants are native to Africa but quite happy here in our North Florida climate. They are recommended as a Florida-friendly landscaping plant, because they are low-maintenance and can withstand our cooler temperatures. Bush daisies prefer areas of full sun and are moderately drought-



Flower of the Week

Bush daisy blooms

tolerant once established. They need well-drained but moist soil; be sure to water newly installed plants regularly and then as needed long term.

Bush daisies feature dark green, lacy leaves and bright yellow blooms. They are beautiful when planted in large groups but also bold enough to stand alone. Bush daisies are sometimes considered a ground cover as they can grow two-to-three feet wide and may self-propagate from seeds that drop around the primary plant. Use them to add color to rock gardens, highlight the border of a garden bed or foundation, or fill in containers with other flowers. Bush daisies brighten any spot you choose and may attract butterflies to your landscape.

Be patient. Spring is coming soon!

Flower of the Week: Bush Daisy

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



Bush daisies

Photos provided by Kathy's Creative Gardens & Nursery

CROSSWORD

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15				16				
17						18								
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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				

ACROSS

- Not invited
- Whale ship captain
- One point south of southwest
- Small cavity in a rock
- Recidivists
- City of Angels hoopster
- A way to mark with one's signature
- OJ trial judge
- Rice cooked in broth
- One point east of due south
- One point east of southeast
- Complements an entree
- Grouped by twos
- Disfigure
- Woods
- Political action committee
- Longer of 2 bones in the forearm
- Kin groups
- Philippine Island
- Contrary to
- Bluish-gray fur
- Comprehend the written word
- Natural depressions
- Felines
- Breathe noisily
- Taxi
- Pancake made from buckwheat flour
- Swiss river
- Foot (Latin)
- Have surgery
- Formal withdrawal
- Monetary units of Peru
- Greek war god
- 2,000 lbs.
- High points

- A place to work or relax
- Sharp mountain ridge
- Helicopter
- Mimic
- Suggests
- More musty
- Large, flightless rail
- Make beer
- Soviet Socialist Republic
- People who can account for you
- Taunt
- South Dakota
- Cover the entirety of
- Kids' favorite visitor
- A way to save for retirement
- Fencing swords
- C. China mountain range
- Type of sandwich
- Team
- Paddle
- Partly digested food

- Most cagey
- Shoppers make one
- Cathode-ray tube
- Food supplies
- Backbones
- Concern
- Blood group
- Broadway songwriter Sammy
- Dutch colonist
- Full-grown pike fish
- Deity of a monotheistic cult
- Type of bread
- S. Nigerian people
- Scottish tax
- Young women's association
- Brazilian city
- Hide of a young animal
- Midway between north and northeast

SUDOKU

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

Level: Beginner

DOWN

- Green and yellow citrus fruit
- A bright color
- Thicket
- Journalist Tarbell

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!

Teri Thompkins is a local artist that grew up in St. Augustine and after traveling the world and living in both Europe and California made her way back home in 2005. Although she did not begin truly studying art in a classroom until later in life, she has always had a passion for it and has followed that passion, which even led her to traveling around Europe on her own when she was just 16 years old.

Teri Thompkins

As told to Anthony Richards

Tell us a little about yourself and your background.

I was born and raised in St. Augustine and lived in California for 25 years, also spending time in Europe, including Italy and Switzerland.

I grew up being a part of the local surf community and even after all that time away, I still consider myself to be a local girl at heart.

I came back home after years away around 2005.

I did not start studying art until later in life when my daughter got older and left the house for college.

Prior to that I had always just studied art by walking into churches and museums and looking around at all the artwork, especially after I went to Europe for the first time when I was just 16 years old.

I was a rebellious teenager, and I found out that people can do a lot of different things with their rebellious energy and that's what I chose to do with it.

At the time I was just young and fascinated with all things foreign.

Later on I became a mom and it took over my life, which I was happy with.

However, I never abandoned art entirely and I was always looking for things to do to feed that creativity.

Where do you get your inspiration for your artwork?

Of all the places I've been in the world, I've always thought of Anastasia Island as one of the best places in the world.

I think it's the solitude and lack of noise from the rest of the world that you can find there. There is really no noise, except for the sound of the ocean.

I run into other artists walking the beach there all the time, and it's because it's a nice break and gives you that place to be at peace and really think to yourself.

After all, how can one create if they are not one with themselves in that way. It provides such an inspiration for artwork.

Is there a certain type of artwork you specialize in?

I focus on paintings in oil and I do a variety of works, but I have an environmental series called Guardians.

It really allows me to bring my Italian renaissance inspiration to life as I capture local flora and fauna that are such common sights around this area.

The Guardian series is really more illustrated than some of my other works, but it is a good way of getting a message across through my work.

For years when I was younger I did stained glass windows for churches while I was in California, but I eventually left stained glass and got into painting much more.



Photo courtesy of Teri Thompkins

Teri Thompkins is a local artist that specializes in painting with oil and has a signature series that captures the beauty of local flora and fauna in the St. Augustine area.

I've found that it is amazing how one art form can influence the other. It's just another way to find inspiration, and it shows that inspiration can come from anywhere and anything around you."

What do you enjoy most about your job?

When I paint, my work is a little visual prayer that I end up saying through my depictions.

It is how I wish the world would be and I express those feelings in my various artworks.

How would you describe the local art community?

It has exploded since I was growing up here.

There weren't many artists around then, but now there are so many and so many different kinds of artists that are able to find beauty in such different ways.

I wrote a book called "The Master Artist Within," which focuses on the art and science of redirecting your creative energy.

It is a way that I can give back after all the years and experiences that I've been through.

St. Johns Riverkeeper launches new recreation website

St. Johns Riverkeeper has announced the launch of its new website, explorestjohns.com. The website is for outdoor enthusiasts and novices alike. Visitors to the site can search various categories such as hiking, kayaking, marinas, dining, places to stay and more, to learn about and plan outings throughout the St. Johns River watershed.

“An important part of our work at St. Johns Riverkeeper is to educate people about the wonders of the St. Johns and introduce them to the many beautiful and special places throughout the river’s watershed,” said Jimmy Orth, St. Johns Riverkeeper executive director. “The St. Johns is Florida’s longest river and one of the most unique and important waterways in the United States. Our new website is intended to make it easier for the public to get out and explore this national treasure.”

The website serves as a unique space for users to discover places to explore along the 310-mile St. Johns, including the lakes, creeks, tributaries and



natural lands that comprise the river’s nearly 9,000-square-mile watershed.

In addition to parks and outdoor recreation, the site highlights local businesses that are a part of the river community — including waterfront eateries, hotels and fish camps.

“We want Explore the St. Johns River to be a website people can come back to as their one-stop shop to find their next adventure along our St. Johns River, whether they’re looking for a new spot to camp for the weekend, a park to visit with the kids or simply a beautiful waterfront view for dinner,” said St. Johns Riverkeeper’s communications specialist, Rebecca Vecera. “Through this process of discovery, we also hope to establish in the community a greater sense of apprecia-

tion and stewardship for this amazing river.”

The St. Johns Riverkeeper team plans to continue to expand the website.

“For our initial launch, we wanted to include the more popular and acces-

sible places to visit along the river, that anyone can enjoy,” Vecera said. “As time goes on, we look forward to adding many more points of interest, and I can’t wait to hear feedback from users about their personal favorite spots now that we have launched the site.”

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St. Johns County officials were on hand at Jan. 11 open house to discuss the perpetual easements in relation to future dune projects to landowners along Ponte Vedra Beach that had questions.



Notaries were on hand during the open house for those oceanside landowners that wanted to go ahead and sign off on the perpetual easements.

Photos by Anthony Richards

Perpetual easements present revolutionary approach to dune projects

By Anthony Richards

There is a historic step taking place in St. Johns County and it is occurring along the Ponte Vedra Beach coastline.

It has become a regular occurrence for years that every time a storm rolls through the area causing damage to the shore by repleading the amounts of sand on the beach that act as the natural protective buffer between the ocean and those with property along the beach.

The next step after this happens is to begin the process of requesting homeowners along the effected stretch of beach to sign off on easements that would allow work to be done as part of the designated project to replenish the sand.

However, unlike in the past when the easement was only designated for that

specific project, the newest proposed easement would be perpetual, which means that the easement would be good for a lifetime.

Members of the St. Johns County coastal management disaster recovery team held an open house Jan. 11 at the Ponte Vedra Beach Public Library, to provide information to the public if needed and as an opportunity to get more signatures of property owners along Ponte Vedra Beach.

“The open house was put in place to give residents the opportunity to ask questions about the project,” said Joseph Giammanco, St. Johns County emergency management director. “We sent out letters and press releases, but we also wanted to give the opportunity for residents to actually come and talk to us and get a little more face to face time so

that they can see what they are actually signing.”

Notaries were on hand; in case any landowners wanted to go ahead and sign the easement on the spot.

According to Giammanco, the wording of the easement agreement could be modified in order to best suite questions or concerns that a landowner may have had.

“The intent is to have this in place so that we don’t have to come to you every time that we need an easement or something like this to do a project,” Giammanco said. “FEMA and sometimes in the response and recovery phase there is only a certain time that you have to do something. If we have a six-month window, and we have to spend four months getting easements, that only gives us two months to actually do the project.”

Even after the perpetual easement is signed, Giammanco assured that the landowners will still always be informed prior to any project taking place on their property.

“This is just a way that we can be more efficient and move forward with projects quicker,” Giammanco said.

Once a perpetual easement of a designated property is signed, the property is therefore forever bound to the easement even if the property is purchased by a new owner.

“We’re not building anything on the property or taking anything away, we’re just asking so that we can put sand on the property,” Giammanco said. “We know people are nervous when signing easement, and we get it, but at the end of the day, we’re just trying to help everyone involved.”



Photo courtesy of the St. Johns County School District

The Nease High NJROTC chapter was recognized by the St. Johns County School Board at a recent meeting for their accomplishment of being named 2022 first most outstanding unit in the nation.



Photo by Anthony Richards

THE PLAYERS senior vice president and executive director Jared Rice spoke about the upcoming 2023 event during a joint luncheon Jan. 11 hosted by the St. Johns County Chamber of Commerce Ponte Vedra Beach Division and the Jacksonville Chamber of Commerce.

THE PLAYERS enters sweet spot five years into March date

By Anthony Richards

Since THE PLAYERS moved back to March five years ago, it has become the custom that when the calendar changes to a new year it also signifies that talk surrounding THE PLAYERS begins to really heat up.

As a result, THE PLAYERS senior vice president and executive director Jared Rice was the guest speaker at a joint luncheon hosted by the St. Johns County Chamber of Commerce Ponte Vedra Beach Division and the Jacksonville Chamber of Commerce on Jan. 11, as the tournament is less than two months away.

“One of the biggest things with the move from May to March that we’ve seen from our partners and noticed internally from a planning perspective is that there is certainly more activity during the summer and through the early part of the holidays,” Rice said. “But when you come back from the holidays, it is going through the checklist because you are out of the conceptual phase at that point.”

No matter what time of year it is, having everything organized and in place heading into the next event is always

fresh on the minds of the THE PLAYERS staff.

“We start shipping in hospitality structures on Oct. 15,” Rice said. “We need to know our site plan by then.”

Making a move regardless of what it is in life can present a challenge and a natural transition that often takes place. However, Rice believes that after a handful of years since the switch was made, THE PLAYERS has fully adjusted and has found the sweet spot, scheduled this year for March 7-12.

“Moving everything a little bit earlier has taken a few cycles, but we’re certainly more accustomed to it now from a planning perspective,” Rice said. “As we speak to a more national audience and growing awareness of the event, being in the first quarter (of the calendar year) and the first major championship is really a positive.”

Another way in which Rice believes the tournament has become stronger is the adversity it has encountered the past couple of years with the 2020 championship being abruptly cancelled due to the COVID-19 pandemic and then having condensed crowds for its return in 2021,

only to have full-capacity crowds in 2022 only to have Mother Nature crash the party with historic amounts of rain and drastic temperature drops.

Through all that adversity THE PLAYERS crowned its past two champions and the tradition of being a marquee event on the calendar continued.

According to Rice, the variety of that adversity has made the championship rethink how it does certain things and the result is a more fine-tuned event that was done with both the betterment of players and fans in mind.

“There is no secret that we have faced a few challenges to say the least,” Rice said. “There’s not a lot of golf courses in the world that cannot take on six inches of rain in 36 hours and still play a major championship with the ball down. Although challenging, I think it turned out to be collectively our finest hour, and really made us aware of some things that we had never experienced before. I just loved to see the resiliency of all those involved.”

Rice has been working with THE PLAYERS since 2011 and has held the role of senior vice president and execu-

tive director since 2017.

“Seeing the growth has been awesome, and to have played a part in it is really energizing and inspiring, in that to get to this point, it has not been just one person or one thing,” Rice said. “To see our community engaged deeper through our volunteers and proud partners, and the PGA Tour and our entire ecosystem of golf push into that week, it paints a more thorough picture of how big the event has gotten over time.”

THE PLAYERS has been held in Ponte Vedra Beach since 1982, and because the town also served as the home of the PGA Tour, it was the dream of then PGA Tour commissioner Deane Beman to build a golf course that would challenge every style of play and create an environment that did not favor certain golfers more than others.

That dream has become a reality and THE PLAYERS is now a worldwide event that is broadcast in 212 countries and in 27 languages.

“It is a great infomercial and showcase of our community that we take a lot of pride in,” Rice said.

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DEATH NOTICES

Stephen Andrew Black

Stephen Andrew Black, 46, of Jacksonville, Florida, died Jan. 9, 2023. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com. 904-249-1100

Carol Wentz Boyd

Carol Wentz Boyd, 72, of Jacksonville, Florida, died Jan. 12, 2023. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com. 904-249-1100

Kimberly Hogle

Kimberly Hogle, 63, of Ponte Vedra Beach, Florida, died Jan. 13, 2023. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www.pontevedravalley.com

Darlene Ish

Darlene Ish, 69, of Ponte Vedra, Florida, died Jan. 14, 2023. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www.pontevedravalley.com

SherryLynn Lazoff

SherryLynn Lazoff, 50, of Jacksonville, Florida, died Jan. 13, 2023. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – 904-285-1130 – www.pontevedravalley.com

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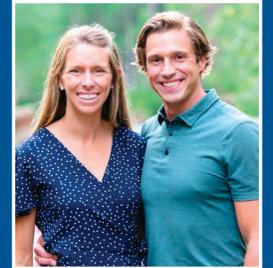
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Anastasia Miniature Golf a place to celebrate and have fun

By Shaun Ryan

With a pirate ship, tunnel and other unusual features, Anastasia Miniature Golf in St. Augustine has been a favorite source of adventure and fun for local residents and visitors since 1978. Its 18 holes take guests through several challenges. And many guests like to stop and feed the Japanese koi fish.

Keeping the venue fresh, the owners

have recently completed several renovations and added brand-new landscaping. In addition, Anastasia Miniature Golf now serves beer and wine.

From March through July, the course is open 9 a.m. to 11 p.m. Monday through Saturday and 9 a.m. to 10:30 p.m. Sunday. From August through February, it is open 10 a.m. to 10 p.m. seven days a week. The last admission

is one hour prior to closing.

Admission fees are as follows: \$12 for adults, \$10 for seniors age 65 and older, \$10 for kids under the age of 10, \$3.50 for kids younger than 3. A second round is \$6, and an all-day unlimited pass is \$18. A \$1 discount is offered for active military personnel and veterans with ID. Prices do not include sales tax.

In addition, the 1,500-square-foot, covered, outdoor deck can be rented to school and youth groups, for birthdays, corporate retreats, family reunions or pretty much any occasion. Tables and chairs are provided, and the deck

has power outlets and lighting. Food brought by the customer is accepted, and beer and wine can be served upon request.

Rental is \$100 for a two-hour block of time between 10 a.m. and 4 p.m. Each additional hour is \$30.

Rentals required at least eight people paying admission. If there are 15 or more people paying admission, a lower rate of \$9 per person is offered.

Anastasia Miniature Golf is located at 701 Anastasia Blvd., St. Augustine. For further information, go to anastasiaminigolf.com.

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DID YOU KNOW?

The pinnacle of birthday celebrations, if there's no piñata to break open, is when the birthday cake comes out and party attendees serenade the guest of honor. The song everyone harmonizes to is among the most widely recognized and well-loved tunes in the world. The "birthday song," also known as "Happy Birthday to You," is in the public domain in the United States and the European Union. The song originally was penned as a classroom greeting song titled "Good Morning to All," written by sisters Mildred J. Hill and Patty Smith Hill. Both were educators and developed unique teaching strategies to assist students. The song was composed by Mildred and the lyrics were written by Patty to be used in kindergarten classrooms.

It is unclear who changed the lyrics and turned the song into a birthday ditty, as none of the earliest references to the song included credits or copyright notices. Two tales circulate

regarding the eventual copyright of the song. One has The Summy Company registering a copyright in 1935, crediting authors Preston Ware Orem and Mrs. R. R. Forman. The other says Jessica Hill, sister to Mildred and Patty, who was working with publisher Clayton F. Summy Company, copyrighted and published "Happy Birthday to You" in 1935. Eventually Warner Chappell bought the company that was originally The Summy Company, and argued the birthday song was under copyright until 2030, making performances of the song illegal without paying royalties. However, a federal judge ruled in 2015 that Warner Chappell's claim to a copyright on the song was not valid. The judge ruled its registration only covered a specific piano version, not the melody and lyrics. Therefore, "Happy Birthday to You" can be sung both privately and publicly without being subject to royalties or other restrictions.

WHO'S WHO IN Healthcare

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Telethon, racing event to help save children's lives PAGE 27

...and more!

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Dreicer named Baptist Medical Center Beaches president after Mitrick retires

Jarret Dreicer, FACHE, MHA, vice president of operations for Baptist Beaches, assumed the role of hospital president on Tuesday, Jan. 10, following the retirement of Joe Mitrick, FACHE, a day earlier. The latter served 28 years with Baptist Health.

Mitrick began his career at Baptist Health in 1995 and served as hospital president for Baptist Beaches for more than a decade.

During his tenure, Baptist Beaches was named a World's Best Hospital by Newsweek, received a 5-star rating from the Centers of Medicare and Medicaid Services, received the Pinnacle of Excellence award for patient satisfaction from Press Ganey, and consistently received an A in patient safety from the Leapfrog Group.

In addition to serving as the leader of Baptist Beaches, Mitrick served as the president of transitional care for Baptist Health since 2011. In this role, he was the lead for ensuring that hospitalized patients requiring ongoing care or assistance with their day-to-day routines after discharge receive the support they need. He and his team have worked closely with many post-acute care providers to ensure excellent continuity of care.

"Joe's contributions to Baptist Health



Joe Mitrick

have been immeasurable, and his leadership has had a profound impact on the entire community," said Matt Zuino, executive vice president and chief operating officer for Baptist Health. "He has done a superb job of setting the stage for a smooth transition for Jarret to assume the role of hospital president of Baptist Beaches."

Dreicer joined Baptist Health in 2005 as a research analyst and was named system wide director of operational performance improvement in 2013. Prior to his current



Jarret Dreicer

position, he served as assistant administrator for Baptist Beaches as well as serving on the Baptist MD Anderson Cancer Center leadership team for program implementation.

In November 2021, Dreicer moved to Baptist Beaches full time to work closely with Mitrick in preparation to assume the hospital president role. As vice president of operations, Dreicer has overseen the Clinical Laboratory, Imaging, Cardiopulmonary Services, Rehabilitative Services,

Wound Care and Hyperbaric Medicine, Environmental Services, Food Services, Plant Facilities, Security, Safety, Emergency Management and Construction.

"We couldn't have asked for a better choice than Jarret to continue a legacy of great leadership for the Beaches community," Zuino said. "Jarret brings tremendous amount of passion and expertise to this vitally important and impactful role."

Dreicer earned a bachelor's degree in marketing, a master's degree in information age marketing from Bentley College in Waltham, Massachusetts, and a master's degree in health care administration from the University of North Florida.

He is deeply involved in the community, serving as a board member of the Beaches Division of the JAX Chamber, Baptist Home Health by Bayada, DLC Nurse & Learn and Jacksonville Country Day School. He was previous chair for Beaches Habitat for Humanity and the Baptist Health United Way campaign.

Dreicer is a member of UNF's Health Administration Advisory Board and is a founding member of UNF's Healthcare Administration department. In 2021, Dreicer received UNF's Distinguished Alumni Award. He is also a graduate of Leadership Jacksonville Class of 2018.

AT THE LINK

Honey Badger Project helps clinicians launch innovative businesses

By Shaun Ryan

In any profession, the vast majority will choose the "tried and true" approach. At the same time, a few others will always be looking for a better way. It's a dynamic that arises even in health care where some clinicians aren't satisfied with the way specific ailments are being addressed.

Still, it's one thing to identify that need – and perhaps even to propose a solution – but quite another to effect real change.

That's why almost 600 of these innovators in 14 countries have turned to The Honey Badger Project over the past three years.

The Honey Badger Project is a health care business incubator that helps clinicians reimagine their careers by leveraging technology. Clinicians from across the spectrum of health care enter the 12-week program with an idea and leave with a full-fledged business.

"It's like the Navy SEALs of business building," said Frank Benedetto, co-founder with Cedric Haddad of The Honey Badger Project. "It's fast. It's intense. And it all starts off with finding your niche."

Many of those who avail themselves of the incubator's program include nurse practitioners, doctors of osteopathic medicine, chiropractors, physical therapists, registered dietitians and occupational therapists. Much of the focus is on allied health professionals who Benedetto said tend to be more open to reimagining ways to deploy their knowledge and skillsets.

"The deeper that someone is ingrained into the health insurance world, the more difficult it becomes to get them to see creatively," he explained, "because their entire careers have been judged by how many sessions you can squeeze into a day."

A team of specialized coaches help the

innovators with product development, marketing, sales and operations. Daily support is often a part of the process.

The Honey Badger Project begins by identifying the population to be served and then the core problems the innovator wants to solve. These problems are reverse-engineered so that solutions can be found. Beta testing is done. Finally, the innovator learns to market and sell their idea.

Benedetto is a doctor of physical therapy who with Haddad launched a cutting-edge, direct-to-consumer physical therapy clinic in 2015. This grew to five locations. The men sold that business in 2019 and started two new projects: CounterStrike, a hybrid platform for combat athletes, and The Honey Badger Project, the mascot of which is widely considered to be the world's most fearless animal – symbolizing the courage of anyone willing to rethink their approach to health care.

Benedetto has an office at the link, an innovative co-working space and business incubator in the heart of Nocatee, the brainchild of entrepreneur Raghu Misra. One of the attractions the link has for many of its members is the work-life balance it offers, particularly the way it provides activities to children and youths even while their parents work in other parts of the facility.

"I'm someone who is wildly obsessed with my work," Benedetto said, "but not at the expense of my family."

For Benedetto, there is also the link's focus on innovation.

"The culture here is rooted in innovation," he said. "And I think that Raghu as the founder really lives that."

The Honey Badger Project can be found at wearehoneybadgers.com. Interested people can also search [frank_benedetto](#) on Instagram, find him on Facebook or email him at frank@wearehoneybadgers.com.

Baptist Medical Center Clay officially open

Clay County residents now have an ultra-modern, full-service hospital conveniently located on Fleming Island with the official opening of Baptist Medical Center Clay in December.

The six-story, 300,000-square-foot hospital includes 20 spacious maternity suites, a neonatal intensive care unit, advanced heart care, comprehensive cancer care and innovative surgical care, all in one place.

“Clay County residents told us they needed hospital-based health care services close to home,” said Hospital President Darin Roark. “Having a full-service hospital nearby eliminates having to travel out of the area to get high-quality medical care. Now, the community has the high level of patient care they expect from Baptist Health — right here in their own backyard.”

The hospital blends the most advanced medical care with patient comforts and an elegant design. Medical staff supplies and back-room operations are strategically tucked away from patient care settings to minimize noise and disruption. Large private patient rooms, calming LED lighting and soundproof doors add to a quiet healing environment.

Crews broke ground in November 2020 and worked more than one million hours to bring the hospital to fruition. Building the hospital during a pandemic led to preventive measures that were incorporated into the hospital design, including:

- The fourth-floor Intensive Care Unit can switch to negative-pressure rooms in an instant to maximize infection control. This prevents contaminated air or other dangerous particles from flowing into

noncontaminated areas.

- Restrooms are equipped with touchless fixtures and doors as an extra prevention measure.

- Baptist Clay has its own central energy plant to operate “off the grid” when needed. Hospital generators are sufficient enough to power up to 150 homes.

“Opening a full-service hospital on Fleming Island is the culmination of nearly two decades of planning and hard work,” said Baptist Health President and CEO Michael A. Mayo. “Baptist Health was determined to build a hospital in the growing Clay County area to expand health care choices for local residents and to give them the high level of quality patient care they deserve.”

The hospital was designed with room for expansion. Additional services can be added as the community continues to grow.

The fifth and sixth floors will be built out as the need for health care increases.

The hospital campus includes an outdoor jogging path connecting to Black Creek Trail.

“As part of Baptist Health’s commitment to the community, the plants and trees along the lake banks remain and the large Oak Grove on the southern end of the campus has been preserved,” Roark said.

Baptist Medical Center Clay is a \$234-million investment in the community, bringing 400 new jobs to Clay County. The general contractor is The Haskell Company, and the architect is Hunton-Brady Architects.

Baptist Clay is the only locally owned, locally governed, not-for-profit hospital in



Contributed photo

Baptist Medical Center Clay opened in December.

the county.

“Decisions about Baptist Clay are made locally by people who know and understand our community,” said Deborah Pass-Durham, board chair for Baptist Clay. “We are entrenched in the community, and shape our decisions based on local residents’ needs.”

Next door to the hospital is Baptist HealthPlace at Fleming Island, a new health and wellness center, which will include free health coaching, biometric screenings and nutrition planning. The center also features a variety of specialties, including primary care, cardiology, urology, neurology, walk-in lab draws and a spa-like Women’s Imaging Center for 3-D mammograms and bone density tests.

Baptist MD Anderson Cancer Center will join in spring 2023.

“Our growing medical campus is a place of health and wellness for the community,” said Roark. “We will host a variety of health-related events, such as ‘Talk with a Doc’ discussions on a variety of health topics.”

Roark joined Baptist Health in 2012 as an assistant administrator overseeing all emergency centers in the health system. He has served as administrator of the Baptist Clay Medical Campus since October 2013. He is past chairman of The Clay County Chamber of Commerce and is on the board of the Clay County Utility Authority.

“As a former nurse and a Clay County resident for many years, I am excited and honored to bring world-class, patient-focused health care to Clay County,” Roark said.

Rita 5K to fund breast cancer research

The Rita Foundation will conduct its inaugural Rita 5K & 1 Mile Fun Run on Saturday, Jan. 28, at Nocatee Station Field. The event is a fundraiser for the nonprofit organization’s mission to benefit breast cancer research.

Bib and timing chip pickup is 6:30-7:30 a.m. Race starts at 8 a.m. Fees are: \$35 for 5K race, \$40 for 5K on day of race, \$25

for one-mile fun run.

There will be 5K finisher medals and an award to the top first-place finishers. Post-race stretch offered by Stretch Zone. The event will feature DJ Jerry Boland, the Nease High School ROTC Color Guard, Pine Island Academy cheerleaders and the Spirit Squad “The Link” cheerleaders. In addition, there will be a raffle and refresh-

ments from Publix and Starbucks Nocatee.

Register at the Rita Foundation website: www.the-rita-foundation.org.

The foundation raises about \$225,000 annually from its event, The Seniorita.

Since 1996, the foundation has donated \$6,062,704 to breast cancer research.

The foundation is all-volunteer with no salary or overhead expenses associated with any of its special events.



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GUEST COLUMN

Emergent, urgent or primary: Know the difference

By Joseph L. Chow, MD

You wake up sweating at 3 a.m. on a Sunday morning with severe chest pain and nausea. Should you try to go back to sleep or call 9-1-1?

It's 7 p.m. on a Tuesday when you misjudge a curb and roll your ankle on an evening walk. Do you ice it and hope for the best or head to a nearby urgent care clinic?

It's Wednesday at 10 a.m., and you've been suffering with joint pain and fatigue for several days now. Can this be ignored or should you call your doctor?

Sometimes when medical situations arise, it's hard to know whether to call your primary care doctor, visit the nearest urgent care center or head straight to the emergency room. But there are some basic guidelines that can help you discern when and where to go the next time you or someone in your care is dealing with a medical issue.

Emergency Care

Emergency rooms (ERs) are set up to provide 24/7 treatment of the most serious and/or severe symptoms. They have advanced imaging and lab resources onsite and quick access to providers in specialty areas. Some examples of conditions that warrant an immediate trip to the ER include:

- Head injuries with loss of consciousness, drowsiness and/or confusion
- Severe burns
- Severe chest pain or pressure
- Shortness of breath
- Excessive or uncontrollable bleeding
- Choking
- Coughing or vomiting blood
- Seizures
- Compound fractures
- Sudden or severe headaches, paralysis or weakness
- Sudden changes in vision
- Anaphylaxis (severe allergic reaction)
- Electric shock
- Fever above 105 or a fever that is unresponsive to medication

Emergency room visits are expensive and often time-consuming, but the ER is always the best option for life- or limb-threatening conditions. If you or someone in your care is experiencing difficulty breathing, signs of a stroke or heart attack or a life-threatening injury, call 9-1-1 rather than driving to the nearest emergency room.

Urgent Care

Urgent care centers have set hours, which include evenings, weekends and holidays, and most centers don't require an appointment. They may offer X-ray and basic lab services. The purpose of urgent care is to treat urgent but non-life-threatening medical conditions that arise during hours when your primary care provider is unavailable.

Examples of conditions that are often treated in urgent care include:

- Sprains and strains
- Minor fractures
- Rashes and skin irritations
- Minor cuts and abrasions
- Mild to moderate asthma
- Moderate back pain
- Urinary tract infections
- Ear infections
- Sinus infections
- Upper respiratory infections
- Fever or suspected flu or COVID
- Vomiting and diarrhea
- Minor eye injuries

Urgent care centers are typically less expensive and quicker than visiting an emergency room. They may be staffed by physicians, nurse practitioners or physician assistants. They provide a convenient and efficient option for after-hours illnesses and injuries or same-day appointments when your regular physician is unavailable. However, it's important to remember that urgent care is designed to supplement rather than to replace your primary care provider.

Primary Care

Primary care providers (PCPs) are set up to function as the hub of your health care. They are typically open regular business hours and provide preventive as well as routine health care for you and your family. Their goal is to help patients by providing comprehensive care, disease prevention, diagnosis of acute and chronic illnesses, medication management and patient education. Your PCP partners with you on an ongoing basis as you navigate the health care system. If you can schedule an appointment and be seen by your PCP, they are the best choice of care for non-life-threatening conditions since they know you and your medical history.

Examples of primary care offerings:

- Physicals and annual exams
- Preventative care
- Prescription management and refills

Specialist is 'an electrician for the heart'

By Shaun Ryan

Good heart health is no small matter. And when a problem arises, it's critical to receive the best treatment available from an expert.

One place to find these experts is First Coast Heart & Vascular Center, a comprehensive cardiology practice that provides contemporary, evidence-based and compassionate care to patients. Board-certified cardiologists at the center are experienced in several sub-specialties.

One of those experts is Dr. Neil Sanghvi, an electrophysiologist.

"I specialize in heart rhythm disorders, so I'm an electrician for the heart," he said. "I manage all aspects of heart-rhythm-related problems, which involves managing devices like pacemakers and defibrillators, as well as performing specialized procedures called ablations to help eliminate or manage irregular heartbeats for patients."

For the most part, Sanghvi practices at two of the center's nine offices. One at 100 Whetstone Place, St. Augustine, and the other at 351 Town Plaza Ave. Suite 203 in Nocatee.

One area of interest for Sanghvi is improving techniques in atrial fibrillation ablation.

"Atrial fibrillation is the most common heart rhythm problem in the world and probably a big piece of the type of clinical programs I deal with for patients," he said. "One of the most effective therapies for managing that particular problem is ablation, which is one of those surgical procedures that I perform."

He called the prevalence of atrial fibrillation cases a "growing epidemic." Each year increasing numbers of patients are being diagnosed due to a multitude of risk factors. Age is one of these; people are living longer, so it's not surprising that more of them are developing problems.

Other contributing factors are uncontrolled obesity, hypertension, diabetes and sleep apnea.

Another area of interest for Sanghvi is the Watchman procedure, a minimally invasive implant for patients whose atrial fibrillation is not caused by a heart valve problem and who need an alternative to blood thinners.

The small implant helps to keep clots from developing in the heart. If allowed to form, these clots can break off and find their way to the brain, causing a stroke.

Sanghvi also has an interest in managing congestive heart failure with biven-



Contributed photo

Dr. Neil Sanghvi is an electrophysiologist with the First Coast Heart & Vascular Center.

SPECIALIST continues on Page 24



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Kinsey, Palencia Dental staff complete professional training

Team continues local philanthropy

Stephanie Kinsey, DDS, owner and founder of Palencia Dental, and her staff recently completed continuing education training at the 32nd Annual Bernard Jankelson Memorial Lecture and International College of Cranio-mandibular Orthopedics (ICCMO) conference in Louisville, Kentucky, concentrating on "A Multidisciplinary Approach to Treating Your TMD Patient." TMD stands for temporomandibular joint disorder.

The dental office team attended coursework including Gateway to Airway Issues, New Medicines to Help with Anxiety, Medical Billing, TMD/TMJ, and Advancements in Neuromuscular Dentistry.

Kinsey and staff also plan to attend the ICCMO's 33rd Annual Bernard Jankelson Memorial Lecture series in 2023. With the conference theme set as, "Stampede To Calgary," they will participate in classes pertaining to scientific advancement and education in occlusion, neuromuscular dentistry and TMJ/TMD diagnosis and treatment.

This year, Kinsey and professionals in her office also studied with The Brady Group in Colorado Springs, Colorado, which focused on communication principles to create a patient-centered practice.

The practice has continued its local philanthropy efforts to benefit children and adults in need of health care throughout St. Johns County during the Good Samaritan Health Centers Inc. Wildflower Healthcare's 1st Annual Putt-Putt Golf Fundraiser at Fiesta Falls Miniature Golf in St. Augustine. Kinsey donated \$1,500 as a major donor hole sponsor and funded

many of the golfers. In addition to donating her time and dental care to patients at Wildflower Healthcare, Kinsey serves on the nonprofit's executive committee and is the dental director.

For more than 27 years, Kinsey's concentration is in neuromuscular, sleep apnea, temporomandibular joint and temporomandibular joint disorder (TMJ/TMD), migraine pain dentistry treatments and oral surgery, along with implants and cosmetic dentistry and facial aesthetics, to name a few.

She is an American Academy of Dental Sleep Medicine Qualified Dentist. Her St. Augustine and Northwest St. Johns County dentistry practice is dedicated to restoring and enhancing the natural beauty of one's smile combining conservative and state-of-the-art procedures along with advanced dental medicine and aesthetics.

Kinsey is also a fellow with The International Association of Physiologic Aesthetics (IAPA) and serves as a member and fellow with IAPA's founding organization, the Las Vegas Institute for Advanced Dental Studies. She is certified with the Florida Board of Dentistry to administer intravenous conscious sedation for patient comfort during dental procedures.

Kinsey graduated with honors in 1994 from the University of Colorado Health Science Center in Denver, Colorado, and was accepted into a general practice residency in Chicago at the Illinois Masonic Medical Center as chief resident.

Palencia Dental is an independently owned dental practice at 159 Palencia Village Drive, Suites 107-109 in St. Augustine. For more information, call 904-826-4343. For further information, go to palenciadental.com.



Contributed photos

Dr. Stephanie Kinsey is seen at the recent conference.



Palencia Dental's Lori Fry is seen at the recent conference.



Members of the Palencia Dental team are seen at Wildflower Healthcare's miniature golf fundraiser.

GUEST COLUMN

Matching goal to exercise intensity

By Dr. Chris Kopp

It's that time of year when we tend to reflect on the past and look to the future. We set goals for ourselves, and sometimes these goals are on fitness and health.

However, the outside weather around here in the winter may limit outdoor activities as a way to improve our fitness and activity level.

Some tend to look to their local gyms as a place to exercise. But how do we decide where to begin? What machines? How much weight? How many repetitions? How often? Of course, there are sometimes trusted fitness professionals at the gyms who can assist.

Others will look to the internet and exercise videos to help. These can be a bit more structured and informative. The issue with this option is the lack of interaction between instructor and participant. Are goals discussed? Is it tailored to meet the individual's specific needs? Are past or current medical conditions taken into consideration?

One of my patients that I treat for

lower back pain issues relies on online videos for her fitness and exercise but consistently comes in with issues related to some of the exercises she is trying to do. I frequently have her perform her routine with me correcting her form. I also have given her instruction on the purpose of different exercises and what the dosage should be based on the desired effect.

Exercise dosage is not something most folks consider. The general tendency is to use the old and true concept of three sets of 10. However, this is not the best strategy as, again, it is not specific for a purpose.

As a doctor of physical therapy, and someone who has achieved board certification in orthopedics and serves as an adjunct faculty member for the University of North Florida DPT program, exercise dosing has become a crucial area of knowledge for myself, not just for my patients but also my students.

Medical exercise therapy is a concept introduced in the 1950s by Norwegian physiotherapist Oddvar Holten, through which he created a model of exercise

intensity based on a specific number of repetitions called the Holten Curve. The Holten Curve gives instruction on the number of repetitions of a given weight that produces fatigue and the functional quality targeted.

For instance, if one wants to work on power, five repetitions to fatigue, general strength would be 10-15 repetitions to fatigue (hence the three sets of 10). Endurance would be 25-30 repetitions to fatigue. Sometimes, the goal may not be a strength change necessarily; it could be a stimulus for tissue healing or reduce swelling and could even be for pain relief with the repetitions being greater than a 30 count and no fatigue is produced.

Knowing your exercise dosage is key to achieving the results you may be after. Proper exercise dosing is even more important if one has a current or past medical problem, particularly a musculoskeletal issue. That is why the concept of medical exercise therapy and the Holten Curve was developed by a physiotherapist.

Physical therapists are movement specialists who have a keen understanding

of anatomy, physiology, biomechanics and can examine individuals to identify specific impairments related to functional deficits. Their interventions should always be patient-centered and rely on quality research and the latest evidence. This allows for a much safer, efficient and specific plan of action. One would hope their physical therapist is also knowledgeable in medical exercise therapy as well for the reasons mentioned in this article. Consulting your physician is typically recommended when beginning an exercise routine; however, a licensed and experienced physical therapist also can be a good resource when looking to improve your health and wellness, particularly in the presence of an underlying physical issue.

Dr. Chris Kopp PT, DPT is a licensed doctor of physical therapy and is a board-certified orthopedic clinical specialist and owner of Premier Physical Therapy. He can be reached at info@premierptjax.com or by calling 904-996-6922 or online at premierptjax.com.

\$400K funding competition opens for organizations supporting medically complex children

The CareSource Foundation has announced that nonprofit organizations in Florida will soon be eligible for funding through the CareSource Foundation Grant Challenge. The CareSource Foundation Grant Challenge will award a total of \$400,000 to Florida community-based organizations and nonprofits focused on demonstrating effective, practical solutions to address the needs of children and youth in medically complex care.

CareSource is a nonprofit, nationally recognized managed care organization that administers one of the fastest growing Medicaid managed care plans in the country. For more than 30 years, CareSource has built trusted relationships with the mission of transforming health care with innovative programs and a model of care that address the social determinants of health, health equity, prevention and access to care. CareSource and its family of brands have been a part of improving quality of services offered to Floridians since 2019.

Florida is the fourth state where the CareSource Foundation Grant Challenge will take place.

Since 2006, the CareSource Founda-

tion has awarded more than \$28.5 million to nonprofits across the country that are working to eliminate poverty, provide much-needed services to low- and moderate-income families, and develop innovative approaches to address critical health issues.

"Floridians know best which organizations are moving the needle on the intricate needs of medically complex children in their communities, so the CareSource Foundation is looking to follow their lead," said Jenny Michael, senior vice president of advocacy at CareSource. "Our goal is to support the sustainability and expansion of their important work to improve health outcomes, health access and support for families and caregivers so these children can live their best possible life."

"Medically complex" is a term used when a child has a medical condition that requires ongoing specialized care, according to Children First. The medical condition can vary from rare illnesses to premature birth, in addition to some incidents involving an occurrence of physical trauma. These conditions are typically functionally limiting and, in some cases,

life-threatening.

The CareSource Grant Challenge will roll out across the state by region, with the Northeast Florida nominations window being Feb. 9 to March 9. For further information, go to caresource.com/about-us/caresource-foundation/grant-challenge, which also includes nomination eligibility, selection criteria and deadlines by county.

The state-specific competition invites the community to nominate and vote for nonprofits. Organizations are encouraged to rally their supporters for votes to increase their chances of winning.

The CareSource Foundation will award grants to at least 30 organizations throughout the state.

For more information, go to caresourcefoundation.com.

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Neil Sanghvi,
MD, FACC, FHRS



Ameeth Vedre,
MD, FACC, FACP,
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The COA Center at Flagler Health+ Village at Nocatee is located at 351 Town Plaza Ave., Suite 205.

COA Center in Nocatee announces February programs

The following programs will be held in February 2023 at COA Center at Flagler Health+ Village at Nocatee, at 351 Town Plaza Ave., Suite 205, Ponte Vedra. Registration is required, and space is limited. Unless specified otherwise, register by email to pbrunell@stjohnscoa.com or by calling 904-819-3234. Classes are open to those age 18 and older.

TUESDAYS

Caregiver Support Group:

All caregivers are welcome. Meets every Tuesday from 1 to 2 p.m. There is a trained facilitator present at every meeting to guide the group.

Know When to Seek Physical Therapy:

Everyone could benefit from physical therapy at some time in their life. Find out how to know how and when from Dr. Brandi Renfro, 11 a.m. to noon Feb. 14.

Widows and Widowers:

Social group meeting the second and fourth Tuesday of every month from 11 a.m. to 12:30 p.m. Register in advance for one or both Tuesdays.

Herbology:

Discussion this month will be on the therapeutic use of herbs. This hands-on course is taught by Professor James Carucci. Cost is \$25 for four one-hour sessions. Advance registration is required, and space is limited. To register, go to <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>.

Every Tuesday in February, 3-4 p.m.

Virtual Dementia Tour:

Learning what a person living with dementia is experiencing can help us understand their thoughts and actions. Ten-minute appointments are available on Feb. 28, beginning at 9:30 a.m. Call to schedule in advance.

WEDNESDAYS

Open Art:

Bring your art or craft project to work on while socializing with friends. Meets every Wednesday from 9:30 to 11:30 a.m.

Grief Support Group:

This group is for anyone dealing with grief from the loss of a loved one and offers support and validation by being with people who have experienced loss. A trained facilitator will be present. 10:30 a.m. to noon Feb. 1 and 15.

Mah Jongg Meet-up:

Open play for experienced players. February 1, 8 and 22 from 1 to 3 p.m., and February 15 from 3 to 5 p.m.

Tai Chi:

Improve mood, increase energy and stamina, improve flexibility, balance and muscle strength with instructor Dennis Sheils. All levels welcome. Wednesdays, starting Feb. 1 for four weeks; class time 1:30 p.m. Cost is \$25. To register, go to

COA CENTER continues on Page 21

COA Center

Continued from 20

<https://coasjc.coursestorm.com/category/coa-center-at-nocatee>.

Ask the Pharmacist:

Do you have questions or concerns about the prescription medications you take? Retired pharmacist Ray Lowe is here to help. Call to schedule a one-on-one appointment. Feb. 8, morning appointments available.

Genealogy Group:

A genealogy expert will guide you in discovering your roots on the third Wednesday of each month. Feb. 15, from 1 to 2:30 p.m.

Exploitation of the Elderly and Disabled:

Presented by St. Johns County Legal Aid Managing Attorney Megan Wall. Feb. 22 from 10 to 11 a.m.

Guide to a Plant Based Diet:

Carla Defuria, registered dietitian and health coach at Flagler Health+ Village at Nocatee, will speak. Feb. 22, from 3 to 4 p.m.

Caregiver Needs Assessment:

Make an appointment with a qualified dementia care specialist who will: set up a time to discuss your situation, one to one; develop an individualized education and needs assessment; support and guide; empower you to find solutions for those needs. Call to schedule an appointment at 904-814-9407.



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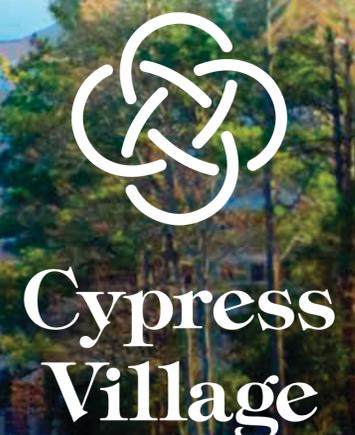
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Contributed photos



Kathy Barbour



Camille Harrison



Shavondra Huggins, DNP, APRN



Amber L. Isley, MD



Akilah J. Pope, MD



Christine Smith



Cindy Stover



There will be a drawing at this year's luncheon for the "Heart of Jacksonville" necklace, donated by Allen's Jewelers.

Seven 'Women with Heart' to be honored at annual event

Luncheon also marks Volunteers in Medicine anniversary

One of Jacksonville's biggest events honoring women in health care is back for its seventh year of celebration.

On Wednesday, Feb. 1, Volunteers in Medicine (VIM) will host the Seventh Annual Women with Heart Luncheon at the Florida Blue Conference Center. This year's event has the distinction of also commemorating VIM's 20th anniversary as one of the region's most vital providers of health care for the working uninsured.

The Women with Heart honorees are chosen for their commitment to leadership, advocacy and the health of the community.

"Each year we celebrate and honor a remarkable group of women who have made noteworthy contributions to the well-being of our community," said Dr. Barbara Darby, VIM Board chair. "Our 2023 honorees are truly exceptional by any measure."

Seven Women with Heart will be honored at the event, each of whom has committed to a month of advocacy and

service to the clinic. The community is invited to personally congratulate these 2023 honorees:

- Kathy Barbour — Brooks Rehabilitation
- Camille Harrison — Florida Blue
- Shavondra Huggins, DNP, APRN — University of Florida
- Amber L. Isley, MD — Ascension St. Vincent's
- Akilah J. Pope, MD — Florida Department of Health
- Christine Smith — Baptist Health
- Cindy Stover — TD Bank

"It is critical that we have capable, talented individuals at the helm of public health," said VIM CEO Jennifer Ryan. "These seven women are indispensable; we simply could not do without their dedication to the wellbeing of the community."

The Women with Heart Luncheon kicks off a year-long awareness and fundraising campaign for VIM. This year's luncheon also features a drawing for the "Heart of Jacksonville" necklace, donated by Allen's Jewelers and valued at \$12,500.

Tickets can be purchased for \$100; only 150 tickets will be sold.

Sponsors are being sought for the event. Sponsorships help ensure that

those who do not earn enough to meet their basic needs have access to health care. This is especially the case for the 68% of VIM's patients, who are working women.

Failing to provide preventative care means that treatable diseases will be missed, and, in many cases, these women may end up in an emergency room. Through the Women with Heart Luncheon, VIM can provide these women with a medical home and a brighter future.

The 2023 Women with Heart sponsors include:

- Presenting Sponsor: Florida Blue
- Heart of Jacksonville Sponsor: Allen's Jewelers
- Champion Sponsors: Bacardi
- Honor Sponsors: Dr. Jim and Mrs. Mary Burt, Dottie Dorion, TD Bank, Publix Super Market Charities, Helen Morse and Fritz Skeen
- Shero Sponsors: UF Health, Baptist Health, Forcura, UNF Brooks College of Health, Brooks Rehabilitation
- Table Sponsors: Mayo Clinic, First Coast Cardiovascular Institute, HCA Florida Memorial Hospital, Goodwill Industries of North Florida, Medtronic, Dr. Shavondra Huggins, Dr. Akilah J. Pope, Ascension St. Vincent's, First Horizon

Bank, Amy Huveltdt, Vystar Credit Union and Regions Bank.

To become a sponsor of the 2023 Women with Heart Luncheon, call 904-399-2766 extension 123# or go to vimjax.org/vim-events/women-with-heart2023.

For further information about the 2022 Women with Heart Luncheon, go to VIMJAX.org/vim-events/women-with-heart2022.

For further information about Volunteers in Medicine, go to VIMJAX.org.

Founded in 2003 by Dottie Dorion and Dr. James Burt, Volunteers in Medicine Jacksonville is a nonprofit organization that serves the working uninsured.

VIM is a full-service medical clinic with two locations: 41 E. Duval St., open 9 a.m. to 5 p.m. Monday through Friday, and 9 a.m. to noon Saturdays; and West-Jax, 5927 Old Timuquana Road on the campus of Inspire to Rise, a community center.

For nearly 20 years, the clinic has been funded by grants and private donations, receiving no federal funding. With more than 240 active health care volunteers, VIM is able to provide \$3 worth of care for every \$1 given.

For further information, go to vimjax.org or call 904-399-2766.

Benchmarks in Health

A look at major health career developments in the area.



Angie Metcalf

Flagler Health+ announces executive leadership promotions

Flagler Health+ has announced the promotions of Angie Metcalf and Donna Wagner.

Metcalf, who had previously served as executive VP, chief HR officer, has been promoted to executive VP, chief administrative officer. She will retain her previous responsibilities over the human resources and marketing communications function in addition to responsibilities for the partnership integration.

Wagner, who recently celebrated 10 years with

Flagler Health+, has been named VP, chief nursing officer, a role she previously held on an interim basis. Wagner has an extensive nursing background including time spent as a nursing assistant; a bedside nurse in Med/Surg, ICCU, ICU and open-heart recovery; a nursing educator and adjunct professor; as well as having experience in quality patient experience.



Donna Wagner

Leik named Ronald McDonald House Charities of Jacksonville CEO

Joey Leik has been appointed CEO of Ronald McDonald House Charities of Jacksonville. She will lead the strategic vision for the organization's long-term growth, impact and delivery of mission.

Leik brings more than 15 years' experience of operational management, fundraising and marketing into her new role. Her nonprofit experience includes serving



Joey Leik

as the director of development and public relations for Hospice of Dubuque, director of public and community relations for Dubuque Racing Association and president and CEO of United Way of Dubuque Area Tri-States.

Vavilala named to Government Employees Health Association post

The Government Employees Health Association (GEHA) has announced the appointment of former St. Augustine resident Raj Vavilala as chief sales, marketing and product officer. In his new role, Vavilala will seek to fuel subscriber growth at GEHA while maintaining focus on member retention through oversight of the development, implementation and administration of GEHA's product portfolio and all sales, marketing and communications efforts, as well as the company's customer experience initiatives.

Vavilala will focus his efforts on enabling members and their families to achieve better health through meaningful products, actionable communication and simplified experiences.

He brings more than two decades of experience in senior health insurance roles to GEHA.



Dr. Elizabeth Di

Elizabeth Di, MD, Joins Flagler Health+ Primary Care

Dr. Elizabeth Di, a board-certified family medicine physician, has joined the Flagler Health+ network of primary care providers. Di is now scheduling appointments for new patients at the Flagler Health+ Primary Care office

at Greenbriar, located at 304 Ashourian Ave., off of County Road 210 in northern St. Johns County. Di, who will see patients from newborn and older, joins Dr. Mark Michaels at the location.

Di previously practiced family medicine at University Hospitals/Lake Health Mentor Family Practice in the greater Cleveland, Ohio, area. She is fluent in Spanish and has special interests in women's health, long-acting reversible contraception and the care of underserved patients.

Di earned her bachelor's degrees in psychology and Latin American studies from the University of San Francisco and completed her master's in community and

social psychology from the University of Massachusetts-Lowell. After receiving her medical degree from the Northeast Ohio Medical University in Rootstown, Ohio, she completed her residency in family medicine at Case Western MetroHealth Medical Center in Cleveland, Ohio, where she was education co-chief, centering pregnancy leader and adjunct course instructor.

To learn more, go to flaglerhealth.org/greenbriar or call 904-819-1006.



Dr. Ana Amelia Sanchez

Community Hospice & Palliative Care's Sanchez awarded fellowship

Ana Amelia Sanchez, MD, chief medical officer of Community Hospice & Palliative Care, has been awarded one of the nation's highest medical honors. Sanchez and only 66 other physicians in the United

States are now fellows of the Academy of Hospice & Palliative Care Medicine. The academy's fellowship process began more than a year ago and required a substantial time commitment from applicants to cover the highly comprehensive milestone-based educational curriculum.

Sanchez's career at Community Hospice & Palliative Care spans almost 12 years. She began as a chief medical director and was promoted to chief medical officer in 2021. A patient advocate, Sanchez has always poured herself into her profession to support patients in need of palliative care for advanced illnesses and compassionate hospice care for individuals with a limited life expectancy.

The fellowship program of the Academy of Hospice and Palliative Care Medicine was created to address the demand for palliative care resources to support the aging population of the United States. Fellows are given the tools they need to mentor and teach the next generation of physicians in the core precepts of palliative medicine to yield better outcomes for patients and their families.

Sanchez has educated countless physicians and advanced practice registered nurses on the palliative care discipline throughout her career.

— Compiled by Shaun Ryan

Alleviate everyday aches and pains

Pain occurs for a variety of reasons. Pain may be a byproduct of overuse of a particular part of the body, or it could signal an underlying illness or condition. Sometimes injury is at the heart of aches and pains.

Daily aches and pains may be seen as a normal byproduct of aging, but that does not mean aging individuals should simply accept pain. In fact, daily discomfort can be remedied with some relatively easy techniques.

• **Get moving.** Lower back pain is common among adults, and most often appears when individuals are in their mid-30s and 40s. Strength training and cardio exercises can remedy this pain because these activities increase blood flow and help build core

muscles, which support the spine. Support can alleviate pressure on the discs in the back. Exercising also will build strength in other areas of the body and support joints.

• **Practice good posture.** Sitting and standing with optimal posture can help the body feel better. The body is designed to stand in a "neutral" position that stacks the pelvis, head and torso, according to DMC Healthcare. When posture is out of whack, this puts undue stress on muscles, leading to pain. Dropping your head or shoulders also can create unnecessary tension that leads to headaches. Good posture can alleviate this.

• **Exercise more often.** Certain pains arise when exercising for the first time or

performing a new activity. Allan H. Goldfarb, Ph.D., a professor and exercise physiologist at the University of North Carolina, Greensboro, says when you do the same activity again and again, your muscles will start to get used to it and soreness will be reduced. Don't give up on exercise too soon, but include off days in your routine to give your body time to become more acclimated to increased physical activity.

• **Get tested.** Speak with your doctor if you have chronic pain in one or more areas. Such pain may be a sign of osteoarthritis, an inflammatory condition that is associated with aging. Rheumatoid arthritis and other autoimmune conditions can cause aches and pains as well, leaving the joints

and tendons inflamed and a body with low energy. A doctor can rule out these conditions or help you get the therapy and medications you need.

• **Increase stretching and movement exercises.** Incorporate stretching and movement exercises like yoga or tai chi into your daily regimen. These activities slowly stretch areas of the body and can improve range of motion and flexibility over time.

These are just a few ways to address common aches and pains. Medical interventions, physical therapy, occupational therapy and ergonomics assessments, and massage therapy also may help to alleviate aches and pains.

Dental hygiene is about more than just your teeth

According to the Mayo Clinic, poor oral health might contribute to various diseases and conditions. Periodontitis is a severe yet preventable gum infection that can lead to tooth loss if left untreated. But the threat of periodontitis doesn't end in the mouth. The American Academy of Periodontology notes there's a connection between periodontitis and several other diseases. While bacteria was long suspected to be the link between periodontitis and other diseases in the body, the AAP notes that recent research points to inflammation as the culprit that connects periodontitis with diseases such as diabetes and heart disease.

Diabetes

The AAP notes that people with diabetes are at increased risk for periodontal disease, speculating that diabetes patients' risk is higher because people with diabetes are more vulnerable to infections than those without diabetes. While that suggests periodontal disease is a byproduct of diabetes, the AAP notes that research points to the relationship being a two-way street. Periodontal disease may make it more difficult for people with diabetes to control their blood sugar, making dental

hygiene an especially vital component of routine healthcare for people with diabetes.

Heart disease

The AAP notes that research indicates periodontal disease increases a person's risk for heart disease, with the inflammation caused by the former leading to the latter. People with existing heart conditions also may find that periodontal disease exacerbates those conditions. The Mayo Clinic notes that the link between heart disease and periodontal disease is not fully understood, but enough studies have been conducted for scientists to support the notion that the two are connected.

Can periodontal disease be prevented?

Periodontal disease is preventable. A daily dental hygiene regimen that includes brushing after meals, flossing at least once per day and swishing with mouthwash are some simple, healthy habits that can prevent periodontal disease. In addition, the AAP recommends that people at increased risk for periodontal disease, including the elderly and smokers, should discuss their risk with their dental professionals.

Specialist

Continued from 17

tricular devices.

Congestive heart failure occurs when the heart doesn't pump blood as well as it should. Fluid builds up in the heart and lungs, which is why sufferers become very short of breath.

In addition, with some people, the two sides of the heart are out of sync.

"What we have found is that when we pace the heart and resynchronize the heart, many times these patients have a much lower risk of developing that congestive heart failure or ending up in the hospital because of fluid overload and often feel better in terms of activity level, energy and so forth," Sanghvi said.

For some sufferers, a pacemaker is the answer. Alternately, a defibrillator will not only pace the heart but will also admin-

ister a shock should a life-threatening problem arise.

Sanghvi said he likes having a positive impact on patients.

"There are very few things in adult medicine where you can potentially cure or significantly alter a patient's trajectory, and I'm fortunate enough to be in an area where there are certain therapies that I provide that are able to cure people of certain problems or really markedly change how they feel," he said. "When those patients come back and tell me, 'Hey, what you did for me made a real difference,' that really makes this enjoyable."

In addition, he said electrophysiology gives him opportunities to work with new gadgets and tools.

"That keeps it always exciting," he said.

For further information on the First Coast Heart & Vascular Center, go to firstcoastheart.com.

Difference

Continued from 16

- Vaccinations
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Primary care, urgent care and emergency care are designed to work in tandem with each other to ensure that you have access to appropriate, quality health care wherever and whenever you need it.

Joseph L. Chow, MD, is president of TeamHealth Ambulatory Care. Article provided by Flagler Health+.



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Important reasons to visit a primary care physician

It is vital to make personal health a priority. Despite that widely accepted truth, far too often people delay trips to see their doctors. The coronavirus pandemic only compounded this issue. An April 2020 report from Modern Healthcare found roughly one in three Americans delayed medical care as they coped with the financial loss and stress caused by COVID-19. A report from CTV indicated Canadian cancer diagnoses were down 16 percent from 2018 to 2020 due to closed facilities or fear of getting COVID-19 from medical offices.

Concerns about the pandemic are not the only reasons individuals may skip doctor visits. Some avoid going to the doctor due to fear of the unknown. Dr. Barbara Cox, a psychologist based in San Diego, told NBC News that it's common to feel reticent and anxious about going to the doctor. Around 3 percent of the population actually suffers from iatrophobia, the medical name for fear of doctors. Most just worry about getting bad news.

A refresher course on the benefits of visiting a primary care doctor may compel millions to schedule appointments and get back on top of their overall health.

• **Chronic disease management:** An individual with a chronic disease, such as kidney disease, diabetes or hypertension,

should consult with a doctor about the ideal frequency of visits and to coordinate medication and testing with specialists.

• **Vaccines and shots:** Primary care providers (PCPs) offer routine vaccinations and can ensure that individuals are up-to-date on the immunizations they need to stay safe. Tetanus, diphtheria, shingles, pertussis, flu, and now COVID-19 vaccines are vital to overall health.

• **Medical referrals:** A PCP can assess a health situation and refer a patient to the correct specialist if more extensive care is needed. However, many chronic conditions can be monitored and addressed by a PCP.

• **Cancer screenings:** UW Medicine, which specializes in patient care, research and physician training in Seattle, says most people will need a few cancer screenings as they age, including colonoscopies, Pap smears, mammograms, and other important diagnostic tests for cancer. PCPs are usually the first line of defense against cancer and can ensure patients receive the screenings they need.

• **Non-life-threatening illnesses or injuries:** Unless a situation is life-threatening or severe, thereby warranting a trip to the emergency room, most people can visit their PCPs for help treating a variety of conditions. When in doubt, individuals should first consult with their general



practitioners about the right course of treatment.

• **Routine lab work:** Blood and urine tests often are part of annual well visit checks. Many PCP offices have phlebotomists on staff so that lab work can be conducted in the convenience of one place and then sent out for testing.

• **Work or sports physicals:** Certain

employers require physical examinations, as do schools and recreational sports leagues. PCP offices are the place to go for these types of examinations, which are generally recommended annually.

Primary care physicians are often the first people to turn to for a bevy of health and wellness needs.

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DONNA Marathon Weekend Returns Feb. 3-5

DONNA Marathon Weekend, presenting the only marathon and half marathon in the United States dedicated to breast cancer research and care, returns Feb. 3-5. This annual event supports The DONNA Foundation, which provides financial assistance and support to families living with breast cancer, funds groundbreaking breast cancer research and celebrates survivorship.

Now celebrating its 16th running, the theme of the 2023 DONNA Marathon Weekend is "Destination DONNA," celebrating DONNA Marathon Weekend as a beautiful destination race, bringing thousands of runners to Jacksonville from around the world.

The theme also reinforces the foundation's destination vision of a future without breast cancer as it celebrates its 20th anniversary year.

"We are excited to see runners, survivors, families and friends this February as we celebrate the 20th anniversary year of The DONNA Foundation," said Amanda Napolitano, executive director of The DONNA Foundation. "It's hard to believe this is the 16th running of DONNA Marathon Weekend, and we continue to be in awe of every walker, runner and supporter who laces up with us in support of the patients and families we serve every day. We look forward to welcoming everyone to Jacksonville and our Beaches this February."

Here's a look at the event schedule:

Friday, Feb. 3

- Social Shakeout Run (three-mile run/walk), hosted by Destination Marathons and DONNA D-Squad, 8 a.m. at Cup of Job, 119 1st Ave. North, Jacksonville Beach. Free and open to all.

- DONNA Health & Wellness Expo, presented by the Jacksonville Jaguars, 10 a.m. to 6 p.m. at Dream Finders Homes FlexField at TIAA Bank Stadium, 1 TIAA Bank Field Drive, Jacksonville. Free and open to the public, free parking.

- DONNA Anniversary Reception, hosted by O-Ku, 5-8 p.m. by invitation only. O-Ku Sushi, 502 1st St. North, Jacksonville Beach.

Saturday, Feb. 4

- FIS DONNA 5K, presented by Equitable Advisors, and DONNA Booby Trap Challenge Day 1. TIAA Bank Field, 1 TIAA Bank Field Drive, Jacksonville. 6:30 a.m. registration and packet pickup opens inside the expo. 8 a.m. 5K Start. Free parking.

- DONNA Dash, TIAA Bank Field, 1 TIAA Bank Field Drive, Jacksonville. 6:30 a.m. registration and bib pickup opens inside the expo. 9:30 a.m. fun run start. Free parking.

- DONNA 110 Ultra Marathon, TIAA Bank Field, 1 TIAA Bank Field Drive, Jacksonville. 7:30 a.m. start. Free parking.

- DONNA Health & Wellness Expo, presented by the Jacksonville Jaguars, 8

a.m. to 2 p.m. at Dream Finders Homes FlexField at TIAA Bank Stadium, 1 TIAA Bank Field Drive, Jacksonville. Free and open to the public, free parking.

Sunday, Feb. 5

26.2 with DONNA National Marathon to Finish Breast Cancer, DONNA National Half Marathon to Finish Breast Cancer and DONNA Booby Trap Challenge Day 2

5 a.m. shuttle parking opens at UNF Lot 18

6 a.m. Athletes' Village presented by the Jacksonville Jaguars opens

7:27 a.m. wheelchair start

7:30 a.m. start

- DONNA Start/Finish Line presented by Gilead Oncology, Seawalk Pavilion, 75 1st St. North, Jacksonville Beach.

- DONNA Marathon Finish Line Party, hosted by Surfer [The Bar], 200 1st St. North, Jacksonville Beach. 8:30 a.m. to 2:30 p.m. Invitation only.

- Post-Race Party: 8:30 a.m. to 2:30 p.m. at Seawalk Pavilion, 75 1st St. North, Jacksonville Beach. Free and open to the public.

- 26.3 Party hosted by Jeff Galloway: 1:30 to 3 p.m. at Seawalk Pavilion, 75 1st St. North, Jacksonville Beach. Open to all.

Registration Costs

Registration remains open online until Feb. 4 for most events. Please confirm

participation on the website for all pertinent registration information.

- Marathon: \$125 to register, online registration closes at 1 p.m. Feb. 4

- Half Marathon: \$105 to register, online registration closes at 1 p.m. Feb. 4

- FIS DONNA 5K, presented by Equitable Advisors: \$40 to register, registration closes at race start Feb. 4

- DONNA Dash: \$35, \$25 for ages 10 and younger to register, registration closes at race start Feb. 4

- Booby Trap Challenge (Full): \$180 to register, registration closes at 8 a.m. Feb. 4

- Booby Trap Challenge (Half): \$160 to register, registration closes at 8 a.m. Feb. 4

- 110 Ultra Marathon: \$125 to register, registration closes at 5 p.m. Feb. 3

Virtual options are available for the 5K, Booby Trap (both half and full), and half and full marathon events. Registration closes at 1 p.m. Feb. 4.

Free parking will be available at TIAA Bank Field for all downtown events, including the two-day expo, Friday and Saturday.

Additionally, there will be free parking for all marathon and half-marathon participants and spectators at UNF Lot 18, beginning at 5 a.m. on race morning. Shuttle service to the start/finish line will begin at 5 a.m. and will run continuously until 3 p.m. Arrive early and allow time for traffic delays.

Tips to tame daily anxiety

Anxiety affects millions of people worldwide. The Anxiety & Depression Association of America indicates anxiety disorders are the most common mental illness in the United States, affecting 40 million adults age 18 and older every year, which equates to around 19.1 percent of the population.

What is an anxiety disorder?

The National Institute of Mental Health says anxiety disorders include panic disorder, generalized anxiety disorder, agoraphobia, specific phobia, social anxiety disorder, post-traumatic stress disorder, obsessive-compulsive disorder, and separation anxiety disorder. Though the causes of these anxiety disorders may differ, each is characterized by excessive anxiety and related behavioral disturbances.

Anxiety disorders can range from mild to severe, and could affect daily life in various ways. Those with anxiety disorders are three to five times more likely to visit the doctor and six times more likely to be hospitalized for psychiatric disorders than those who do not have anxiety disorders, states the ADAA.

Who gets anxiety?

Factors such as genetics, personality and lifestyle can determine if a person is likely to develop an anxiety disorder. According to Healthline, those in professions such as healthcare and social work, people of color and

members of the LGBTQIA+ community are more likely to experience anxiety and elevated stress levels.

Addressing anxiety

There are several steps people can take to alleviate anxiety every day.

- **Exercise:** Moving more may help to relieve stress that can lead to anxiety. Study participants who engaged in exercise two days per week reduced overall perceived stress. Physical activity also can improve mood.

- **Sleep:** Quality and quantity of sleep can affect mental health. Doctors recommend around eight hours of sleep each night. If anxiety is affecting sleep, try to establish a healthy sleep routine. Turn off screens a few hours before attempting to retire. Be sure the bed is comfortable. Keep the room's temperature on the cool side. Also, stick to a schedule.

- **Supplementation:** Healthline notes that some studies have found that certain dietary supplements may help with stress and anxiety. An eight-week study of 264 people with low magnesium levels found that taking 300 mg of this mineral daily helped reduce stress levels. Combining magnesium with vitamin B6 was even more effective.

- **Psychotherapy:** The Mayo Clinic indicates counseling or psychotherapy, such as cognitive behavioral therapy, can effectively address anxiety. CBT often includes exposure therapy, in which a person is gradu-



ally exposed to the object or situation that triggers the anxiety to eventually build confidence that he or she can manage the situation and anxiety symptoms.

- **Medication:** Used in conjunction with other techniques, medications may help address severe anxiety conditions. Certain antidepressants and a medication called buspirone are used to treat anxiety disorders. In limited circumstances, sedatives may be utilized, but long-term use is not recommended.

Anxiety disorders can affect anyone. Various techniques could be used to alleviate anxiety.



Contributed photo

The Florida Department of Health has added a higher dose naloxone to its arsenal to help emergency responders deal with fentanyl.

Program adds higher dose naloxone to fight fentanyl

The Florida Department of Health has added a higher dose naloxone to its arsenal to help emergency responders deal with the opioid crisis.

As fentanyl continues to get stronger, police, fire and EMS agencies around the country are turning to higher dose naloxone to save lives. Now, Florida's HEROS Program is adding ZIMHI, a 5mg intramuscular dose of naloxone to its arsenal.

HEROS (Helping Emergency Responders Obtain Support) is a program within the Florida Department of Health that provides free naloxone to emergency response agencies.

Agencies can get ZIMHI now even though it's

not listed yet online.

"ZIMHI has been added as an option to our online system," said Victor Johnson, The Florida Department of Health deputy director of emergency preparedness and community support. "However, we are having a system issue where this product is not currently showing up as an option for the applicant."

Johnson said that will be fixed this month.

Until that issue is resolved, Johnson said applicants can order ZIMHI now and contact the Department of Health at herosprogram@flhealth.gov and they will place the order in another manner.

Telethon, racing event to help save children's lives

The Wolfson Children's Challenge Telethon, an all-day telethon, will air live on TV 4 in partnership with media sponsor WJXT TV 4. It will be held today, Thursday, Jan. 19, from 6 a.m. to 11:30 p.m.

Teams from the community will answer phones as gifts are called in. Among the volunteers will be Wolfson Children's volunteers, local businesses, University of North Florida student groups and past patients and their families.

Wolfson Children's patients will share inspiring stories during the telethon, some attending live with their families.

Gifts of all sizes are accepted. To make a donation, call 904-346-4630. This number will only be active the day of the telethon.

The Wolfson Children's Challenge — a lineup of running events — was co-founded by Paul Wilson, whose newborn son, Luke, underwent surgery just hours after his birth. Wilson hoped to raise \$5,000

by running 55 miles, the age of the hospital when his son was a patient.

Since then, the annual event has raised more than \$4 million, which has been used in part to purchase leading medical technology such as the 3T MRI and convert an existing patient room on the oncology floor of Wolfson Children's Hospital to an MIBG therapy room to better care for pediatric patients.

This year, the Wolfson Children's Challenge event takes place on Jan. 28. All proceeds from the running event and the telethon will be used to purchase lifesaving equipment and to fund the technology support endowment.

The Wolfson Children's Challenge features races for all levels, including a 55K Ultra, 30K Run, 55K Relay Race and 1-Mile Fun Run.

For more information about the event or to register online, go to WolfsonChildrensChallenge.com.

Baptist Health named as a 2023 'Best Place to Work in IT'

Baptist Health in Northeast Florida was among only eight health systems in the nation, and the only health system based in Florida, to be ranked as a 2023 Best Employer in Information Technology.

Computerworld publisher Foundry surveyed large (5,000-plus employees), midsize (1,001 to 4,999 employees), and small (1,000 or fewer employees) organizations to discover the top employers for its 29th annual Best Places to Work in IT report.

While in past years the survey has been offered only to U.S.-based companies, this year organizations across the globe participated. Public and private companies in all industries were welcome to participate.

Baptist Health was recognized on two levels, ranking 11th overall among all large companies, and also ranking among the following Computerworld Top 10 lists for 2023:

- Number two in IT growth: Demonstrating leadership in growing the IT ranks
- Number three in diversity: Demonstrating excellence in advancing workforce DEI
- Number four in employee engagement: Fostering deeper connections and employee well-being
- Number nine in career development: Investing in IT employees to help them grow their skills and careers

"As health care becomes more digitally driven, it's essential that we have the IT workforce to lead and support transformational change," said Aaron Miri, senior vice president and chief digital and information officer at Baptist Health. "Computerworld considers its Top 10 as the 'best of the best,' and for Baptist Health to be included on those elite lists is quite a testament to our health system's commitment to investing in its people — not only in IT but across the board."

These annual lists were compiled based on a 52-question comprehensive survey about company offerings including: diversity, equity and inclusion (DEI) practices; turnover, promotions and growth; retention and engagement programs; remote/hybrid working; benefits and perks; training and career development opportunities.

The surveys were then scored and vetted by a panel of industry experts. Responses to the company survey were collected and tabulated by a third-party research vendor and then vetted by a panel of industry experts.

"Adapting to a 'new normal' has put additional demands on IT organizations at companies of all sizes," said Rob O'Regan, global director of content strategy, Foundry. "This year's winning companies have stepped up with increased IT staffing and a variety of innovative professional development opportunities. The result of these efforts is that not only are IT staffs engaged and productive, but the entire business benefits from IT's ability to support evolving workplace models and changing business and customer needs. Importantly, this year's award winners are laser-focused on diversity initiatives to expand the IT talent pool and promote workplace diversity and inclusion."

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The path to achieving peace of mind through organization

By Anthony Richards

Wanting to get organized is something that just about every person has strived to do at one point in their lives, but it can be much harder to accomplish.

According to Karen Duncan, a certified professional organizer, just like any project there is a certain process to take and many people just have a hard time finding the right path to take without getting overwhelmed by the task.

For 20 years, Duncan has been helping individuals and families find the peace of mind that comes with getting organized.

With advancements in technology and the introduction of platforms, such as Instagram, Duncan has seen that people are now more than ever aware of what they want but discovering remains the biggest challenge.

“Kitchens and pantries are the most common areas of the household people look to organize,” Duncan said. “It is either do to the aesthetics or the area is just not setup the way they want it to be.”

Although one organized space may look similar to the next, there are subtle differences that are specific with the person or people using the space in mind.

“Being organized means something different from one person to the next,” Duncan said. “It’s all about finding what you need when you need it.”

An example of one of the common ways to organize in the kitchen is by creating “zones,” which includes grouping certain common items that are often used together in the same area to create a more convenient layout.

However, once again, convenience can be defined differently depending on the person.

“It seems like common sense, but it is amazing how many organizational projects are not a like,” Duncan said.

This is why Duncan uses an assessment phase at the beginning of the process,



The layout of organization will differ depending on the people primarily using the space.

because she needs to know the person she is organizing for, just as much as she needs to know the items she is tasked with organizing.

“It’s a very personal business, because you really get to know the inner workings of the family and the persons that will be using the space,” Duncan said. “The assessment phase even looks into whether a person is left- or right-handed, because that will dictate where certain things are placed in the layout.”

One of the most challenging parts of getting organized that Duncan has seen people are faced with is when it comes to deciding what needs to stay and what items



Kitchens are one of the most popular rooms people look to organize. Photos courtesy of Karen Duncan

do not need to be a part of the area being organized.

“It can be a drawn-out step when you’re doing it by yourself, so it can help to have someone there to help guide and expedite the process,” Duncan said.

However, Duncan made it clear that no professional organizer should tell a person whether they need to keep an item or not, but instead they are there to help the person best understand what they are looking for from the space in question.

Once a space is organized, the final step is to maintain it.

According to Duncan, the maintenance of a space is not something that should be

intimidating to people, and organization does not mean having the space completely perfect.

“You may not have your spices alphabetically listed, but they still made it into the drawer, and unmatched socks put away are still better than socks on the floor,” Duncan said.

January and September used to be extremely popular months where people sought to get their homes organized following the holiday season and as children went back to school from summer vacation.

However, in recent years she has noticed that people have started to think about their organization habits throughout the year.

Tailored Living featuring PremierGarage now The Tailored Closet and PremierGarage



Contributed photos

Designs for today's closets are changing.

The new year brings change to Tailored Living featuring PremierGarage. After 18 years in business and more than 12,000 installations in Northeast Florida, Tailored Living featuring PremierGarage is rebranding itself into two separate brands, which includes a name change from Tailored Living to The Tailored Closet. PremierGarage will remain but will have a new look.

Tim Blin, the owner of the company who started the business in 2005, said, "As with any company, there are times when rebranding is appropriate, and you need to freshen up the look, and that is what was done. The name 'The Tailored Closet' is a homerun; we retain the word 'tailored,' which says our commitment to customize everything for you, and it is more identifiable to the closet."

The two brands offer unique product lines and services to consumers through an enhanced focus on in-home and garage organization solutions, respectively. The Tailored Closet designs custom whole home organizational solutions, including attractive closet systems, pantries, laundry rooms, entryways, home offices and more.

"Our number one goal has always been to provide custom storage solutions in every space regardless of the size of the home," said Blin. "When your home is well organized, it will function better and be more enjoyable to live there. The designs of closets have also been changing, and we have seen a shift in recent years with the addition of higher-end finishes, which include LED lighting, glass doors, leather-wrapped shelves, doors and drawer fronts. Our design experience really opens the possibilities from taking a



Tim Blin, owner of The Tailored Closet and PremierGarage

great closet to a stunning closet."

PremierGarage remains a local expert in premium total garage optimization, bringing solutions that create increased functionality, flexibility and design for every garage. From garage floor coatings to custom cabinetry and organizers, PremierGarage designs beautiful and personalized organizational solutions customized for every homeowner's unique needs.

"Garages are such an important space; not only do they store our vehicles but in many cases, it is our front door that we use to enter our home," said Blin. "As vehicles have become larger it seems as if the garages have become smaller and there is never enough room for all of our

TAILORED continues on Page 32



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GUEST COLUMN

9 tips for decluttering any room



By Barbara Trapp

Is there a cluttered room in your home that you want to clean up and reclaim? Have you tried to tackle it but get distracted and/or overwhelmed?

These simple tips can help you get started, let go and make measurable progress.

Determine where to start

Sometimes the hardest part of any project is getting started! Here are some ideas for where to begin:

1. Start with the floor

If the floor is cluttered, start there. This will reduce trip-and-fall hazards and allow you to move around safely.

2. Work top down

If the floor is clear, start with clearing surfaces from the top down, including paperwork.

3. Go clockwise

Still not sure where to start? Pick a starting point and clear every square inch before moving to the next spot.

Ask yourself these helpful questions

Talking to yourself out loud can be incredibly effective! Try asking yourself these questions:

4. Question #1:

“When is the last time I used this?” If you keep the item, move to Question #2.

5. Question #2

“If I didn’t already own this, would I buy it now?” If you keep the item, move to Question #3.

6. Question #3:

“When will I use it again?” It’s okay to keep things you love that have happy memories or are for special occasions.

Set simple, fun goals

Gamifying a decluttering project can make it a fun challenge rather than a tedious task. Just be sure to mix it up! These techniques work with children of all ages,

from 2 to 100:

7. Set a time goal:

Examples: “I’ll spend two hours on the garage today,” or “Let’s see how fast I can clean off my desk/unload the dishwasher.”

8. Set a quantity goal:

“I’m going to put away 30 items,” or “I’m going to get rid of 20 pieces of clothing.”

9. Set an area goal:

“I’ll completely clean this corner, pile or shelf, etc.”

Bonus tip:

Have trouble staying in the room? Put a box by the door for items that belong elsewhere in your home. When you finish your decluttering session, put those things away.

Follow these tips and you will make painless progress on your decluttering project!

Barbara Trapp is a certified professional organizer and productivity coach. She is the owner of Zen Your Den and Zen Your Biz and can be reached at info@zenyourden.com and zenyourden.com.

Tailored

Continued from 30

‘stuff.’ This is why having a design expert look at the space and come up with a plan is necessary. Many of our clients say the garage has had the biggest impact with the enjoyment of their home, and they should have done it years ago.”

Whether it’s a closet or garage, they use the latest in design technology to provide their customers with a 3D rendering to show them where everything would go in their closets or garage from their shoes, dresses, bikes, surfboards, etc.

Lastly, their closet and garage showroom located at 11651 Central Parkway, Suite 112, in Jacksonville have been completely redone showing the latest in closet and garage design.

“The showroom is great because our clients can feel as if they are in their closet or garage and then choose the finishes and accessories that make it their own,” said Blin. “We really want it to be a fun process.”

6 STRATEGIES TO GET MORE ORGANIZED

When the new year arrives, many people focus on changes that can be implemented in the months of come. This time of year is a popular one to make resolutions to clean and organize homes and offices.

There are plenty of things that can use a little organizational attention. There’s no ideal way to get organized. Whatever works is a good approach, but the following are six strategies to help individuals clear the clutter.

1. Utilize to-do lists

People tend to be less productive when they’re storing all of their tasks in their brains. The first step to getting organized is to remove those plans from the head and put them down on paper or in some other tracking tool. A digital to-do list manager, for example, enables you to see all of your tasks, deadlines and due dates in one place so you can get things done more efficiently. Carry around a notepad or use the digital notes app on a phone to jot down thoughts and needs as they come up.

2. Corral your “smalls”

Smalls are keys, phones, chargers, wallets, headphones, and other accessories. When these items are grouped together, they’re easier to find so you can stay on track. Invest in an attractive organizer and install it by the front door or another high-traffic area. You’ll cut down on trying to find those smaller items when running errands.

3. Conquer clutter regularly

It’s easy to be put off by cleaning and organizing when clutter has gotten out of control. Instead, by



cleaning up items on a daily or weekly basis, it’s much easier to keep ahead of clutter. Treat it like a daily job, including sorting mail and tossing unnecessary items; emptying waste pails; dusting the desk; deleting emails; and putting items back where they belong.

4. Categorize emails

Utilize the folder creation option from popular email providers to sort your messages. Drop messages that need attention into categories of your choosing, such as school, health and receipts. Then you’ll know which folder to go into when searching for what you need, eliminating the time-consuming task of scrolling through a full inbox.

5. Give one; toss one

When bringing new items into the home, follow the procedure of giving away or throwing out one item for each new item that is received or purchased. This can help to tame clutter.

6. Mise en place your life

“Mise en place” is French for “put in place.” It is used in the kitchen to refer to preparing and setting out all ingredients needed in a recipe. The same concept can be used elsewhere. Lay out clothing on the dresser for the next day at work or school. Prep the foyer of a home with items you need, like an umbrella, shoes and paperwork. Organize backpacks so they’re ready for the school day. Establish a to-go bag at work for items that need to be brought home.

Getting organized can be as simple as taking small steps that have lasting impact.

Business Weekly

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www.PonteVedraRecorder.com

Vested Metals expands, poised for record-breaking 2023

At less than 10 years old, Vested Metals International, a St. Augustine-based company focused on raw material specialty metals and steel distribution, value-add processing and metallurgical consulting, continues to grow year-after-year.

Poised for a record-breaking 2023, the company, which was founded by Viv Helwig, has more than quadrupled its warehouse and office spaces and brought on additional full-time staff, including creating new C-level positions, as well as doubling saw capacity and other equipment and increasing inventory to better support their customers.

“We expect to finish 2022 with a 100% growth over the previous year,” said Helwig. “That means that we needed to grow along with our numbers. We now have 25 full-time team members, many of whom are Flagler College graduates, and we went from a 4,000-square-foot space in an industrial park in St. Johns County to 19,000 square feet with renovated offices, a conference room and perks like a full kitchen and game area. This steady growth has allowed us to generate more local jobs and continue to create a positive economic impact on the First Coast.”



Vested Metals International focuses on raw material specialty metals and steel distribution, value-add processing and metallurgical consulting.

With a global presence, Vested Metals ships to customers all over the world, including Brazil, Switzerland, France, Canada and Turkey. They also continue to rack up awards and accolades here at home.

In 2022, Helwig was named North Florida Small Business Exporter of the Year and Florida Small Business Exporter of the Year by the Small Business Administration and St. Johns County Chamber of Commerce Member of the Year.

“With success like we’ve seen over the past eight



Contributed photos

The staff of Vested Metals has grown with the company.

years comes a responsibility to give back to the community,” said Helwig. “That’s why, over this past year, we’ve partnered with local organizations like The MLK Celebration Committee of St. Johns County, Tarek Odum West Augustine Foundation, St. Johns Housing Partnership, Flagler College and THE PLAYERS Championship Boys & Girls Club. We’ll also be hosting a charity golf tournament on Monday, March 13, at the St. Johns County Golf Course. We’re excited to see what 2023 will bring for Vested Metals while we continue our commitment to St. Johns County.”

GUEST COLUMN

Not everyone can be rich

By **Scott A. Grant, JD**

Not everyone can be rich. This is not a statement on desire, persistence, talent or opportunity. This is a statement of fact. Being rich or wealthy is relative. If everyone is rich, then no one is rich.

Imagine if every person on the planet each received a billion dollars tomorrow. Suddenly, everyone is a billionaire, and everyone is poor. Stock prices would skyrocket. So would the cost of a dozen eggs. Economies would collapse all over the world, and people would starve. The price of even a modest home would be billions of dollars.

The idea that everyone can get rich is ensconced in the American mythos. In an early meme designed to sell copies of “Poor Richards Almanack,” Benjamin Franklin advised:

*Early to bed and early to rise,
Makes a man healthy, wealthy,
and wise.*

This wasn’t true in Franklin’s time and is no truer today. Plenty of people in Franklin’s time got up at the crack of dawn and went to bed at dusk and spent the daylight hours scratching out a meager existence on hardscrabble farms or other employment.

One of the early purveyors of the idea that everyone should be rich was Russell Conwell. Conwell was a Baptist minister and the founder of Temple University. He gave a speech titled “Acres of Diamonds” over 5,000 times. The essence of the 19th-century speech foreshadowed the Prosperity Gospel. Conwell told listeners that God wanted them to be rich and if they were not, it was because God did not like them and neither did Russell Conwell.

Dozens of inspirational writers and speakers followed Conwell’s lead from Norman Vincent Peale and Napoleon Hill to Buckminster Fuller and Robert Kiyosaki. Buckminster Fuller was an architect

who is better known as the inventor of the geodesic dome. That fact might come in handy if you are ever on “Jeopardy.” Each of these influencers sold an idea that it was easy to get rich and that everyone could get rich just by following their advice. What they did not tell their audience was that they got rich by selling “Get Rich Quick” books and courses.

Today, we are daily assaulted by a plethora of influencers selling a variety of get rich quick products. Each promises that it is neither hard nor time-consuming to get rich. Each sells the notion that if you are not rich, it is your fault. One pervading premise is that readers should do what rich people do. Billionaires, we are told, read a lot. So, if you want to be rich you should read a lot, also. I think reading is a good idea, but it will not make you rich, and I am pretty sure that billionaires do not spend their days reading “Get Rich Quick” books.

Most of the people I know who have



Scott A. Grant

accumulated a relatively substantial amount of wealth will tell you, if they are being honest, that it was neither quick nor easy. They will also tell you that they gave up other opportunities along the way. Things like spending time with their family.

If you want to be wealthy, develop a skill that others will pay you for, save and invest. There are no short cuts, only hard work and sacrifice.

Scott A. Grant is an author, economist and financial advisor. He is currently writing a new book titled “No one wants to get rich slowly.” He welcomes your comments at scottg@standfastic.com.

Benchmarks of Success

A look at major career developments in the area.



Nichols joins Berkshire Hathaway HomeServices Florida Network Realty

Berkshire Hathaway HomeServices Florida Network Realty has added

John Nichols to the Ponte Vedra/Nocatee office.

Nichols came from another local brokerage and said he is excited to take advantage of the training, technology tools and national reputation of Berkshire Hathaway. His more than 25 years of experience in commercial and resi-

dential real estate allows him to provide service and knowledge to his clients.

“We are extremely excited to have John as a new addition to our Florida Network Family,” said Holly Hayes, broker/manager of the Ponte Vedra/Nocatee office. “He brings a natural sales ability and professionalism to our team.”

For more information, Nichols can be reached at 970-331-6611, John.Nichols@FloridaNetworkRealty.com and JNichols.FloridaNetworkRealty.com.

The Ponte Vedra/Nocatee office is located at 333 Village Main St., Suite 670, Ponte Vedra Beach.

Husband and wife join local real estate company

Scott “Hammer” Felde and Thanh Le have joined the Berkshire Hathaway HomeServices Florida Network Realty



Scott Felde



Thanh Le

Ponte Vedra/Nocatee Office.

The husband-and-wife team has years of real estate experience combined with dedicated service to the country through their experience at the Department of Defense for most of their careers.

A graduate of the U.S. Military Academy, West Point, Felde served in the U.S. Army and later worked at the Department of Defense in National Security.

Thanh had been with a brokerage in

Virginia where she practiced real estate for more than five years. A graduate from the National War College and George Mason University, she later worked as a civil servant at the Department of Defense for more than 25 years as a senior program analyst.

For more information, Felde can be reached at 703-300-2494, Scott.Felde@FloridaNetworkRealty.com and LeHammerTeam.FloridaNetworkRealty.com. Thanh can be reached at 703-300-2493, Thanh.Le@FloridaNetworkRealty.com and LeHammerTeam.FloridaNetworkRealty.com.

The Ponte Vedra/Nocatee office, located at 333 Village Main St., Suite 670, Ponte Vedra Beach, is managed by Holly Hayes.

— Compiled by Shaun Ryan

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Author reflects on his youth in Jax Beach

Robert Solano speak Jan. 24 at Beaches Museum

As a proud descendant of the Minorcans who settled in St. Augustine, Robert (“Bobby”) Solano lived a life filled with youthful adventures. He was a product of Northeast Florida, growing up on the border between Jacksonville Beach and Ponte Vedra Beach. As a child, accompanying his beloved Pop, he “skeetered” over sand dunes and coquina bogs along a 30-mile stretch of coastline from Jacksonville Beach to Vilano Beach, searching for mullet and turtle eggs.

After graduation from Fletcher High School, Bobby Solano put the lessons of his youth to work as an adult and achieved success beyond his wildest dreams.

Solano has written and published his life story, “The Last Beach Boy: A True American Story of Life and Adventure” (Windrusher Hall Press), and will appear at the Beaches Museum, 381 Beach Blvd., to discuss it at 6 p.m. Tuesday, Jan. 24.

The book has many historical ties to St. Augustine and Jacksonville Beach, including how he and Pop were present the night Nazi spies landed on Ponte Vedra Beach.

“The Last Beach Boy” includes tales of his encounters with diamondback rattlers, wild boars and sharks, as well as his days at Fletcher High School where he captained the basketball team that won the 1954 state championship.

Readers will learn that after graduating from high school, Solano was about to take a job digging ditches when he received a phone call that changed his life. He became a

pioneer with one of the first ICEE franchises before launching his own KOOLEE frozen drink business. With his partner he grew that business, eventually serving more than 2,500 convenience stores.

Solano will appear with his co-author Victor DiGenti to discuss his life and sign copies of “The Last Beach Boy,” which the museum will have available for sale. The event is free, and refreshments will be served.

Limelight Theatre presents “Oleanna” through Jan. 29

Limelight Theatre is presenting “Oleanna” — written by David Mamet and directed by David Buchman — now through Jan. 29 as part of its 31st season. “Oleanna” explores issues of miscommunication, sexual harassment, the hierarchical structure of academia and, more broadly, the battle of the sexes.

When a college student drops by her professor’s office to ask for academic assistance, their meeting progresses into an intense philosophical discussion. Later, her perception of that meeting morphs into an allegation of sexual harassment. His attempts to persuade her to drop her accusations escalate the matter to a dangerous level.

“Buckle up for a deep dive into the backgrounds, struggles and aspirations of the two characters in this drama that goes far beyond a ‘he said, she said’ approach to the complex issues the script tackles,” said Sherrie Provence, executive director of Limelight Theatre.

To help the community dive even deeper, Limelight Theatre will host post show moderated discussions following the Sunday matinee performances on Jan. 22 and 29 (starting at the finish of the show, roughly 3:30 p.m. and lasting approximately 45 minutes.)

Actor Jan Peter Buksar, most recently seen in the Limelight production of “Tru,” will moderate the panel which will include Provence, Buchman and the two leads of the show, veteran local actors Cameron Hodges and Mary Schubert.

Tickets are \$28 with discount available for seniors, students and military. The price is discounted to \$18 for Tuesday, Jan. 24. Tickets are available through Limelight

Theatre’s website and box office: www.limelight-theatre.org, or call 904-825-1164.

Warning: “Oleanna” features language and themes that are not suitable for children.

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Beaches Rotaract to host 'A Night at the Alhambra' Feb. 2

By Anthony Richards

The Beaches Rotaract Club will hold its annual "A Night at the Alhambra" event Feb. 2 beginning with doors opening at 5:30 p.m., which is one of the club's primary fundraisers each year.

This year's fundraiser partners with local nonprofit Operation New Hope, which focuses on a mission of helping those released from the criminal justice system adjust to life once their sentence ends.

The primary objectives of Operation New Hope include helping them find jobs and setting up places to live.

Proceeds from both tickets sold to the event and a silent auction held prior to the night's showing will go toward the cause.

According to Beaches Rotaract fundraising chair Joe Bove, fundraisers like "A Night at the Alhambra," offer a clear way to give back to the community they call home and is one of the reasons why he got involved in Beaches Rotaract in the first place.

"It's a cause that will really hit home and a nonprofit that will make a direct impact on those in our community," Bove said. "We interviewed three nonprofits, but it was touring the Operation New Hope main facility in downtown Jackson-

ville that really opened our eyes to all that they are trying to do to help others."

One of the things that Bove did not take into consideration until he started learning more about Operation New Hope is that one of the ways where people can struggle the most is when it comes to the advancements in technology that took place while they were incarcerated.

As a result, that is one of the ways Operation New Hope looks to help through its program.

A graduate of the program, as well as members of Operation New Hope leadership will be on hand during "A Night at the Alhambra" to speak to those in attendance and share a few words about the nonprofit and its importance.

Beaches Rotaract is a division of Rotary International designed for young professionals to take part in. The Rotary Club of Ponte Vedra serves as the parent club for Beaches Rotaract.

This year's featured show will be A Closer Walk with Patsy Cline, which is a tribute show to the legendary country singer, and the silent auction will be part of a happy hour social beforehand.

"We have some strong items that will be part of the auction and currently 15



Photo courtesy of Beaches Rotaract

The Beaches Rotaract Club and Alhambra Theatre & Dining have partnered to host "A Night at the Alhambra" Feb. 2.

sponsors for the event overall," Bove said. "Everything has really shaped up nicely."

The show, as is the case with every performance that takes place at the famed Alhambra Theatre & Dining, will include a three-course meal for all guests prior to it.

In past years, the fundraiser had been

held in December, but this year moved to February, which Bove expects to give a different vibe to the event and draw even more interest coming after the holidays.

Tickets and sponsorships are still available to purchase by going to beachesrotaract.org.

Amelia Island Book Festival to feature celebrity authors

The 2023 Amelia Island Book Festival will kick off Feb. 17 with its signature Authors in School program. New York Times bestselling and local/regional award-winning authors visit schools across Nassau County. The program aims to put a book in the hands of every student. Through event ticket sales and the generosity of sponsors, donors and members, the Amelia Island Book Festival purchases books for each of these

students. This year, more than 9,000 books were purchased, delivered and will be presented by the authors.

The iconic Amelia Island Book Festival Celebrity Author Gala will be held Friday evening, Feb. 17, at The Ritz Carlton Amelia Island. The New York Times bestselling celebrity authors this year are David Baldacci, Kate Quinn, Scott Turow and Jeannette Walls.

The evening will commence with a

cocktail reception, followed by a seated dinner with a live auction. Featured author Scott Turow will lead a discussion and Q&A. The evening will be completed with a celebrity book signing.

The gala will be emceed by Nassau County business leader Jackson Selvidge. To purchase tickets for the gala, go to ameliaislandbookfestival.org/gala. All proceeds directly benefit the Authors in School literacy program.

The Authors' Expo and Readers' Extravaganza will take place on Saturday, Feb. 18, at Fernandina Beach Middle School. This event is free to the community and the most prominent way for authors to take part in the festival.

During the expo, there will be opportunities to engage with authors in an up-close and personal way while authors showcase and sell their books. Multiple activities for children and adults, including celebrity author breakout presentations and book signings, and a Kids Zone will keep attendees and their families engaged and circulating around the exhibits throughout the day.

For more information, or to pre-register for specific expo sessions, go to ameliaislandbookfestival.org/author-expo.

Pandemic restrictions have curtailed the festival for the past two years.

"We are working hard to make 2023 a banner year for the festival," said Paige Foery, president of the Amelia Island Book Festival. "The AIBF Gala offers an up close and intimate experience with bestselling authors and the opportunity to support literacy for Nassau County students. The Saturday expo is a celebration of all things literary. There is something new, interesting and exciting for everyone!"

For more information on the 2023 Amelia Island Book Festival, go to ameliaislandbookfestival.org.

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Sports



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Robinson, Ray combine for 31 points in Panthers' win over Sharks

By Anthony Richards

The Nease Panthers girls basketball team earned arguably their biggest victory of the season so far following a 49-38 road win over the rival Ponte Vedra Sharks Jan. 12.

What makes it in the running for the biggest and most meaningful win yet this year is the fact that not only did the Panthers claim bragging rights over the Sharks, but they also improved to 1-1 in district 3-6A with the result.

The Panthers received strong performances from several players on the night, including senior Cami Robinson, who led all scorers with a game-high 17 points, which was just one point shy from her season average.

Robinson's night included a pair of three-pointers and connecting on nine or

WIN continues on Page 38



Photo courtesy of Nease High Athletics

Nease senior Cami Robinson reached 1,000 career points Dec. 31 and added to that total with 17 more in a win over rival Ponte Vedra Jan. 12.

Sharks, Panthers look the part in wins, narrow losses

By Anthony Richards and Jim Moyes

Ponte Vedra used a final 8-0 run late in the fourth quarter to hold off Palatka in a 69-59 victory at the Shark Tank.

Both teams played race-horse basketball in the first half with the Sharks taking a 43-30 lead at halftime.

Palatka then slowed the tempo down with a 2-3 zone that forced the Sharks to shoot from outside where they often shot below par.

The visitors narrowed the gap to 59-55 with 3:43 left in the game before the Sharks pulled away to score the next eight points.

After scoring 14 first half points, Israel Nuhu was held scoreless before he tallied six of the final 10 points that included an explosive dunk from a nifty pass from Nate Bunkosky.

Junior guard Sam Ritchie equaled his career high with 20 points while Nuhu added 11 rebounds to go along with his 20 points for the victors.

Ben Ritchie was also in double figures for the Sharks with 12 as was Bunkosky.

The senior point guard finished with 12 points and equaled a career high with nine assists.

Ponte Vedra had a quick turnaround and played Suncoast High from Riviera Beach less than 24 hours after their win over Palatka.

The game was played Jan. 14 at Ed White High School's gym in Jacksonville, which served as the neutral site for the contest.

The Sharks lost 60-55, but held their own against the Chargers, which entered the game ranked No. 2 in the state in their division and carried an impressive 13-4 record.

The Sharks' tandem of Ritchies led the effort as Sam Ritchie and Ben Ritchie both finished with a game-high 18 points apiece.

They combined for six made shots from long range, including Ben Ritchie draining all four of his attempts for a perfect night from bonus land.

Bunkosky orchestrated the Sharks' offense beautifully with 10 assists in the game, as the offense consistently fun-

neled through him.

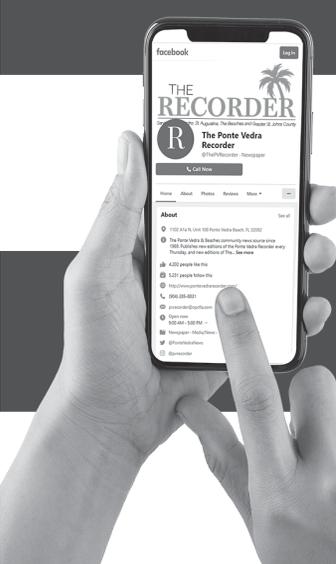
Meanwhile, the Nease Panthers earned a significant 56-46 victory against rival St. Augustine at home Jan. 13.

The win over the Yellow Jackets ended what was a wild week for the Panthers, as they split the two games they played after narrowly losing in a

thriller to St. Joseph Academy 60-57 in overtime on the road.

The Panthers found themselves trailing 34-21 heading into the fourth quarter, but stormed back thanks to a torrid stretch of scoring that resulted in the Panthers outscoring the Flashes 25-12 in the final frame to force overtime.

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Win

Continued from 37

10 attempts from the free-throw line.

She continues her memorable senior season, which included reaching 1,000 career points against Tampa Bay Tech on New Year's Eve.

What makes the Panthers so unique this year is the mix of veteran and youthful key contributors.

One of those top young performers is freshman center Madi Ray, who at 6-foot-2-inches, has continually developed her game this season and learned to use her height to her advantage down low.

Ray posted 14 points and made her presence felt around the rim with seven rebounds and five blocked shots.

Another senior standout for the Panthers against the Sharks was Kendyl Ryan, filled the stat sheet with an all-around night that included seven points, and game-highs with eight rebounds and four steals.

Kennedy Rosendahl led the way for the Sharks with 14 points, however she was the only player that managed to finish the game in double figures scoring.

The Panthers did an excellent job defensively to limit Morgan Gavazzi's production, as she made only one of 10 shots from the field scored eight points on

the night.

Despite the uncharacteristic shooting night, Gavazzi looked to produce in other areas, including shooting 83% from the free-throw line and forcing a team-high two steals.

Maya Richards led the Sharks with five rebounds and had two steals in the game.

The Panthers jumped out to a 14-10 lead at the end of the first quarter and opened it up to 28-16 advantage at half-time.

Despite the Sharks outscoring the Panthers 11-5 in the third quarter, the Panthers picked up the pace again offensively in the fourth quarter en route to the eventual double digit final margin.

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Legals

Notice of Public Meeting Via Zoom I Northeast Florida Fire Watch Council

Notice is hereby given that the Northeast Florida Fire Watch Council will meet via Zoom teleconference on **Monday, January 23, 2022**, at 5:30 p.m. The purpose of this meeting is for the Northeast Florida Fire Watch Council to consider and take action on items on its agenda. The meeting agenda and materials can be obtained electronically by emailing lregister@thefirewatch.org.

Interested persons desiring to attend this meeting can do so via Zoom (including by computer or telephone) using the following meeting access information:

By Computer

Join the Zoom Meeting by clicking on the following link or by copying and pasting the link into your web browser: <https://us02web.zoom.us/j/82984528476?pwd=STdBK2lrN-3crQ3JhQWJ3RkRkNjV1B1Zz09>

Meeting ID: 829 8452 8476
Passcode: 689270

By Phone

+1 929 205 6099

Pursuant to Section 163.01(18), Florida Statutes, this meeting is being conducted through the use of communications media technology. Additionally, those who unable to access the call can attend the meeting in a communications media technology facility located in the offices of **Office Evolution, 5011 Gate Parkway, Building 100, Suite 100, Jacksonville, FL 32256.**

Meetings are open to the public. All constituent questions or inquiries will be made a part of the permanent file and all efforts will be made to address the questions during noticed meetings of the Northeast Florida Fire Watch Council.

Northeast Florida Fire Watch Council meetings are open to the public. All constituent questions or inquiries will be made a part of the permanent file and all efforts will be made to address the questions during noticed meetings of the Northeast Florida Fire Watch Council. Interested persons who cannot attend this Zoom teleconference but who wish to submit public comments to be read during the public comment portion of the meeting regarding any matter on the agenda for consideration at the meeting may do so by emailing [Lilly Register](mailto:LillyRegister@thefirewatch.org) at lregister@thefirewatch.org up to the start time of the meeting. Public comments submitted by email must be received no later than 5:30 p.m. on the date of the meeting to be read during the public comment portion of the meeting. The meeting agenda and materials can be obtained electronically by emailing lregister@thefirewatch.org.

Please contact [Lilly Register](mailto:LillyRegister@thefirewatch.org) by email at lregister@thefirewatch.org if you have any questions regarding this notice or if you experience technical difficulties during the meeting. A recording of this meeting will be available upon request by emailing lregister@thefirewatch.org after its conclusion.

St. Johns County serves as the fiscal agent for the Northeast Florida Fire Watch Council. Inquiries/questions regarding items on the Northeast Florida Fire Watch Council agenda should be emailed to [Lilly Register](mailto:LillyRegister@thefirewatch.org) at lregister@thefirewatch.org or by phone at 904 834 9420.

Pursuant to the American with Disabilities Act, accommodations for persons with disabilities are available upon request. Please allow 1-2 business days notification to process; last minute requests will be accepted but may not be possible to fulfill. Please submit ADA accommodations requests to lregister@thefirewatch.org.



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