



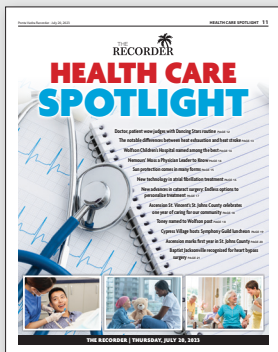
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THE RECORDER

July 20, 2023
Volume 54, No. 38
\$1.00

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PonteVedraRecorder.com



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

COACHING UP THE NEXT GENERATION

Nease High senior Owen Long congratulates a young participant during the Panthers' summer lacrosse camp July 17-20. Long and several members of the high school program served as coaches and mentors during the camp. Read the full feature story and see photos from the camp in sports on page 29.



Photo by Anthony Richards

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One of Us

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Send us your news

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



Visit our new website at www.pontevedrarecorder.com

Plus, find the Recorder on Facebook at www.facebook.com/ThePVRecorder

BRIEFS

Essential tremor support group meeting is Aug. 1

The First Coast Essential Tremor: Meet, Greet & Educate group will meet Tuesday, Aug. 1, to share experiences, hear updates on essential tremor or research and hear from speaker Chris Larson, senior therapy representative with Medtronic. His presentation on Medtronic's deep brain stimulation for essential tremor is sure to be of interest for those with E.T. and family members alike.

The meeting will be held at 11 a.m. at Baptist Healthplace at Nocatee, 400 Colonnade Drive, No. 130.

To attend, RSVP Jan Kary at 202-438-6750 or jkary@verizon.net.

take place 2-5 p.m. Aug. 15 and 1-4 p.m. Aug. 16 at THE PLAYERS Community Senior Center, 175 Landrum Lane, Ponte Vedra Beach. Participants must attend both days in order to receive a completion certificate. A completion certificate is required to be eligible for an auto insurance discount. Discounts vary by insurer.

The course fee is \$20 for AARP members and \$25 for nonmembers. Individuals with an AARP Medicare Supplement Plan insured by United-Healthcare may register to attend the course for free. You must bring your proof of this insurance to the class if you have this coverage and wish to attend for free.

Space is limited, so register now by calling 904-209-3659.

— Compiled by Shaun Ryan

Ponte Vedra Woman's Club plans social event

The Ponte Vedra Woman's Club is planning a new and prospective member cocktail reception for 6-8 p.m. Thursday, Aug. 3, at a member's home at the Sawgrass Country Club, Ponte Vedra Beach. The address will be shared upon RSVP. Hors d'oeuvres and refreshments will be served.

RSVP at pontevedrawomansclub.com, Register for Events.

Fundraiser to benefit pet rescue

S.A.F.E. Pet Rescue will hold its inaugural BINGO Night Fundraiser from 7 to 9 p.m. Friday, Aug. 18, at the Anastasia Club in Ponte Vedra Del Webb, 1775 River Run Blvd. Check-in starts at 6:15 p.m.

Tickets are \$40 per person and include 12 games in which the winners will receive a prize worth at least \$50. There are no cash prizes.

An additional bonus game will be offered to anyone who brings a donation of canned dog or cat food, Iams or Purina Pro Plan bagged puppy food, bleach or Fabuloso cleaner.

The event is BYOB, or whatever you would like to drink or eat.

All proceeds will go to S.A.F.E. Pet Rescue.

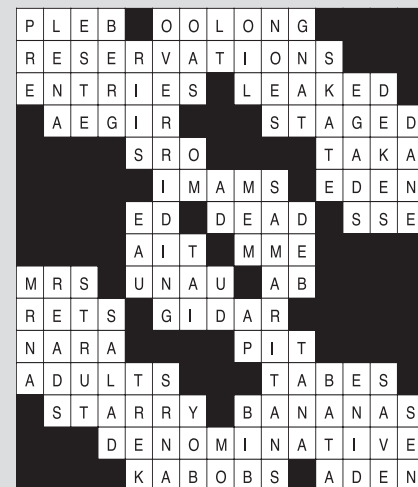
Anyone who would like to attend must call or text Lisa Wargo at 914-420-5769 for payment before the event. No tickets will be sold at the door. Only 100 tickets will be sold. No refunds.

AARP Smart Driver course set for Aug. 15-16

Take the AARP Smart Driver course and learn research-based safety strategies to help keep you safe while on the road. After taking this newly updated course, you may be eligible for a multi-year discount on your car insurance. Consult your auto insurance agent for details.

The two-day AARP Smart Driver course will

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County accepts Conrad's separation agreement, plans executive search

By Shaun Ryan

By a vote of 4-1, the St. Johns County Board of County Commissioners voted Tuesday, July 18, to accept the resignation of Hunter S. Conrad as county administrator and authorized a separation agreement.

Conrad submitted a letter of resignation to the board on June 29. The board had planned to meet June 30 to discuss the

professional services agreement between Conrad and the county, but that meeting was canceled with reception of the letter.

At Tuesday's meeting, Deputy County Attorney Lex Taylor presented Conrad's proposed separation agreement, which includes a provision for severance pay equal to 20 weeks of compensation at his current rate of pay and continuation of insurance coverage for 20 weeks.

It also includes a mutual non-dispar-

agement clause, which appears to apply to all county employees. If the county chose not to accept the clause, the agreement could have been subject to counter proposals from each party until both sides agreed.

In addition, the board agreed to appoint Deputy County Administrator Joy Andrews as the interim county administrator. The county attorney will draft an employment agreement for Andrews.

By a unanimous vote, the board agreed to direct the human resources department to perform an expedited national search for a permanent county administrator and assemble a search committee.

The county will hire an executive recruiter with the goal of completing the process within 90 days.

The selection committee will vet the candidates and recommend between three and 10 of them for the board to interview.



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Photo by Shaun Ryan

Executive Chef Matt Voskuil breaks the shell around a Salt-Baked Prime Rib.

REVIEW

Nineteen's new menu filled with delightful surprises

By Shaun Ryan

There is no question that TPC Sawgrass, home of THE PLAYERS Championship, is a major destination for golf enthusiasts. For too long, however, the restaurant at the clubhouse has not received the recognition it deserves.

This may be an unintended consequence of it being situated beyond the property's entrance gate. Prospective diners may presume — incorrectly — that it is somehow off limits to the community at large.

So, let's dispel that myth here: Nineteen is indeed open to the public. And anyone who enjoys truly fine dining or who wants to impress guests would do well to make a reservation.

In February, Nineteen welcomed its new executive chef, Matt Voskuil, who has an outstanding culinary pedigree. With the enthusiastic support of his team, Voskuil has reinvented the menu. The results are, in themselves, the best argument for making Nineteen a destination in its own right.

The cuisine might be termed "Modern Southern," though perhaps "Southern with a high degree of finesse" might describe it better. Arriving in Ponte Vedra, Voskuil wanted to instill a sense of place in the new menu, even using ingredients sourced locally.

Beyond this, nearly three decades working alongside some of the world's great chefs has given him the confidence and knowledge to make surprising and delightful choices.

Preconceptions about flavor vanish with a single bite. "Part of my process is to take the things that people expect and then try to put a unique twist on every single thing," Voskuil said.

The new menu had a soft opening in June, and from all accounts it has been well received. On Friday, July 14, the team at Nineteen officially debuted it for local media. Here are a few highlights.

Everyone, at some point, must try the Hundred Dollar Deviled Egg. Served on a crispy potato cake, a layer of hard-boiled egg white and thin slice of salmon and created with onion, parsley, mayonnaise and Dijon mustard, this deviled egg still begs the question: Why a hundred dollars?

The final topping holds the answer: a full ounce of osetra caviar.

Another menu item that surprised

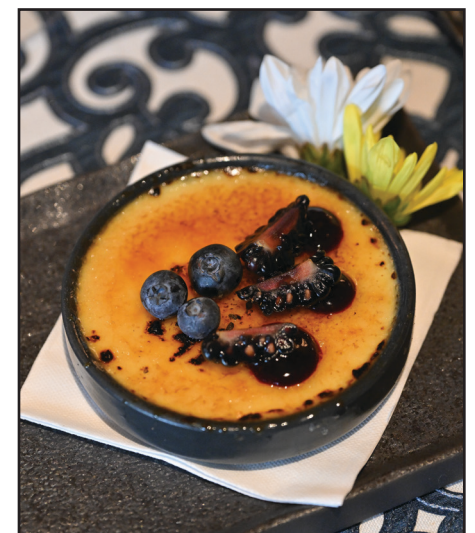


Photo courtesy of TPC Sawgrass

Key Lime Crème Brulee



Photo courtesy of TPC Sawgrass

The Hundred Dollar Deviled Egg

diners was Seared Scallops. Served with braised beef cheek and horseradish cream, the flavors complemented one another in a way that was nothing short of a revelation. Of course, beef goes with scallops!

The dinner's centerpiece was undoubtedly the Salt-Baked Prime Rib. One of the four "Feasts" offered at Nineteen, the meat is cooked slowly inside a crusty shell of salt and egg whites, which locks in the natural juices. After the shell is broken away, the rib is tender, juicy and flavorful.

The multicourse meal concluded with strawberry shortcake and an incredibly tasty Key Lime Crème Brulee topped with blackberries and blueberries.

This is just a taste of the dinner's offerings. A far more expansive review of the menu can be found at pontevedrerecorder.com.

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*Players can win the high hand giveaways on the 21st, 22nd, & 23rd at Jacksonville, Orange Park or St. Augustine. MANAGEMENT RESERVES THE RIGHT TO CHANGE/CANCEL THIS PROMOTION AT ANY TIME.

County looking to acquire land for conservation, passive recreational use

By Anthony Richards

The St. Johns County Land Acquisition and Management Program recently put out an all-call for any residents interested in selling natural and open space land within the county limits.

The program is looking to acquire additional land to use for conservation and passive recreation opportunities.

Its goal is to further promote the ecological communities of the area, as well as preserve and maintain the natural green space and water resources of the county, while also hosting historic, educational and scientific activities on the lands.

Anyone interested in offering up land to be considered for county purchase must go to www.sjcff.us/lamp to fill out a land acquisition application stating details about the property and

where it is located.

The application is a vital first step in the process and must be signed by the land's owner because the program only enters the selling process with those who are willing to sell and enter the negotiation process.

Board members may then nominate a property to the program using the application form as the background for that nomination.

There are certain stipulations for the land to be nominated, as it must be located within the unincorporated areas of St. Johns County and cannot be inside the city limits of St. Augustine or St. Augustine Beach.

Once successfully nominated, the property will then go through an evaluation matrix that scores the property as a whole, using various criteria, such as, water resource protection;

wildlife and habitat management and protection; passive recreational value; and any manageability, economic or acquisition issues.

It will then be placed on a ranking list by the conservation board and the top five scored properties are then recommended annually to the Board of County Commissioners to be included for acquisition.

Following approval, that is when negotiations for the property will begin by the staff of the St. Johns County Real Estate Department and the property owner. Offers are made based on fair market value and by independent appraisers.

The final contract agreed upon must be approved by the commission for it to become official.

It is important to remember that the land purchased can only be used

for conservational and preservation purposes and cannot be used for commercial reasons once obtained by the county, as part of being entered into the program.

Some of the properties that have been acquired by LAMP with assistance from the Florida Communities Trust Program over the years include Southeast Intracoastal Waterway Park, Fort Mose, Nease Beachfront Park and Beluthahatchee Park.

LAMP board meetings are held on the second Tuesday of the first month in each quarter, so they meet five times a year, from 1:30 p.m. to 3:30 p.m. in the St. Johns County administration building auditorium located at 500 San Sebastian View in St. Augustine.

The board's next meeting is scheduled for Aug. 8.

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Amy Groshell and her husband, Howard, own and operate Peace of Heart Community, a residential group home for young people who have autism. They also offer a day program and a very popular farmer's market each Saturday.

Amy Groshell



Photo provided by Amy Groshell

Amy and husband Howard Groshell relax at their Peace of Heart Community.

As told to Shaun Ryan

Tell me about the Peace of Heart Community.

We bought the property in 2015. Our daughter at the time was in a group home in Orange Park. It wasn't a desirable situation, so we tried to find other homes that would take a nonverbal young woman with some aggressive tendencies. Nobody was interested.

So, we found this property. It took a while to build it, design it and get it up to code (because we are a state-licensed home). And we received our first resident in January 2019.

We serve young, nonverbal individuals with autism. We are a residential group home, but we're also a privately funded day program. We call our day program Peace of Heart Enrichment. That's open to anyone with autism or a related disability in the community, because not everybody wants to live in a group home or has such high support needs.

So, we have Peace of Heart Enrichment where we have our organic garden and farm.

(The program's participants) learn how to make the soil and grow the vegetables. They even help at the farmer's market — we host a market every Saturday. In the summertime, it's from 10 to 1.

Our biggest markets are during our growing season, which is going to be October through end of May. The community can come out and buy ala carte or we have what's called CSA memberships. CSA stands for Community Supported Agriculture. When you buy a membership, you get more for your money. But you do have to pre-purchase it.

So, that's what our project entails. There are really two components: the group home that has 24/7 care and the enrichment program where individuals from the community can come, learn skills, take care of the animals.

In the summer, we do camps. ... We try to make it educational. I think in the special-needs realm people just cater to their leisure activities. We go by a principle called presumed competence. That essentially just means no matter what you're seeing on the exterior — because autism, their bodies are kind of highjacked — we feel deeply that they're intelligent and that they want the same things in life that you and I want: purpose, relationships, community and meaningful things to do during the day.

That's what we're all about really — presumed competence and trying to give these individuals the support they need so that they can live as full a life as possible.

How many people live there?

We have beds for six. Our dream is to open more homes and have our Palm Valley location be like our flagship location. And we're building an outdoor pavilion, so we can even host more social events. Maybe do some canning from our garden, and then offer more products.

Really, the backbone of what we do is volunteer. We get thousands of volunteers out there. People just google us, find us and we love, love, love the high school kids who need their community service hours. And we're able to expose them to autism in a way that they haven't been exposed before.

What do you grow in your garden?

Really big in the fall/winter, we get great lettuce. Tons of collards. We did tomatillos, tomatoes. We had thousands of pounds of cucumbers. Like, 500 pounds a week we were getting of cucumbers.

We're excited with our pavilion. We'll be able to do canning. We're going to hopefully have salsa and salad dressings and tomatoes and a lot of pickled things.

We do follow the organic practices. We are not certified, but we don't use any chemicals at all. And we even make our own soil. So, it's pretty intense. My husband's a purist.

We do chicken, now. We're processing our own chicken, free-range birds. We sell the eggs, too, at market.

Who's involved in the growing?

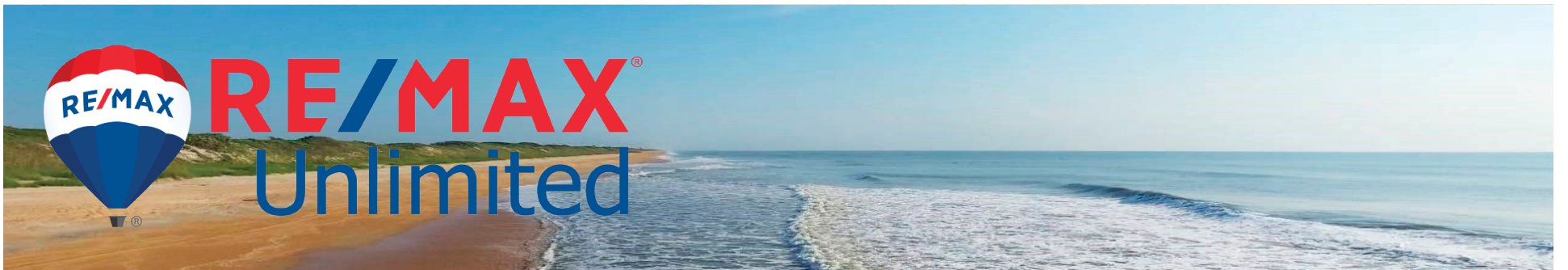
Volunteers, and then we have three to five farm staff at any given time out there. ... and then our young people from the enrichment program are out there.

And we do employ a handful of young adults with autism who live in the community.

What do you like best about what you do?

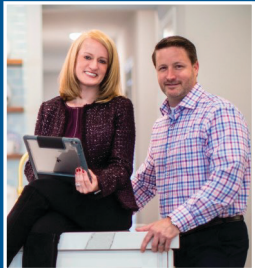
We love connecting with the community, because autism is so isolating.

I think bringing the community to the garden where our people feel comfortable and competent and they've got the support staff there — it's just been a great integration. We can share more of our beliefs about autism.



NorthEastFloridaCoastHomes.com

Congratulations to our June Leaders!



Matt & Naomi Wilkinson
Nocatee



Oksana Pondo Tam
Nocatee



Michael Paul Team
Nocatee



Jennifer Zeiller
Nocatee



Cheryl Gillespie
Ponte Vedra Beach



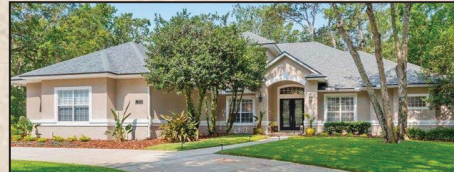
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Kelly & Megan (904) 233-1991



KELLY POINTE

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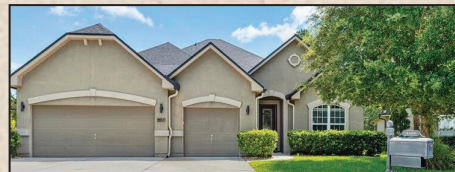
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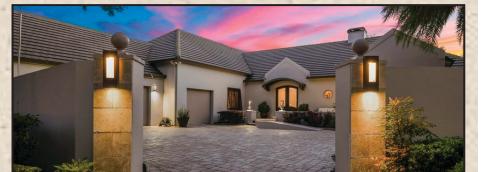
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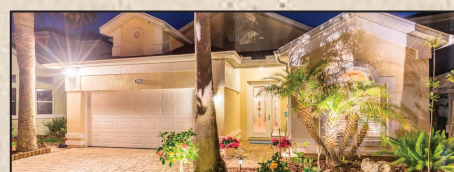
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Service provides foster parents crucial support

By Shaun Ryan

Ideally, every home would be a safe, supportive environment for a child or youth. The reality is, many are not.

Some of the youngest and most vulnerable among us are in a state of crisis, many times due to abuse. They may have to deal with related behavioral, developmental or emotional issues — even substance abuse.

The state will be called upon to help the family correct the situation through an individualized case plan, but in the

meantime, the children must have a place to stay. Sometimes, relatives will take them in during this process. Sometimes, that isn't an option.

Thus, the need for generous community members — foster parents — to open their homes to these children. But that need is great. There just are not enough foster homes.

According to the latest figures, the rate of St. Johns County children age 17 and younger in foster care is 344.4 per 100,000. As the population continues to grow, the need is expected to increase.

And not every foster home is a good match for every child. As a result, more quality foster homes must be found.

Enter the National Youth Advocate Program (NYAP), a nonprofit family and youth advocacy organization committed to doing what is best for children, youth and families. NYAP has been around for 45 years and is present in 10 states — in Florida since 2008. The St. Johns County office opened in February of this year at 701 Market St. Unit 103B in St. Augustine.

Each family served by NYAP is assigned a caseworker, guardian ad litem advocate, treatment coordinator and therapist where needed.

“We like to describe it as concierge service,” said Kelly Patchen, foster parent growth and retention coordinator.

“We offer everything from comprehensive training to the entire licensing process, and then incredible resources and support for our families that take the journey with us.”

And that support is 24/7.

Program Supervisor Ashley Ciliberti has herself been a foster parent, though she took on that role without the benefit of NYAP. Support in these cases is often limited to an overburdened case worker.

“When I found NYAP, I was like: Whoa!” she said. “I would have loved to have access to someone 24/7.”

She comes to the table with firsthand knowledge of the challenges foster parents take on.

“I always say, ‘I want to be a light in such a darkness of child welfare,’” she said.

In addition, the local office specializes in sibling sets.

“We’re really passionate about trying to keep siblings together,” said Patchen. “It’s best for both the children and the

family.”

The ultimate goal is to be able to return foster children to their biological families within 12 months.

The local NYAP office conducts weekly information sessions for anyone thinking about becoming a foster parent. If the time is not convenient to an interested person, Patchen and her staff will work out an alternative.

If someone decides to go forward, they fill out a digital inquiry form and receive the necessary training.

“We really want to make sure that they have the tools in their toolbox to be successful,” Patchen said.

Anyone interested in learning more can contact the NYAP office at 904-443-9240 or by emailing Patchen at kpatchen@nyap.org. Further information can be found at nyap.org.

NOTE: To read expanded coverage of this topic, go to pontevedrarecorder.com.



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Tennis great keeps tabs on the sport from Ponte Vedra home

By Shaun Ryan

Relaxing before the TV in his new home at The Plantation, tennis great Tom Gullikson is watching the next generation of players compete at Wimbledon. Having arrived from Chicago just two weeks prior, he still has some boxes to unpack. But that can wait. One of the biggest events in the sport to which he has devoted his life is underway, and that takes precedence.

Gullikson arrived in Ponte Vedra on June 27 — his wife, Shaun Considine, will join him later — and, learning there was to be a Wimbledon-themed social event at The Plantation’s club, he quickly volunteered to hit some balls with other members.

It was a timely occasion that seemed tailor-made for Gullikson, who was now part of a community he’d long admired.

Today, Gullikson still enjoys playing tennis, a game that he discovered at the age of 5.

Early success

Gullikson and twin brother Tim were born in La Crosse, Wisconsin. Fortuitously, the family lived directly across the

street from the tennis courts of the local University of Wisconsin campus.

One summer, the public parks department sponsored tennis lessons for kids at the university.

“My mother kind of looked across the street and she saw all these kids running around, hitting tennis balls, having fun,” Gullikson recalled. “She’s got these two energetic 5-year-old twin boys, and she’s like: Oh, that would be a good place for me to put the boys.”

At first, young Tom and Tim just chased the balls, but soon enough, they lifted their first rackets.

“By the time we were 8, we were pretty good,” Gullikson said.

Turning pro

The family moved to nearby Onalaska, Wisconsin, where the boys’ father was a barber and their mother worked in a grocery store. They didn’t have the means to travel and play in the National Junior Tournaments and couldn’t afford tennis lessons, so the boys honed their skills by



Contributed photo

On the occasion of Andre Agassi’s winning a gold medal at the 1996 Olympic Games. Pictured from left are Agassi’s coach, Brad Gilbert, Agassi and Tom Gullikson.

TENNIS continues on Page 10

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Tennis

Continued from 9

playing against each other.

“We would literally play five, six hours a day,” Gullikson recalled.

They only received one college scholarship offer and so attended Northern Illinois University at DeKalb. They played there from 1969 to 1973, after which Tim Gullikson moved to Dayton, Ohio, to teach.

Playing in some area tournaments, he received encouragement from Hank Jungle, one of the top-ranked players in the country over the age of 35, who suggested he turn pro.

So, in 1975, Tim Gullikson quit his job and did just that.

“In one year, he went from teaching pro to the top 100 in the world, which is unheard of,” brother Tom said.

At that time, Tom Gullikson was working at a club in Crystal Lake, Illinois.

“I’m sitting there in Chicago thinking, I’m as good as my brother and I’m left handed; I have a better serve!” he said.

So, in May 1976, he quit his job and went pro. Twelve months later he was ranked in the top 50 in the world.

Courting success

The brothers went on to enjoy successful tennis careers. Tim Gullikson played



Contributed photo

Tom Gullikson, front with blue shoes, is surrounded by residents of The Plantation during “Wimbledon Social & Wilson Demo Day.”

for a dozen years and was ranked 15 worldwide. Brother Tom played for 11 years and made it to number 23.

Together, they got as far as the Wimbledon finals in 1983, finally defeated in doubles by John McEnroe and Peter Fleming. Still, they were awarded runner-up medals from the Duke and Duchess of Kent.

“Tim looked over at me with this great smile that he had, and he goes, ‘Not bad

for a couple of small town boys from Onalaska, Wisconsin,’” Tom Gullikson said.

In all, they won 10 ATP doubles titles, with Tom Gullikson going on to win a total of 16. In 1984, he won the mixed doubles at the U.S. Open with Manuela Maleeva.

He also did well in singles, winning the 1985 singles title at the Newport, Rhode

Island, tournament.

In the years before he retired from playing in 1987, Gullikson beat some of tennis’ top competitors, defeating Bjorn Borg once and Jimmy Connors and Stefan Edberg twice.

Coaching career

Gullikson went on to coach tennis for the next 30 years. Between 1994 and 1999, he was the U.S. Davis Cup captain, his team winning 3-2 over Russia in 1995 at the Olympic Stadium in Moscow.

Sadly, brother Tim lost his battle with brain cancer that same year.

In 1996, Gullikson was the U.S. men’s Olympic coach for the Atlanta games. There, he helped Andre Agassi, who won the gold medal.

He retired from coaching in 2017 and moved from Florida to Chicago, where he taught tennis.

Northeast Florida

In January, he and his wife decided to buy a home in The Plantation. Since then, they’ve been busy moving their possessions here.

Gullikson called the northeastern coast the “best part of Florida.”

NOTE: This is an abridged version. To read to entire article, go to pontevedrerecorder.com.

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HEALTH CARE SPOTLIGHT

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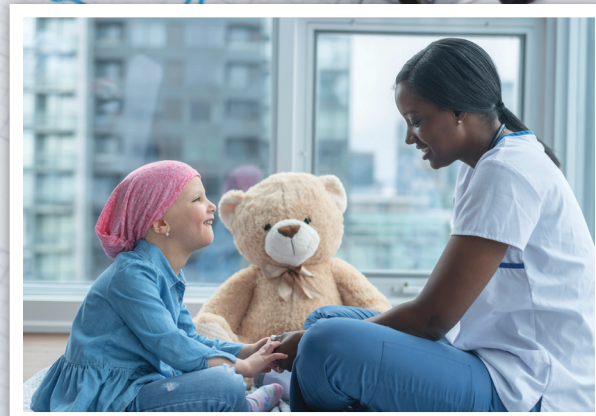
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one year of caring for our community** PAGE 18

Toney named to Wolfson post PAGE 18

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Ascension marks first year in St. Johns County PAGE 20

**Baptist Jacksonville recognized for heart bypass
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Dr. Arun Gulani, left, and Natasha Namen perform a dramatic part of their dance routine symbolizing Namen's poor vision prior to receiving treatment from Gulani.



Dr. Arun Gulani and Natasha Namen perform part of their routine celebrating Namen's corrected vision.



Contributed photos
Dr. Arun Gulani and Natasha Namen after she received her LaZrPlastique treatment.

Doctor, patient wow judges with Dancing Stars routine

Performance celebrates dancer's corrected vision

By Shaun Ryan

On July 8 at Flagler College's Lewis Auditorium, audiences for the annual Dancing Stars of St. Johns County fundraising event were treated to a unique performance.

The "star" was Dr. Arun Gulani. His dance partner was National Ballroom Dance Champion Natasha Namen. And their interpretive dance celebrated an important journey they had taken together: restoration of Namen's vision after she'd been told by

other eye surgeons that she has "not a candidate" for the procedure she most needed.

Namen has been dancing for 22 years, and for a decade she competed at some of the most prestigious competitions in the country and internationally. But she'd had poor vision throughout her life and in competition she had to dance while wearing contact lenses, which became useless once mired in the stage makeup running into her eyes.

Still, she was told again and again she was "not a candidate" for surgery. Patients are often turned down due to thin corneas, high astigmatism, high nearsightedness or farsightedness or previous eye surgeries.

But she made a crucial decision after

one national competition when her contacts threatened her ability to compete.

"I couldn't see anything," she said. "I had so much pain in my eyes. ... I was literally performing blind." She said her contacts actually hurt more than did her dance shoes.

She won that competition, but not without realizing something had to be done.

"From that moment, I said, 'I am never going to wear contacts again; I need to see Dr. Gulani,'" she said. Gulani had successfully treated several members of her family and had pioneered several techniques. Among them: no-cut Lasik surgery he patented as LaZrPlastique and no-needle, stitch-free cataract surgery he patented as

LenzOplastique.

Using his patented technique, he was able to repair Namen's vision in a surprising five-minute procedure.

"He changed my life completely," she said. "I don't have to wear contacts ever again. I can see perfectly. I can compete and wear all the makeup I want, and I don't have to worry about my eyes hurting."

Namen asked Gulani to dance with her in the Dancing Stars of St. Johns County, which raises money for the St. Augustine Community School of Performing Arts. He'd never danced before, but he stepped

DANCING continues on **Page 15**

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The notable differences between heat exhaustion and heat stroke

By Anthony Richards

With daily temperatures reaching the high 90s and surpassing 100 with the heat index, it is important to understand how to handle such conditions.

Although it does not take much for residents to feel that it is extremely hot outside, there are certain measures to take to make sure the heat does not get the best of them and in some instances lead to health issues.

According to St. Johns County Fire and Rescue, a person's body has the ability to cool itself, but extreme hot or humid weather can make this ability more challenging.

As a result, when the body heats too rapidly to cool itself properly or when too much fluid or salt is lost through dehydration or sweating, the body temperature will rise sometimes to levels that create health concerns.

Heat-related illnesses can include heat exhaustion or heat stroke and there are certain signs to look for to help spot the differences between the two.

According to the National Weather Service, heat exhaustion usually takes place prior to heat stroke and the symptoms for heat exhaustion include fainting or dizziness, excessive sweating, cool, pale and clammy skin, nausea or vomiting and muscle cramps.

In the case of heat exhaustion, the NWS advises getting that person to a cooler place, preferably an area that is air-conditioned.



Drinking water to replenish fluids is also very important, but the act should only be performed if the person in question is fully conscious and shows the ability to drink the water.

Taking a cool shower or pressing a cold compress against their skin are other good ways to treat heat exhaustion.

Although heat stroke may seem similar to heat exhaustion, it is a much more advanced stage of heat-related illness and requires a different approach.

While a person with heat exhaustion would be sweating excessively, someone dealing with heat stroke would have reached the point of not sweating at all, and as a result, their body temperature will begin to climb more than 103 degrees and their skin will be red, hot and dry.

Other differences include those with heat stroke having a rapid heart rate and strong pulse compared to a rapid heart rate accompanied by a weak pulse for someone with heat exhaustion.

Once heat stroke is diagnosed calling 9-1-1 is the next step to be taken and while they wait for medical personnel to arrive, the National Weather Service instructs that they move the person to a cooler spot and attempt to cool the body temperature down by applying cold cloths or putting the person in a cold bath.

The NWS understands that the first inclination might be to give a person some water to drink if they are encountering an issue with the heat, but it is recommended not to provide anything to drink once it reaches the point of heat stroke.

With heat advisories a common occurrence throughout the state of Florida this time of year, the Florida Division of Emergency Management reminds people that the best way to battle the heat is to avoid being outdoors during the midday hours, and when they do go outside to drink plenty of fluids even when they do not feel thirsty as well as wearing loose, lightweight clothing that is also light-colored.



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Wolfson Children's Hospital named among the best

U.S. News & World Report has recognized Wolfson Children's Hospital as one of the 50 Best Children's Hospitals in the nation for diabetes and endocrinology, as well as neurology and neurosurgery, as part of the 2023-24 Best Children's Hospitals rankings.

Wolfson Children's provides a full range of endocrinology services, treating conditions ranging from diabetes to metabolic and growth disorders, in collaboration with Nemours Children's Health. The Walter and Michelle Stys Neuroscience Institute at Wolfson Children's provides comprehensive neurology and neurosurgery services, treating conditions from epilepsy and brain tumors to traumatic brain injury, in collaboration with Nemours and the University of Florida College of Medicine – Jacksonville.

“Wolfson Children's Hospital is honored once again to be ranked as one of the top children's hospitals in the country by U.S. News & World Report,” said Allegra C. Jaros, president of Wolfson Children's Hospital. “Our rankings recognize our clinical team's incredible commitment to patient safety, research and clinical excellence so that the patients we serve can receive world-class care close to home. We're grateful for our longstanding collaboration with Nemours Children's Health and the UF College of Medicine – Jacksonville, which help make this high level of care possible.”

“Nemours Children's Health is proud to partner with Wolfson Children's Hospital,” said Gary Josephson, chief medical officer at Nemours Children's Health, Jacksonville. “The U.S. News rank-

ings highlight the excellent specialized services patients receive and is a stellar example of collaborative teamwork providing the best care to the children and families we serve.”

The annual Best Children's Hospitals rankings and ratings, now in their 17th year, are designed to assist families and their doctors in making informed decisions about where to receive care for challenging health conditions.

U.S. News, together with RTI International, a North Carolina-based research and consulting firm, collected and analyzed data from 119 children's hospitals and surveyed thousands of pediatric specialists. Children's hospitals awarded a “Best” designation excelled at factors such as clinical outcomes, level and quality of hospital resources directly related to patient care and expert opinion

among pediatric specialists.

“For 17 years, U.S. News has provided comprehensive information to help parents of sick children and their doctors find the best children's hospital to treat their illness or condition,” said Ben Harder, chief of health analysis and managing editor at U.S. News.

Physicians providing care at Wolfson Children's Hospital are neither employees nor agents of the hospital. Services at Wolfson Children's Hospital are provided primarily by pediatric physician specialists employed by Nemours Children's Health, Jacksonville; University of Florida College of Medicine – Jacksonville; UPMC Children's Hospital of Pittsburgh (for cardiac surgery services); Baptist Specialty Physicians, Inc.; and Emergency Resources Group.

Nemours' Moss a Physician Leader to Know

Becker's Healthcare has recognized R. Lawrence Moss M.D., president and CEO of Nemours Children's Health, in the 2023 edition of its “145 Physician Leaders to Know” list.

His passion and clarity in focusing on the overall health of children, which goes above and beyond simply treating illness, has been the essential driver now guiding the organization toward a transformation of health care to create the healthiest generations of children.

Moss is internationally recognized for his leadership in the area of health care quality and safety for pediatric surgery. He is currently a member of the Children's Hospital Association Board of Trustees.

Physician leaders have amassed both clinical expertise and leadership experience, providing them with unique perspectives that benefit patients and colleagues alike. Honorees serve in executive roles at hospitals, health systems, medical groups, ASCs or health care companies.

The leaders featured on the list have exhibited outstanding leadership skills and clinical excellence. They are using their expertise to enhance and improve the health care industry. This list honors physician leaders for their dedication to optimizing health care.

Becker's Healthcare said it is excited to feature these accomplished leaders, who are vital to the successes of their

respective organizations.

The Becker's Hospital Review editorial team accepted nominations for this list and curated it to highlight the work of physician leaders. The full list features individual profiles of all leaders on the list and can be read at beckersasc.com/beckers-is-thrilled-to-release-the-2023-edition-of-its-physician-leaders-to-know-list.html.

The list is not an endorsement of included leaders or associated organizations, and individuals cannot pay for inclusion on this list. The list is sponsored by TeamHealth, a physician-led clinical practice partner matching care facilities across the country with elite clinicians.



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Nuggets of health, safety and well-being wisdom

The notion that light alcohol consumption can have a positive effect on cardiovascular health is well-known, though research suggests that notion is inaccurate. A 2022 study published in the journal *JAMA Network Open* reported that alcohol consumption of all amounts was associated with increased cardiovascular risk. However, the researchers noted that there were marked risk differences across levels of intake. The results of the study could prove a significant turning point in how even moderate alcohol consumption is viewed within the medical community, as the Centers for Disease Control and Prevention notes that studies dating back several decades have called for a closer examination of the perceived link between such consumption and cardiovascular disease. With evidence now suggesting moderate consumption does not lower risk for cardiovascular disease, healthcare professionals may advise patients to avoid alcohol altogether.

Sun protection comes in many forms

By Anthony Richards

Sunny days are more popular than rainy days because it promotes outdoor activities, especially during the summer.

However, the sun can also present its share of damage to skin if the proper protection is not taken into account.

According to the Centers for Disease Control and Prevention, skin cancers are caused by too much exposure to ultraviolet rays, which are invisible forms of radiation that come from the sun, as well as tanning beds and sunlamps.

The ways that the CDC advises people to prevent UV rays from damaging skin cells include putting on broad spectrum sunscreen designed to filter out both UVA and UVB rays.

Sunscreens are assigned a sun protec-

tion factor (SPF) which helps consumers understand how well the sunscreen will act as a barrier and filter out the rays from reaching a person's skin.

The higher the number, the less ultraviolet rays it allows through. The CDC recommends that only sunscreens with an SPF rating of 15 or higher should be used and should be applied before any outdoor activity.

According to the CDC, applying sunscreen is just the first step, but protection requires constant attention in order to have its peak effect.

As a result, sunscreen should be reapplied if in the sun for more than two hours as it can be worn off by sweating or by swimming or wiping off with a towel.

For those who perform a lot of outdoor activities or have jobs outside, sunscreen

use will be more excessive, which means that they will run out and be forced to replenish their supply more often.

However, for those who perform less routine outdoor activities, their sunscreen may run the risk of reaching its expiration date.

Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life lessens if it has been stored in an area susceptible to high temperatures.

It is not recommended for sunscreen to be used on children six months old or younger. Instead, the U.S. Food and Drug Administration suggests keeping infants out of the sun all together during the mid-day hours and using protective clothing in place of sunscreen.

There are several other ways that can be

taken to protect against sun either instead of sunscreen or along with the method.

The other preventative options include wearing protective clothing, such as long-sleeved shirts, pants and skirts that can help cover any skin that may be at risk.

Certain clothing is certified under international standards as offering UV protection and will be stated as such somewhere on the article of clothing.

According to the CDC, wet clothing offers less UV protection than dry clothing.

Other protective articles include hats and sunglasses which can protect a person's face, neck, eyes and ears from the harm of the sun.

Finally, another effective protective measure against the sun is by way of finding shade coverage whether by an umbrella, tree or other form of shelter.

Dancing

Continued from 12

out of his comfort zone and agreed.

They practiced two to three hours each weekend for three and a half months. Their routine was Gulani's suggestion, and it proved effective as the judges all gave it a "wow."

It began with a waltz, Gulani in doctor's garb and Namen blindfolded to represent her blindness. This transitioned to a salsa and merengue and Namen discarded the blindfold.

According to Gulani, Lasik is just one of more than 20 laser vision techniques, but some eye surgeons only practice two of them and must tell patients that they, like Namen, are "not a candidate."

Gulani emphasizes the importance of treating each patient's condition individually, "custom-designing your vision like custom-designing choreography for each dance." He calls his patients his "Mona Lisas."

His approach has won him high praise from his patients and an international reputation. Recently, he had patients fly in from Switzerland, Saudi Arabia, Australia and Hong Kong.

"They travel for days — not hours — for four minutes that change their lives," he said.

In fact, he said, his practice has recently broken a world record; he has consulted patients from 98 countries.

"Working with Dr. Gulani was such an honor," Namen said. "He's such an incredible doctor. He helps so many people around the world."

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GUEST COLUMN

New technology in atrial fibrillation treatment

By Anthony Magnano M.D.

Ascension St. Vincent's Riverside

Atrial fibrillation, also known as AFib, is one of the most common heart conditions. This heart arrhythmia (irregular heart rhythm) is serious because it can increase the risk of stroke by five times and also puts patients at risk for heart failure. That's why it is so crucial for us to stay on the forefront of new technology and effective treatments to protect the patients in our care.

Our team of cardiologists at Ascension St. Vincent's is always engaging in research and participating in the latest clinical trials. Here are some recent developments we've seen that can make a huge impact in your AFib treatment and your quality of life.

New Generation of Stroke Prevention: Left Atrial Appendage Occlusion and the WATCHMAN Device

AFib is such a potent risk factor for stroke because the upper chambers of the

heart (or atria) do not contract properly, allowing blood to pool in a cavity known as the left atrial appendage. The pooled blood can form a clot that travels to your brain's arteries, interrupting blood flow and leading to a stroke.

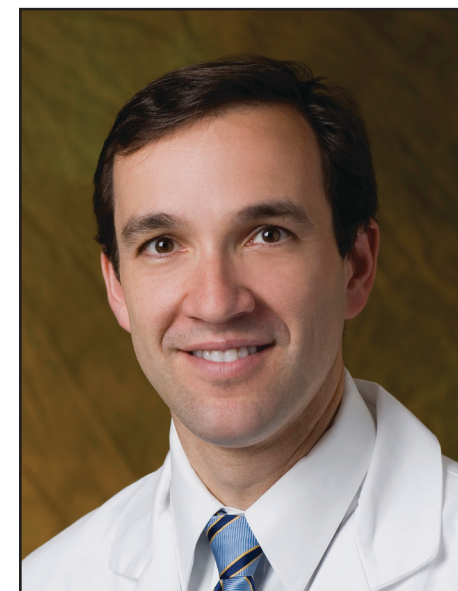
Anticoagulation medications are still the first line approach to prevent this risk for most patients. However, unintended bleeding can become problematic for certain individuals. If the left atrial appendage is surgically removed or occluded, then this risk of stroke is effectively managed without the added bleeding risks of anticoagulation.

That's where the WATCHMAN device comes in. The WATCHMAN is an implant placed in your heart to block off the left atrial appendage and prevent blood clots from entering the bloodstream. This non-invasive procedure typically takes less than a half hour, as we insert the device through a vein in the leg. Using the WATCHMAN allows doctors to reduce stroke risk without putting patients at risk for increased bleeding.

Cutting-Edge Software to Guide Cardiac Ablation

During an AFib ablation treatment, a specialized cardiologist known as an electrophysiologist inserts catheters through the blood vessels into the heart to burn or freeze the tissue causing abnormal electrical signals in the heart. The procedure has been used for decades to restore a normal heartbeat, though the tools and experience have improved greatly over the past several years, yielding higher success rates and lower complications.

For the past year, Ascension St. Vincent's has been one of the first sites in the country evaluating an innovative software that can identify specific areas in the heart that are causing AFib. This technology allows doctors to pinpoint areas for ablation, making the procedure faster, safer and more effective. We have used this technology on selected patients with very advanced, difficult to treat atrial fibrillation — particularly those who



Dr. Anthony Magnano

have had failed ablations in the past. We recently received FDA approval to continue evaluating this treatment for another year and we have been selected to be one of very few centers worldwide to enroll patients in an upcoming randomized, controlled trial.

Landmark New Pulse Field Ablation

Pulse field ablation is a novel technology to treat conditions like AFib. Instead of burning or freezing heart tissue as in traditional ablation treatments, pulse field ablation more specifically targets cardiac

TREATMENT continues on Page 21



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Dr. Kenzo J. Koike

By Kenzo J. Koike, M.D.
Florida Eye Specialists

Cataract surgery is one of the most common procedures in the country, and 10 million cataract surgeries are performed every year around the world. With new advances in technology, cataract surgery today is safer and provides better outcomes than ever. Depending on the options you choose, you can even test drive your vision and make changes after surgery, and say goodbye to glasses for good!

From laser cataract surgery to light-adjustable lenses, there truly are endless options to personalize your treatment.

GUEST COLUMN

New advances in cataract surgery: Endless options to personalize treatment

Learn more about the latest advances here, or ask your eye surgeon for help making the best choices for you.

What Is Cataract Surgery?

Cataracts are a clouding of the normally clear lens of the eye. They are a normal part of aging and the most common form of reversible blindness in the United States. It's estimated that around 60% of people over age 60 have at least one cataract.

During cataract surgery, an eye surgeon takes the cloudy lens of the eye and replaces it with a clear lens so the patient can see normally again. The process takes only about 15 to 20 minutes per eye, and most patients don't experience any pain after surgery.

Advances in Laser Cataract Surgery

One of the ways cataract surgery has improved is through a technique called laser cataract surgery. Laser cataract surgery uses laser technology to assist with some of the crucial and delicate components of the procedure and is computer guided. It results in a safer, gentler procedure and

maximizes the potential for better visual outcomes. That allows eye surgeons to correct a wide range of vision problems, including astigmatism, far- and near-sightedness at the time of cataract surgery. This gives patients the option to correct two eye conditions with one procedure and reduces the need for glasses.

New Light-Adjustable Lens

Recently, our surgeons at Florida Eye Specialists were the first in the region to offer the groundbreaking Light Adjustable Lens technology. It's a special type of cataract lens implant that can be customized after cataract surgery using ultraviolet light treatments. It puts the power in the patient's hands to test their vision and make adjustments, just like we would with glasses or contacts.

After cataract surgery with the Light Adjustable Lens, patients meet with their eye doctor to preview and compare prescription changes to choose the option that looks best to them. Our experienced ophthalmologists use a series of up to three light treatments to customize the photosensitive material of the lens. Each

treatment is painless and takes one to three minutes to complete.

Other Lenses to Match Your Lifestyle

The Light Adjustable Lens is the newest of many intraocular lenses you can choose from when customizing your cataract surgery. That's why it's essential to meet with a cataract specialist before making any decisions. Your doctor will recommend options based on any astigmatism, prior refractive surgery, night-driving needs, and hobbies like golf or reading. We customize the lens to the patient's lifestyle, as it's not a one-size-fits-all.

If cataracts are impacting your daily life, you don't need to live with impaired vision or wait for surgery. Make an appointment with a cataract consultant today.

Kenzo J. Koike, M.D., is a board-certified ophthalmologist at Florida Eye Specialists. For more information on Dr. Koike and his specialties treating cataracts and glaucoma, go to FloridaEyeSpecialists.com or call 904-564-2020.

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LETTERS TO THE EDITOR

Ascension St. Vincent's St. Johns County celebrates one year of caring for our community

By Cory Darling

Hospital Administrator at Ascension St. Vincent's
St. John's County hospital

To the Editor:

One year ago, we met the community's need for high-quality care in a convenient, patient-friendly setting by opening the doors to Ascension St. Vincent's St. Johns County.

We know access to care contributes to the long-term wellbeing of the patients and communities we serve, and we're prepared to evolve as this community's health care needs continue to grow.

Our 150,000-square-foot hospital offers patients access to 56 inpatient beds, including eight ICU beds, and also provides emergency services, inpatient hospitalization, heart care, orthopedics and spine care, general surgery and the latest imaging technology.

Our community members also have access to primary care and specialty care services close to home in the medical office building adjacent to the hospital, including cardiology, obstetrics and gynecology, and urology.

By improving the quality and safety of services, increasing access to care and promoting prevention, we have the ability to enhance the lives of individuals and the vitality of our community. In June, 75 women from across the community joined us at a Women's Cardiology Symposium to learn about heart disease, obesity and weight loss medications. We look forward to hosting additional seminars to educate our community on how they can take control of their health.

With Ascension St. Vincent's St. Johns County, we plan to continue our longstanding history of providing care to St. Johns County and Northeast Florida. According to the most recent census data, St. Johns County's population jumped 43% from 2010 to 2020, making it one of the fastest growing counties in America. The new hospital has been a boon for the local economy, creating approximately 500 new jobs to help support the growing need for health care services.

Everyone deserves high-quality, compassionate health care options as conveniently located as possible. As St. Johns County continues to grow and thrive, we're excited to offer health care options that grow along with the community.



Toney named to Wolfson post

Mark A. Toney M.D., a board-certified pediatrician and pediatric hospitalist who has served the Northeast Florida community for 20-plus years, has been appointed to the newly created position of vice president of medical affairs at Wolfson Children's Hospital, effective Nov. 1.

In this role, Toney will focus on the effectiveness of clinical care for children who are served at all Wolfson Children's locations, including the main hospital, five satellite ERs, Pediatric Trauma Center and regional outpatient pediatric specialty care centers. He will continue to work closely with community pediatricians and pediatric specialists with Nemours Children's Health, the University of Florida College of Medicine — Jacksonville and other collaborating pediatric health care organizations.

In addition to his patient care role as a pediatric hospitalist since 2003, Toney has served as chief of the Division of Hospital Pediatrics



Wolfson Children's

for Nemours Children's Health and Wolfson Children's Hospital since 2012.

In his leadership role, his accomplishments have included:

- Coordinating the inpatient pediatric training education program for six residency training programs and two medical schools
- Being part of continuous improvement projects to streamline hospital processes and decrease hospital stay lengths and readmission rates.
- Working collaboratively with a multidisciplinary team to enhance patient and family satisfaction.

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Cypress Village hosts Symphony Guild luncheon

Cypress Village hosted a Symphony Guild reunion luncheon chaired by Bonnie Clutterbuck and Eleanor Hughes on June 19.

The Symphony Guild formerly participated in volunteer fundraising activities for the Jacksonville Symphony over many years. They held annual designer showhouses, hosted coffee concerts, and organized holiday nutcracker boutiques. Proceeds from all events were donated to the Jacksonville Symphony.

Many members have not seen each other for a very long time, and they were thrilled to reunite. Cypress Village was pleased to host the Symphony Guild and look forward to many more similar events.

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Cypress Village

Ascension marks first year in St. Johns County



Ascension St. Vincent's St. Johns County invited the community to a celebration of its first anniversary on Saturday, July 15. It was a day of family fun, games, activities and informational booths.

On site at the hospital, 205 Trinity Way, St. Johns, were educational booths with hands-on training that included AED/CPR training, balloon art and face painting, food trucks and "touch a truck" exhibits, including ladder, engine and critical care.

Photos by Susan Griffin



Brain Tumor Support Group of Northeast Florida

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Baptist Jacksonville recognized for heart bypass surgery

Baptist Medical Center Jacksonville received its first three-star rating from The Society of Thoracic Surgeons (STS) for excellent patient care and outcomes in isolated coronary artery bypass grafting (CABG) procedures.

CABG, also commonly referred to as “bypass surgery,” is a procedure used to improve blood flow to the heart for people with severe blockages in critical arteries that connect to the heart.

The three-star rating, which denotes the highest category of quality, places Baptist Jacksonville among the elite for heart bypass surgery in the United States and Canada. The analysis of data for the recognition covers a three-year period from January 2020 to December 2022.

“Quality comes first,” said Nicole B. Thomas, hospital president of Baptist Jacksonville. “That’s why receiving a three-star designation from STS is such an honor for the entire team here at the Heart Hospital of Baptist Jacksonville — from our surgical team dedicated to cardiovascular surgery, to the experts who serve in our cardiovascular intensive care unit, the nursing floors and diagnostic testing departments — they are each focused on high quality and compassion-

ate care.”

According to STS, the star rating system is “one of the most sophisticated and highly regarded overall measures of quality in health care, rating the benchmarked outcomes of cardiothoracic surgery programs in the United States and Canada.”

The rating is calculated using rigorous quality measures.

Surgeons at Baptist Jacksonville who perform isolated CABG procedures include Nathan Bates M.D. and John Pirris M.D. Peter Bolan M.D. will join the team in August.

Approximately 20% of participants receive the three-star rating for isolated CABG surgery.

“We want people in the Jacksonville community and surrounding areas to know that Baptist Health is the place to come for heart surgery,” said Bates, who has been chief of cardiac surgery at Baptist Jacksonville since 2019. “This rating is an honor and testament to the work of the entire team here. Patients and their loved ones can rest assured knowing we provide quality care. We’re also a high-volume center that treats hundreds of patients every year who rely on us for complex heart surgery.”

Treatment

Continued from 16

tissues with a controlled electric field. This creates a more precise and faster procedure. Due to the non-thermal nature of the ablation, it is less likely to damage structures around the heart. While this new technology is still under investigation, my team believes it can lead to safer and more effective outcomes for our patients.

We only mentioned a few of the excit-

ing new advancements here, but there are many more in all aspects of cardiovascular care. The most important thing is to always work with your doctor to find the right treatment plan for you.

Dr. Anthony Magnano is a Ponte Vedra resident and chief of cardiology at Ascension St. Vincent’s Riverside in Jacksonville. For more information on Dr. Magnano and his specialty in treating atrial fibrillation, go to ascension.org/JaxHeart or call 904-388-1820.



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THURSDAY, JULY 20, 2023

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FEATURING
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Pastry Steph specializes in cake form creativity

By Anthony Richards

There has never been a cake design Stephanie Marciani has not embraced the challenge of making with open arms.

This endless challenge is one of the reasons she has such a passion for cake design and why she decided to start her businesses Pastry Steph after moving to Nocatee in 2015.

“I had a career before this in public relations and had just come to a moment where I thought to myself do I really want to keep doing this,” Marciani said. “I had always loved baking growing up and I remember making Christmas cookies with my aunts.”

She dove completely into making the career shift by enrolling in a nine-month program at the Institute of Culinary Education in New York City in 2006, where she attended classes at night and worked during the day at Whole Foods in their bakery department and perfected what it takes on the production end of things.

During that time, she also met her future husband and the two ended up getting married and moving to Charlotte, where she worked for a custom cake shop called Edible Arts, which is where her



Photo courtesy of Pastry Steph
Stephanie Marciani shares her love of cake design as the owner of Pastry Steph in Nocatee.

passion for cakes really developed.

“I got used to everything being custom, and there were rarely two cakes that looked the same,” Marciani said. “I really liked that and the creative that you can have in the custom cake world.”

The family’s next stop was Nocatee, and Pastry Steph was born as way she could continue to design cakes while still being home and spending time with her two sons.

“It’s been great, and I have probably more than 300 clients that regularly reach out,” Marciani said.

Owning her own cake business is still a job that she pinches herself at times as she realizes how unique and fun of a career it is that she gets to do.

“When I was a kid growing up in Connecticut I would pretend to make food and that people would line up at the door of our basement and I would serve them, so the interaction with people is one of the things I’ve found out I enjoy the most,” Marciani said.

According to Marciani, there is no occasion that is off limits, as she has made

CAKE continues on Page 26

6 signs you may need a new HVAC

There’s no place like home, especially when that home is a comfortable and safe haven. One of the ways residents find comfort in their homes is by maintaining the right indoor temperatures, which fluctuate along with the seasons. While there is much to be said about opening windows and doors to let Mother Nature do her thing, indoor comfort is often maintained with an HVAC system.

HVAC stands for heating, ventilation and air conditioning. It can include heat pumps, furnaces and air conditioning units. It is an automated system that works by adjusting a thermostat to regulate air temperature, and sometimes humidity, in the home. According to Enviguard, a commercial contracting provider, HVAC systems also may be used to improve indoor air quality through filtration and oxygen replacement.

As with any mechanical device, an HVAC system has a life span that must be considered. Should any

HVAC continues on Page 24



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Inn & Club PUD proposal set for review tour

By Anthony Richards

The Ponte Vedra Inn & Club first proposed its 30-year and multi-phase plan for development and renovations to the public during a Ponte Vedra Municipal Service District meeting on May 8, but there are many more stops to go in the process of relaying its plan to the residents and getting it approved.

As part of the required process, the Inn & Club will have to present its proposed planned unit development to four more different boards and committees for review by each in the next couple of months on its path to asking for approval of its plan.

The first of these upcoming meetings will be in front of the Ponte Vedra/Palm Valley Architectural Review Committee on Wednesday, July 26 at 5 p.m. at the Ponte Vedra Beach Branch Public Library in its FOL room. The library is located at 101 Library Blvd. in Ponte Vedra Beach.

The Ponte Vedra Zoning and Adjustment Board will be up next to hear and see the Inn & Club's proposal during its meeting Monday, Aug. 7, at 3 p.m. at the St. Johns County Auditorium located at 500 San Sebastian View in St. Augustine.

The plan will then be presented 10 days later to the Planning and Zoning Agency Thursday, Aug. 17, at 1:30 p.m. and at the county auditorium.

The fifth and final stop on the Inn & Club's tour

of proposal presentations will be to the St. Johns County Board of County Commissioners on Tuesday, Sept. 19, beginning at 9 a.m. at the county auditorium.

It is important to note that the scheduled meeting dates are subject to change as the project moves from one board review to the next.

Each of the meetings is open to the public so residents with concerns or questions are welcome to attend and learn more about the proposed project and what it all entails.

Residents who wish to view the PUD application itself must submit a public records request to receive all relevant documents.

A public records request can be completed by emailing publicrecordsbldg@sjcfl.us or by submitting a request application online by going to webapp.sjcfl.us/sbmtlmgmtweb/ to obtain the request that way.

Questions regarding the online submittal process can be emailed to @dwillis@sjcfl.us for assistance.

There will be new staff reports for each hearing to incorporate information from the previous meetings as the project moves through the review process.

The reports for each hearing should be available online about a week before each associated meeting.

HVAC

Continued from 23

of the following conditions be present, it is likely time to consult with an HVAC technician to see if repairs or replacement of the entire system is warranted.

1. Age

If the HVAC system is more than 10 years old, it could be time to begin budgeting for a new unit. Many modern, efficient systems may last 12 to 14 years with routine maintenance. But it's good to keep an HVAC system's age in mind so you can readily recognize when it might start to fail.

2. Longer or constant running times

An efficient, properly working system will quickly heat or cool the home and then turn off. A system that is turning on repeatedly or having to run for awhile before the set temperature is reached could be nearing the end of its utility.

3. Strange noises

Groaning, banging or loud humming noises should be

addressed. While these noises may indicate that certain components need maintenance or replacement, they also could be symptoms of age and a system nearing failure.

4. Frequent repair visits

Knowing the HVAC company's repair person by name is a sign that the system has required too much work in recent months. Repeated issues and repairs are probably signs that it's time to consider a system replacement.

5. Higher bills

Sticker shock when receiving electricity or gas bills likely mean the HVAC system isn't working efficiently and might need to be replaced.

6. Poor indoor air quality

If the home is dusty or humid or even if allergies seem to have cropped up out of nowhere, this could indicate a poorly functioning HVAC system.

HVAC systems are vital to keeping indoor environments comfortable and safe. Such systems may exhibit certain signs that indicate they need to be replaced.

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Carro named coalition CEO



The Early Learning Coalition of Duval's Board of Directors has named Angel Carro the next president and CEO. Carro, who previously served as chief operating officer, succeeds Denise Marzullo, who had been CEO since 2017 and relocated to South Florida in June. Carro began his new role on Monday, July 17. He has been with the coalition since 2006.

Carro oversaw ELC's \$111 million budget and was instrumental in locally implementing \$56 million in American Recovery Plan Act grants. He has deep knowledge of state and federal nonprofit rules and is well respected by peer coalitions throughout Florida.

Carro has a Bachelor of Science degree in accounting and finance from Florida State University. He serves on the Division of Early Learning's EFS Mod Change Control Board and co-leads the Association of Early Learning Coalition's Finance Group.

Carro and his wife, Lori, live in Orange Park. They have two children.

Cake

Continued from 23

cakes for both happy and sad occasions for people, such as birthdays and anniversaries to memorials.

However, she puts pride in every cake she makes, as she strives to make sure the design truly fits the occasion and is something the family or person receiving it can appreciate.

"It's cool how much a cake can bring joy to a moment, and that is something I'm always thinking about when working on a design," Marciani said.

A big part of making sure a cake design matches an occasion includes working closely with the party ordering it to make sure she and Marciani are on the same wavelength when it comes to what they hope the cake to look like.

For Marciani, because so many of her customers are regulars and also live in the Nocatee community, there is a certain relationship that she has developed with them the more orders they've placed, and it is something she does not take for granted.

"There's really not many places where you can get a custom cake that is not made with a mix of some kind," Marciani said. "Everything that I make is



Photos courtesy of Pastry Steph
Pastry Steph cakes can be made for an occasion, including birthdays.



An "under the sea" cake with fondant scales and custom cake topper is just one example of Marciani's creativity.

from scratch, and I think people appreciate that and want something distinctive that is special to their event."

One thing she has realized from being in the cake decorating world is that trends and what people ask for is ever adapting.

As a result, she always tries to experiment and add new methods, the latest of which is glow-in-the-dark theme cakes, where there are certain powders that can be bought to help it glow.

"It's just part of always challenging yourself and testing your creativity," Marciani said.

For more details about hiring Pastry Steph for a future occasion go to the business's Facebook and Instagram page.



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In the Arts

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Photos courtesy of Frank Allen



Baystreet plays a mixture of blues and classic rock for a unique sound to their music.



Baystreet celebrated its 36th anniversary with a special performance at the Blue Jay Listening Room in Jacksonville Beach on July 12.



Lead singer/bass player John Miller and pianist Mike Hollingsworth perform on stage at the Blue Jay Listening Room.

Baystreet celebrates 36 years with memorable night

By Anthony Richards

Baystreet celebrated its 36th anniversary as a band with a special performance at the Blue Jay Listening Room in Jacksonville Beach on July 12.

The local band has developed quite the following during its 36-year run, but it continues to find new ways to introduce itself onto the music scene, as it was the first time playing at the Blue Jay Listening Room.

According to John Miller, bass player and lead singer with Baystreet, the anniversary showcase came about after months of discussions and ironing out the details with Blue Jay owner and operator Cara Murphy.

“Cara and her team do a great job of working with and treating the musicians really well,” Miller said.

The night was a memorable one for Miller and Baystreet, who even received

an encore ovation from the audience after already having performed for about two and a half hours.

“I didn’t go in expecting we would play that long, but the soloists were just playing really well, and I just let them do their thing,” Miller said. “Sometimes you just have to let the music speak and take over.”

Baystreet plays a mixture of blues and classic rock for a unique sound to their music.

“It’s such an amazing feeling after all these years, that people still come out and want to hear us play our music,” Miller said. “There’s nothing like it.”

Miller is an original member of the band from when Baystreet was first created in 1987 and has felt his share of magical nights over the years, and the 36th anniversary performance was up there.

“There are those moments when the music and the audience is one and you just know because it feels like you’ve entered

another space where the music takes over,” Miller said. “And you can’t find yourself thinking about it for too long or else you’ll lose it, but you just know its there and you keep playing and enjoying it.”

Mike Hollingsworth plays piano in the band and joined in 1992, while Cliff Huber joined shortly after in 1995 as the band’s saxophonist and Mark Gibson plays guitar and joined in the early 2000s.

Baystreet rotates its drummer and Greg Hersey was the one who played the role during the 36th anniversary gig.

Miller has experienced some unique opportunities over the years thanks to being a part of Baystreet, including recording in some of the big-time recording studios in Nashville and having gone on tour.

However, there is nothing that hits his soul more as a musician than playing local gigs in front of a live audience.

“I’ve played on dead nights where there are just a handful of people and I’ve played in front of 30,000 people,” Miller said. “Of course, you’d rather play in front of the bigger crowd, but it’s all about the connection you create with your audience through your music, no matter the size.”

Nights that celebrate anniversaries like that are chances for Miller to reflect on how much of a pull music has had on him throughout his life and how it has made him the person he is today.

“I started playing piano when I was 5 years old and played in my first band when I was 13,” Miller said.

Miller has always been one of the primary song writers for the band and he has found lots of inspiration for his lyrics from his own life, so in a way Baystreet’s songs reflect who the band members are themselves.

“The song we closed with is called “The Future,” and it came from me thinking about my 9-year-old son and the future we’ll have together,” Miller said. “That’s the type of effect music can have on people.”

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Sports



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A pair of players battle for the ball during the 2023 Nease lacrosse camp July 17-20.



Stick handling was one of the techniques taught and worked on during the camp.

'BIG FAMILY' ATMOSPHERE CREATED AT NEASE LACROSSE CAMP

Photos by Anthony Richards

By Anthony Richards

Every high school athletic program no matter what the sport understands that the health of the program depends on creating a culture that student athletes want to be a part of, and it starts at fostering that at an early age.

This is exactly what Nease boys lacrosse head coach Max Gurowski has sought to accomplish by hosting his annual lacrosse summer camp at Nease High School, which this year was held July 17-20.

"We're just trying to do our part to help teach the fundamentals and certain techniques to give back to the game that has given us so much in return over the years," Gurowski said.

This year's camp included a host of children from elementary to middle school ages.

The varying of ages presented an array of skill levels from those just beginning with the sport to those that have been playing it for years now.

Although balancing all the different levels can be an interesting challenge at times, Gurowski enjoys seeing the fascination with the game in each child's eyes.

"It's very interesting, because regardless of how long you've been playing, there is always something or some way that you can get better and learn, so camps like this are always so valuable for all those involved," Gurowski said.

One of the aspects of the camp that he finds so great is the fact that members of the current high school squad were out helping serve as coaches during the camp.

"I love coach Max, and he is definitely the one that



A variety of ages were represented at the camp.

brings all this together," Nease senior Owen Long said.

According to Gurowski, he knows how much of an impact that can have on younger players because he harkens back to when he was a child growing up and how he looked up to the older players with such reverence.

"Having them out here is a big deal, because when you're a young kid, you view those high school guys as heroes and in a position where you dream of being one day," Gurowski said.

Long takes pride in being one the younger players can look up to, and he could not wait to come out and be a coach and mentor while continuing to strengthen the relationships with what is the future of the Panthers' lacrosse program for years to come.

"It's just like a big family, so coming out here is just a way to make new younger brothers in a way," Long



Campers participate in a drill.

said. "I know that it means a lot to the younger kids out here, because I know I was close to my two older brothers and they went to college, so now I've got these kids that I see as younger brothers."

According to Long, popular questions the campers have had have really centered around stick work and regarding cradling techniques when carrying the ball.

"I've just been trying to teach them the different ways to go about it and how to keep moving their feet so that they don't trip up," Long said.

Long encouraged children or parents interested in giving lacrosse a try to do so, because he believes there is something that can be gained from the game for anyone who plays it.

"This sport is my life and I love it," Long said. "You'll never be bored; I can promise you that."

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

Notice is hereby given that the Northeast Florida Fire Watch Council will meet via Zoom teleconference on **Monday, July 24, 2023, 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

<https://us02web.zoom.us/j/83137701075?pwd=dWNlT-VdEePhB3k5Z1p3OHcxR1lUOT09>

Meeting ID: 831 3770 1075

Passcode: 954923

By Phone

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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 at lregister@thefirewatch.org](mailto: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:lregister@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:lregister@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.

CROSSWORD

1	2	3	4		5	6	7	8	9	10									
11					12								13						
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		56						57		58									59
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						62								63					

ACROSS

- 1. Commoner
- 5. Tea leaf
- 11. They save you a table
- 14. Submissions
- 15. Secretly revealed
- 18. Personification of the sea (Norse)
- 19. Unreal
- 21. No seats available
- 23. Bangladeshi currency
- 24. Leaders
- 28. Famed garden
- 29. Denotes past
- 30. Not living
- 32. Midway between south and southeast
- 33. Small island (British)
- 35. Woman (French)
- 36. Wife
- 39. Two-toed sloth
- 41. Blood group
- 42. Soaks
- 44. Biu-Mandara language of Cameroon
- 46. Japanese prefecture
- 47. Place to be during a rock concert
- 49. Fully grown humans
- 52. Emaciation
- 56. Sparkling
- 58. Fruits you peel
- 60. Derived from a noun
- 62. Popular items to grill
- 63. Port in Yemen

- 7. NY Giants legend
- 8. It's in the ground
- 9. No No No
- 10. Pesky insect
- 12. Danish-American muckraking journalist
- 13. Kids love to do it
- 16. Good Gosh!
- 17. Fakes
- 20. A citizen of Denmark
- 22. Mystic syllable
- 25. Commercial
- 26. Letter of the Hebrew alphabet
- 27. Helpers
- 29. Water (French)
- 31. Young woman
- 34. Red-brown sea bream
- 36. Messenger ribonucleic acid

- 37. Comprehends
- 38. Walk with confidence
- 40. Home of the Flyers
- 43. Appetizer
- 45. News organization
- 48. Source of the Nile
- 50. A way to march
- 51. Soluble ribonucleic acid
- 53. Egyptian bull-god
- 54. Children's author Blyton
- 55. Baseball pitching stat
- 57. Rude young person
- 58. Table napkin
- 59. Monetary unit in Asia
- 61. One-time AL MVP Vaughns

SUDOKU

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

Level: Beginner

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!

DOWN

- 1. Before
- 2. Actress Dunham
- 3. This (Spanish)
- 4. Director Peter
- 5. Dominant
- 6. English artists' society (abbr.)

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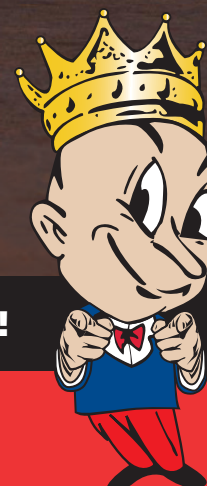
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<p>SALE PRICE \$17,988 61,608 MILES STOCK# MF067526</p>	<p>SALE PRICE \$29,680 20,990 MILES STOCK# KW004986</p>	<p>SALE PRICE \$54,860 5,153 MILES STOCK# NW221185</p>	<p>SALE PRICE \$52,998 50,021 MILES STOCK# LR306050</p>	<p>SALE PRICE \$122,330 4,285 MILES STOCK# PR239531</p>
<p>2018 CADILLAC CT6</p> 	<p>2021 FORD F-150</p> 	<p>2015 JEEP WRANGLER UNLIMITED</p> 	<p>2023 MINI COOPER S CONVERTIBLE</p> 	<p>2022 CADILLAC XT5</p> 
<p>SALE PRICE \$49,460 13,038 MILES STOCK# JU123847</p>	<p>SALE PRICE \$46,768 31,084 MILES STOCK# MFB39896</p>	<p>SALE PRICE \$30,318 61,367 MILES STOCK# FL552692</p>	<p>SALE PRICE \$37,628 2,750 MILES STOCK# P3R03059</p>	<p>SALE PRICE \$51,510 9,550 MILES STOCK# NZ147471</p>



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