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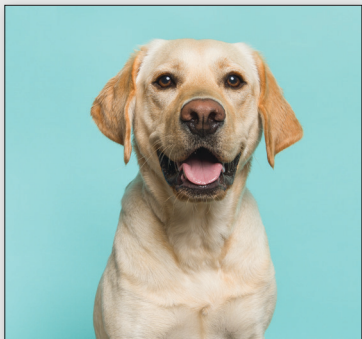
May 18, 2023
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Ideas to keep kids from getting bored
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INSIDE: CHECK IT OUT!
The Recorder's Entertainment EXTRA featuring TV listings, streaming information, puzzles and more!



A TASTE OF FOOTBALL

Photo by Anthony Richards

Nease football players on the green team celebrate following a turnover forced by the defense during the green and gold game at Panther Stadium May 12. The scrimmage culminated the second week of spring practice for the Panthers. See more photos and read the full story in Sports on page 28.

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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

Topic: Device that treats symptoms of essential tremor

The First Coast Essential Tremor support group will meet at 11 a.m. June 6 at Baptist Healthplace at Nocatee, No. 130. The speaker, Moses Taylor, will discuss Cala Trio, an FDA-cleared safe, effective and individually calibrated device resembling a wristwatch, which is designed to treat the symptoms of essential tremor. Baptist Healthplace's address is 400 Colonnade Drive in Ponte Vedra. RSVP to Jan Kary at jkary@verizon.net.

Church's rummage sale is this weekend

The annual Rummage for Riches sale at Lord of Life Lutheran Church will take place from 8 a.m. to 1 p.m. Saturday, May 20. This event fills the small church with hundreds of items categorized into different "departments," including kitchen, bath, home décor, furniture, clothing, jewelry, books/CDs, sports/outdoor/gardening, pets and more.

The public can also support this event by donating and dropping off gently used items in good condition inside the front entrance of the church until May 18.

Items that have come in (and will be for sale) include such things as a wall unit, bar stools, lamps, a glass-topped side table, a kitchen table with chairs, cut-glass bowls, luggage and designer-named clothes and accessories from Michael Kors and Vera Bradley.

Lord of Life Lutheran Church is located at 276 N Roscoe Blvd., Ponte Vedra Beach. Information is on their website at LordOfLifePVB.org or on Facebook @lordoflifepontevedra

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.

Mega Open House Weekend is May 20-21

Berkshire Hathaway HomeServices Florida Network Realty will host its next Mega Open House Weekend on Saturday and Sunday, May 20-21.

In Northeast Florida, new listings, active inventory and home prices are up, according to the Northeast Florida Association of Realtors' March market report. New listings rose 32.5% while the median home price increased 0.7% from February. While inventory increased more than 6%, there is only a 2.2-months' supply of homes. With home

prices increasing and a low supply, many sellers are putting their homes on the market.

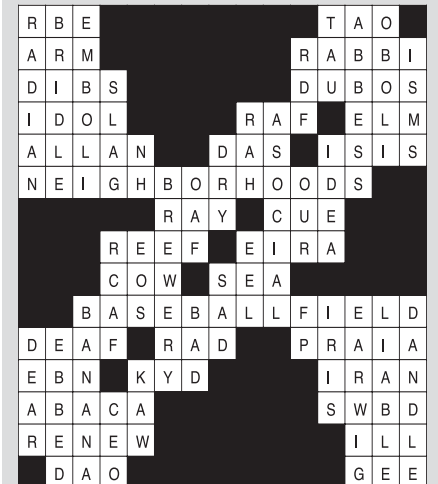
The Mega Open House Weekend features viewings of the company's listings of available homes. The listings encompass homes in a wide range of prices, styles and neighborhoods throughout Northeast Florida. Along with the in-person open houses, the Mega Open House event features virtual open houses on social media.

Go to OpenHouseNEFlorida.com for a list of open houses. Go to facebook.com/FloridaNetworkRealty or instagram.com/FloridaNetworkRealty to view the homes virtually during the event.

For more information about Berkshire Hathaway HomeServices Florida Network Realty, go to FloridaNetworkRealty.com.

— Compiled by Shaun Ryan

PUZZLE SOLUTIONS



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

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Visitors Bureau president to speak at Coastal Friends luncheon

Susan Phillips, president and CEO of the St. Augustine, Ponte Vedra & The Beaches Visitors and Convention Bureau will be the guest speaker at the next Coastal Friends monthly luncheon, 11 a.m. to 1:30 p.m. Wednesday, June 7, at Marsh Landing Country Club. The mission of the Visitors and Convention Bureau “is to brand and market the destination globally as a premier leisure,

convention and business destination.” Marsh Landing Country Club, located at 25655 Marsh Landing Parkway in Ponte Vedra Beach, will serve field green salad, baked Tuscan chicken with risotto, broccoli and a flourless chocolate torte. Open to the community, the cost to attend this luncheon is \$25. Reservations must be made in advance by contacting the luncheon chairman at bartshar@com-

cast.net. Checks must be received prior to Friday morning, June 2. Coastal Friends is a social group of women who live in Ponte Vedra Beach, Nocatee, Jacksonville, Jacksonville Beach, Atlantic Beach, Neptune Beach, St. Augustine and the surrounding area. Formed in 1998, some of the activities offered by Coastal Friends 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, yet all other activities will continue during the summer months. New members are welcome throughout the year. For more information on how to join, contact brookemeister@msn.com as the next membership year starts July 1.



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Twenty Mile Village Charmer

This charming 2-story has 3 bedrooms and 2 full and 1 half bath, overlooks the centrally located Twenty Mile Park and just steps away from the neighborhood pool, pavilion, playground and the Waggin' Tails Dog Park, so you can enjoy the Nocatee lifestyle without having to go anywhere. Built in 2015 by Providence Homes (and 100% Energy Star Certified) this home offers ease in living with the open kitchen/ living floorplan.

3 Bedrooms, 2 Full Baths, 1 Half Baths \$675,000



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Nominations begin May 19



The Ponte Vedra Recorder, celebrating 54 years of community news excellence, will launch our fifth annual **BEST OF THE BEST of Ponte Vedra, 32081 & 32082.**

YOU, our valued readers, now have the chance to nominate your favorite businesses in various categories online. Online voting begins June 12th after nominations are complete. **HURRY, last day to nominate is June 11th!**

[www.pontevedrarecorder.com/bestof2023/index.html#//](http://www.pontevedrarecorder.com/bestof2023/index.html#/)

Baptist Health appoints Goodman to newly created position



Dr. Jeremy Goodman

Dr. Jeremy Goodman joined Baptist Health in the newly created role of vice president and system quality officer effective Monday, May 15.

In his new role, Goodman will be responsible for supporting and implementing Baptist Health's plans for continued quality and clinical excellence. He will oversee the effectiveness of clinical management, patient safety and performance improvement, and help develop and strengthen clinical and physician collaboration across the health system to ensure effective clinical integration.

He will report to Dr. Timothy Groover, senior vice president and system chief medical officer of Baptist Health.

"Dr. Goodman brings a wealth of experience to Baptist Health, and we are excited to have him join our team," said Groover. "He is a highly accomplished physician executive with a significant

background in process improvement and clinical care design. He has successfully worked with physicians, nurses and administration across disciplines to drive clinical excellence and improve outcomes. He will play a vital role in ensuring continued clinical excellence across the system and will build upon our culture of promoting health care equity through quality and safety standards."

"I could not be more excited to join Baptist Health and help advance clinical quality and patient safety efforts across the system," said Goodman. "Baptist has an outstanding record of providing the highest quality care, and its commitment to excellence in clinical delivery is evident throughout the organization."

Goodman joins Baptist Health after six years at Banner-University Medical Center Phoenix, Arizona's largest hospital. He served as chief medical officer for the

flagship medical center of an integrated health system that includes 28 hospitals, urgent care, health plans, post-acute services and multiple medical groups.

Prior to this, he was chief medical officer for Banner Estrella Medical Center, a 317-bed community hospital in Phoenix.

Goodman also held key roles in transplant surgery, including serving as associate professor, attending surgeon and fellowship director of Abdominal Transplant Surgery at University of Alabama at Birmingham and transplant surgeon and surgical director of the Living Kidney Donor Program at Birmingham VA Medical Center.

He earned his Bachelor of Science in biology from Yale University and his Doctor of Medicine from the University of Southern California. He also has a Master of Business Administration from Auburn University.

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Personal Injury and Medical Malpractice Specialists

Mark LeMair took over as president and CEO of the United Way of St. Johns County on Oct. 3, 2022, replacing Melissa Nelson, who assumed the role of president and CEO for United Way of Florida the previous June.

Mark LeMaire

As told to Shaun Ryan

Tell me about the United Way's role in our community.

Since 1957, United Way has been serving the St. Johns County community, playing a critical role as a local funder and service provider, and bringing together individuals, businesses and organizations to address the most pressing social issues facing our residents. Our approach to philanthropy is to be thoughtful funders, listen and be responsive to the community's needs. Generosity is a cornerstone of our work, and we are committed to being respectful, thoughtful and transparent with our donors, partner agencies and volunteers, who make a significant difference.

At United Way, we're often known as a fundraiser and funder, but we do much more than that. These are just a couple of strategies we use to help create greater health, education and financial stability for our neighbors. When we identify needs that align with our mission and capacity, we do whatever it takes to make a positive impact.

For example, we lead and manage the RealSense of Prosperity program, which was developed in response to community feedback about how some families struggle to handle the cost and burden of getting their taxes done. In 2023, this all-volunteer program helped ease the burden for 1,300 families and saved them over \$1 million. We're proud to have been able to offer this program for the first time in both St. Johns and Putnam counties, and we'll continue to look for innovative ways to make a positive difference in our community.

What are some of the challenges the United Way faces today?

I am so grateful to have stepped into an organization that has been well led for so long. Credit to my predecessor Melissa Nelson, our Board and this team. And, certainly, United Way has its share of challenges — just like any other organization trying to make a positive impact on people's lives.

One of the big ones is addressing the root causes of social issues that affect our community. We're proud to provide immediate help through our partner agencies, and we're also committed to finding and funding long-term solutions to these challenges.

Another challenge is making sure we communicate well with our donors and community about the opportunity to "Give, Advocate and Volunteer" with their United Way. People are moving fast these days and have lots of great options to be generous. Being resourceful, adaptable and collaborative is critical as we identify new and innovative ways to advance our mission.

How can people get involved or contribute to the United Way's mission?

There are many ways to support United Way's mission and make a difference in our community. You can volunteer your time and skills, donate money or become an advocate for the issues we all care about. We offer various opportunities for individuals, businesses and organizations to get involved, such as workplace giving campaigns, community events and volunteer activities.

Check out our website and social media to learn more about our work and how you can contribute. To learn about all of our programs and volunteer opportunities or to donate, please visit <https://unitedway-sjc.org/>.



I would add that we are looking ahead to invest in a greater way in student mental health. We worked this spring through our Women United affinity group to study local data, needs and the organizations doing amazing things to serve families and students. Over the next year, we plan to invest \$100,000 with the help of a matching grant from Delores Barr Weaver to support evidence-based programs that focus on prevention, suicide prevention and intervention, access to care, family counseling and support, and other community-based programs, with a focus on K-12.

Keep an eye on our website and social media to learn more about how to support our investments in student mental health. We will continue to assess the current gaps in the community and invest in initiatives that have a lasting impact.

Tell me a bit about your background. Have you had any experiences that may contribute to how you approach your role with the United Way?

I would say there has not been a straight line to this role! I have served with a variety of organizations in both the nonprofit and for-profit sectors. Originally, I trained to be a pastor. And, out of college, I served as a bi-vocational minister in Central Florida — working with a church and a number of organizations that focused on education and youth development. A door opened for me to work within the United Way network for approximately 12 years. This experience significantly influenced how I see the potential for communities to improve. Moving

to NEFL, I worked in philanthropy with the Community Foundation for Northeast Florida. All of these experiences have taught me the importance of collaboration, transparency and community engagement — all of which I aim to bring to my role as president and CEO of United Way of St. Johns County. It is an honor to serve this organization and to build on its strengths with our Board, staff, donors and volunteers.

What do you like most about what you do?

I think our work is anchored in a few things: relationships, generosity and community leadership. When we get to meet needs — by creatively bringing our community's resources together — that brings me a lot of joy. United Way is about all of us working together to make a difference and I find that incredibly rewarding.

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

St Augustine has been home for my family for the last eight years. I think this is a pretty special place in the world. Many things attracted our family here. Our community is filled with good people. The natural beauty of the area allows me to surf and paddleboard with my family, which is important to us.

How do you like to spend your free time?

I enjoy paddleboarding, surfing, biking, finding good eats and doing anything that allows me to spend time with my family and friends outside and stay active.

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1.51ct	Round	AGS	0-Ideal	F	VS ₂	\$ 22,000	\$ 15,900
2.24ct	Round	GIA	Excellent	I	SI ₂	\$ 27,000	\$ 21,800
2.24ct	Oval	GIA	–	G	SI ₁	\$ 32,500	\$ 23,000
3.05ct	Cushion	GIA & AGS	–	F	VS ₂	\$ 67,000	\$ 56,000
3.52ct	Emerald Cut	GIA & AGS	–	G	VS ₁	\$ 70,000	\$ 58,500
4.01ct	Round	GIA & AGS	0-Ideal	G	VS ₂	\$ 125,000	\$ 89,000
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Thirty-year development plan proposed for Inn & Club

By Anthony Richards

The Ponte Vedra Inn & Club is proposing a 30-year development and renovations to its property and the buildings currently on it.

The plan is to break up the various projects into phases with one phase being completed before the next one starts.

“We’re not taking too big of a chunk at a time for the redevelopment,” said Michael Gordon, president of GATE Hospitality. “If a building’s construction starts, it has to be built within three years.”

The Ponte Vedra Inn & Club property is privately owned by GATE Petroleum Company.

Part of the early phases of renovations will include a sports complex and surf club, as well as a six-lane lap pool, yoga shops and tennis and pickleball courts.

The Seahorse Grille will also be enhanced with more space to have an ocean view ballroom with the purpose of accommodating larger weddings.

The fitness center will have a lap pool on the upper floor looking out at the ocean and a family pool below, while the surf club will be in view of the golf course.

The plan is to begin with construction of a parking structure in January 2024 and the surf club beginning right after the culmination of next year’s THE PLAYERS Championship.

“It’s going to be about two years estimated time to complete,” Gordon said.

The parking structure is a top priority because not only will it be able to accommodate more vehicles than the current options, but it needs to be in place to house those visiting the new structures being built.

“We have a parking crisis right now and in absence of a solution those cars make their way into the neighborhoods,” GATE Petroleum president John Peyton



Photo by Anthony Richards

The main meeting room at the Ponte Vedra Beach Public Library was packed with Ponte Vedra Inn & Club members anxious to hear the facility’s proposed development plan.

said. “Without a parking remedy, we’ve got a similar problem. It is a change, but a needed change.”

More precise project timelines and the options available for facility use for club members and their families while renovations are taking place will be announced as the projects get officially approved.

Although the proposal was initially presented to a room full of current Ponte Vedra Inn & Club members during the Ponte Vedra Municipal Service District meeting May 8, it remains in the early stages of the approval process as it must still be brought forward to the Ponte

Vedra Agricultural Review Committee, Ponte Vedra Zoning and Adjustment Board, St. Johns County Planning and Zoning Agency, and finally to the St. Johns County Commission.

Dates for those presentations are still being worked out.

Over the 30-year plan another 87 hotel rooms will be added to get up to 349 in total.

There is currently a lengthy waitlist for memberships requests, but despite the renovations proposed, Ponte Vedra Inn & Club representation still stressed striving to control its membership numbers mov-

ing forward.

In creating the proposal, there have already been many adjustments made to the plan along the way in response to concerns by residents.

According to Peyton, none of the buildings proposed will exceed three stories and a rear exit was eliminated as part of the plan as just a couple of examples of how it has been adapted already to this point.

“The character of the community was deeply considered,” Peyton said. “We’ve met with all these neighborhoods at least once and sometimes four times.”

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

KATHY'S GARDENING GUIDE

Citrus Trees

"He that plants trees loves others besides himself." — Thomas Fuller

By Kathy Esfahani



Kathy Esfahani

A wonderful perk to living in Northeast Florida is the ability to grow citrus trees in your own backyard! A citrus tree allows you the fun of harvesting fresh fruit and also gives off a delightful, sweet scent. Although you will need to protect your citrus trees during freezing temperatures, Meyer lemon, Persian lime and various orange trees grow well in our area.

Citrus trees prefer areas of full sun with well-drained soil. Be sure the location you choose for your tree receives a minimum of six hours of sunlight. When planting, dig the hole a little larger than the size of your tree's container and add compost for nutrients.

Once the tree is in the ground, the top of the root ball should be even with or slightly above ground level. The new tree needs regular water, particularly as it becomes established, but be sure to allow the soil to dry out between watering. It is also not necessary to add mulch

or topsoil around your tree as they can keep the soil too wet.

As your citrus tree grows, it is important to add fertilizer on a regular basis. Look for a fertilizer specifically made for citrus trees and follow the provided instructions. Apply fertilizer approximately a month after planting and then regularly throughout the growing season. Add the fertilizer evenly under the canopy of the tree and be careful that it does not pile up against the trunk.

When fruit is ready to harvest, twist and pull gently to remove it from the tree. Allow the fruit to fully ripen while still on the tree as citrus does not continue to ripen once harvested. With this in mind, remove and taste a piece of fruit to be sure it is ripe before harvesting the whole tree. You can also leave ripe citrus on the tree until you are ready to eat it; this fruit will continue to get sweeter on the tree and extend the time you get to harvest and enjoy.

Citrus trees are available in full size and dwarf



Citrus tree, newly planted with flowers and fruit

Photos provided by Kathy's Creative Gardens & Nursery



Flower of the Week

Salvia, blue

varieties. They grow well in a landscape, but you can also plant smaller trees in containers. If you have limited space but want more than one type of citrus, consider a cocktail citrus tree. These trees are grafted to produce three to five types of fruit on a single tree and can include lemons, limes, oranges and grapefruits. Some cocktail trees can produce different types of fruit each year!

Now that warmer weather is here to stay, visit us at the nursery to select the perfect citrus tree to add to your landscape.

Flower of the Week: Salvia, blue

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.

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Eagle Scout project at church focuses on conservation

By Anthony Richards

A garden has so many benefits and no one knows more about that than 16-year-old Nicholas Storm, who helped build a prayer garden for Lord of Life Lutheran Church on Roscoe Boulevard in Ponte Vedra Beach.

Storm has been in Boy Scouts since he was 3 years old and is part of Troop 277 in Ponte Vedra Beach and when it came time for his Eagle Scout project he turned to Lord of Life to offer some assistance.

The prayer garden he created sits just outside the front of the church and features four rectangular-shaped garden beds with a mixture stone in between the beds and a brick section in the center where past church members are remembered with their names etched in the bricks.

One of the primary focuses of the

garden is not just to provide a peaceful place for churchgoers to prayer and be one with God but it also serves a dual purpose as an example of good garden conservation techniques.

According to Storm, one of the first things when considering conservation was to be mindful of using plants and flowers native to Florida and the soil of the area.

Many of the plants are helpful in attracting pollinator species such as birds, butterflies and bees, while others are purely for looks and beautification.

Highlights of the garden also include a bird feeder, specially designed for blue jays, which have been spotted on the church property and a butterfly “puddler” to attract them and help them quench their thirst and provide essential minerals.



Photo by Anthony Richards

Nicholas Storm created a prayer garden at Lord of Life Lutheran Church for his Eagle Scout project.

PROJECT continues on Page 12

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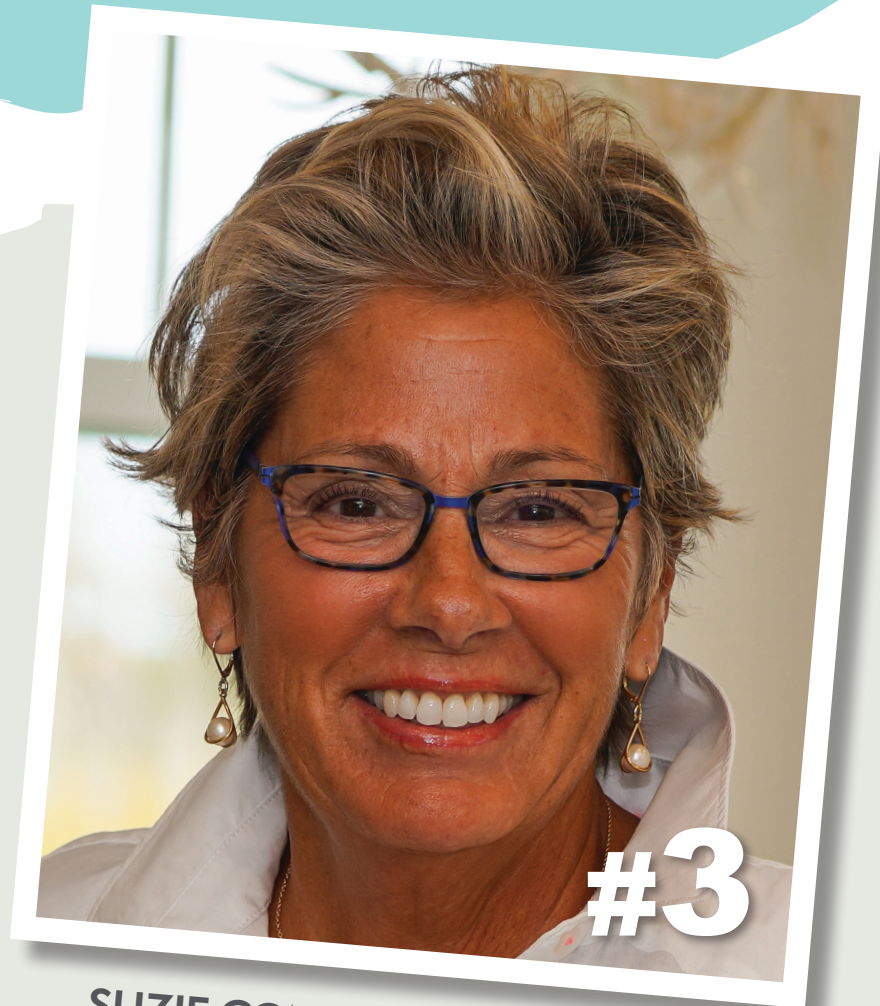
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Project

Continued from 10

“A couple of weeks after it was put in, we had blue jays and baby birds in there,” Storm said. “The butterfly ‘puddler’ has sand with sea salt in it as well as manure. It provides the salts and amino acids they wouldn’t normally get from just nectar.”

Storm and his family became good friends with Shelia Kolesaire, who serves as the president at Lord of Life.

“The congregation had always wanted a prayer garden and had planned to hire a company to come and install a garden, but they were going to charge \$32,000 for it,” Storm said. “I was

able to come in and do it completely free to the church, only asking donations from the congregation, which we were able to raise \$10,000 toward it. The money not used went back to the church.”

Storm is holding an event at the garden June 3 from 10 a.m. to noon, where he will talk about the project and give ideas and tips of how others can duplicate such steps with their home garden.

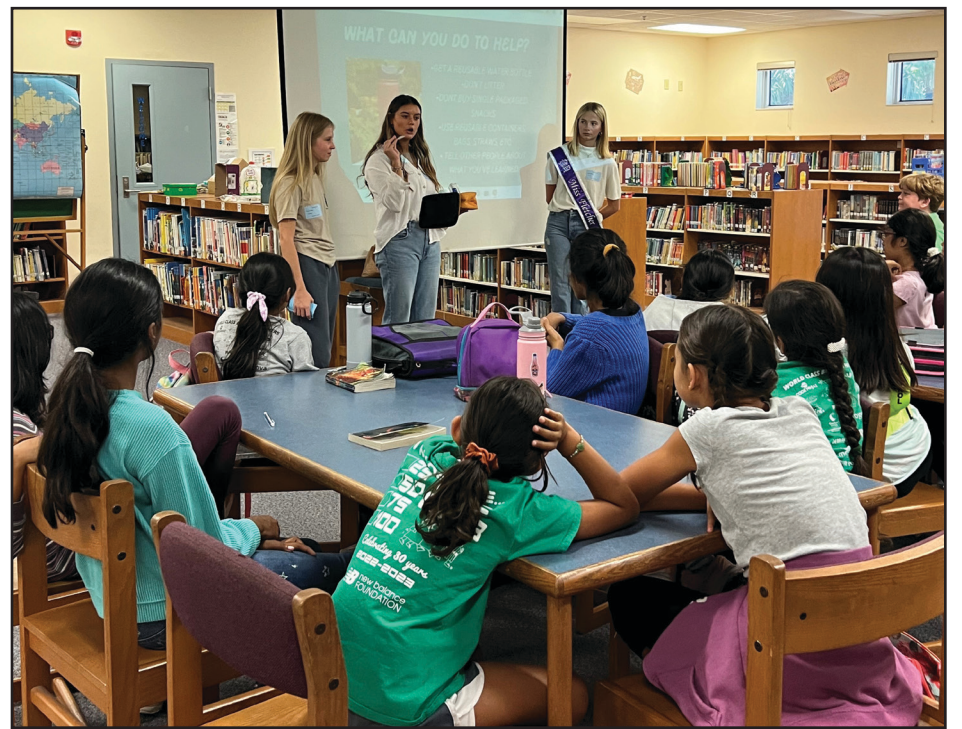
There will also be activities for children, including creating a butterfly “puddler” and a pinecone bird treat to take home.

The event will take place rain or shine. Lord of Life Lutheran Church is located at 276 Roscoe Blvd. N. in Ponte Vedra Beach.

Students give eco-friendly presentation

Officers of the Fletcher High School Beaches Go Green Club gave a presentation to more than 50 students and staff at Jacksonville Beach Elementary during their National Junior Honor Society meeting. The group discussed the 4Rs of eco friendliness and the health risks of plastic pollution to the environment and to people’s bodies. Suggestions were given on how to create less waste, to choose reusable over single-use and how to “green your lunch.”

Contributed photo



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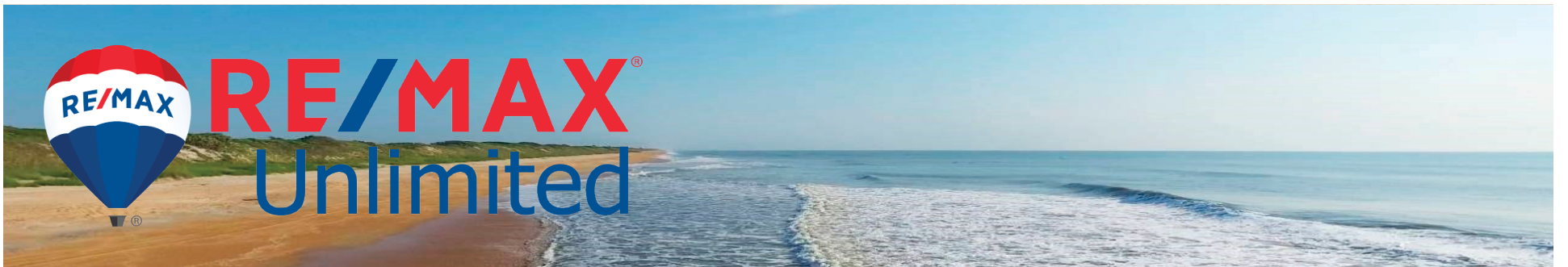
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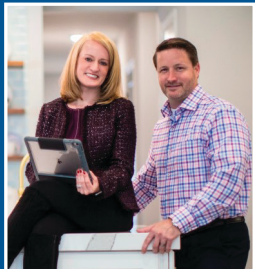
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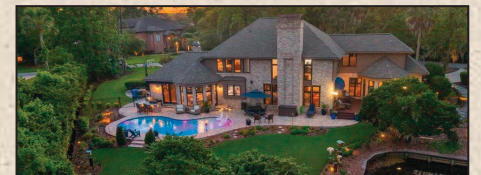
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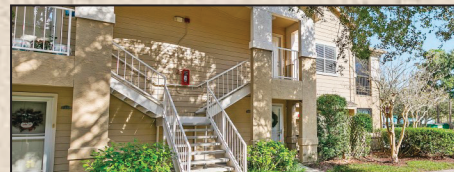
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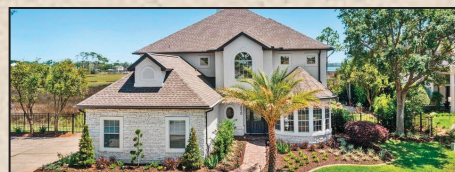
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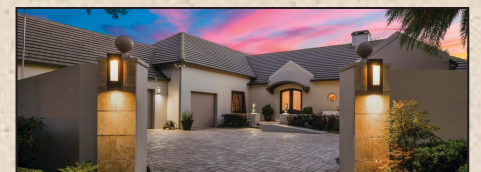
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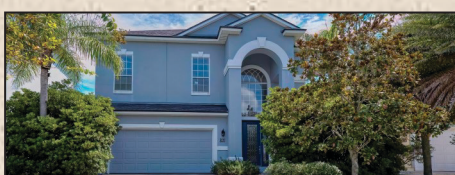
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Essential summer skin care tips

Protecting and caring for skin should be part of people's year-round health care regimens. Such an approach can help people look their best and also uncover any minor issues before they escalate into something more significant.

National Geographic says adults can carry eight pounds and 22 square feet of skin on their bodies. Skin guards a person from harmful chemicals, protects the body against extremes in temperature and prevents internal organs and other components from evaporating. The skin also guards against harmful sunlight.

Skin care is not seasonal, though efforts to protect the skin may need to be stepped up during the summer. The American Academy of Dermatology says one in five Americans will develop some form of skin cancer in their lifetimes. In the summer, ultraviolet radiation levels are elevated and people often wear less clothing that exposes more of their skin. According to Dr. Ron Shelton, a board-certified dermatologist and assistant professor of dermatology at Mount Sinai Medical Center in New York, the bulk of sun damage to the skin happens in the summer. These skin wellness tips can help protect the skin and keep it look-



ing its best when the mercury rises.

Lighten up

Choose lightweight products for summer usage. This includes cleansers, makeup and oil cleansers. For instance, rather than an oil cleanser, choose a gentle, foaming option. Thicker products mixed with increased perspiration and humidity may lead to clogged pores and inflammation.

Lather on sunscreen

Sunscreen with an SPF of 30 or more is recommended to protect the skin from UV damage. But it's easy to forget to apply sunscreen. However,

using a lightweight moisturizer with SPF built in reduces product usage and time spent caring for skin.

Utilize vitamin C serums

Hyperpigmentation can occur in summer. According to Omer Ibrahim, a board-certified dermatologist and codirector of clinical research at Chicago Cosmetic Surgery and Dermatology, vitamin C serum can improve the appearance of fine lines, help with collagen production and also prevent hyperpigmentation.

Drink more water

Higher temperatures and increased perspiration can lead to dehydration. That may cause headaches, dry skin and even lightheadedness. Drink at least eight eight-ounce glasses of water every day.

Stay in the shade

In addition to using sunscreen daily, try to stay out of the sun as much as possible when UV rays are at their strongest, which is between 10 a.m. and 2 p.m. In addition, wear clothing that offers sunscreen protection.

It's important to care for the skin daily, but especially so during the summer.

The importance of brushing and flossing

Brushing and flossing ensures the removal of plaque and bacteria, which are culprits in tooth decay and gum disease. Periodontal disease is caused by a buildup of such bacteria and plaque. Brushing removes materials from the surface of the teeth, while floss gets in between teeth where toothbrush bristles cannot reach. The American Dental Association says that a combination of brushing and flossing is the key to good oral health. While both brushing and flossing are necessary, some oral health experts say that, if done correctly, flossing actually may be slightly more important since it gets to hard-to-reach spots where the most destructive microbes live.

Oral hygiene does not just keep the mouth clean; it also can prevent serious disease. The Centers for Disease Control and Prevention says extensive research shows that the bacteria that flourish in an unhealthy mouth can harm the rest of the body, potentially contributing to diabetes, respiratory illness and heart disease, which is the leading cause of death in the United States.

Brushing and flossing also can make dental cleanings and examinations go smoothly. Plaque is the precursor to tartar and is sticky, but soft and pliable. Tartar forms when plaque has been left undisturbed. Once on teeth, tartar can't be removed without professional help. By removing plaque before it's had a chance to harden into tartar, people can reduce time spent in the dentist's chair. Furthermore, those who clean their teeth and gums regularly will have a lower risk for gingivitis, which is inflammation and bleeding in the gums.

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How to prevent damaged, brassy summer hair

A new haircut or a color change can align perfectly with the care-free spirit of summer. Summer may be an opportunity to experiment with lighter hues or highlights to complement the natural changes to hair that come with exposure to the sun and surf.

Hair care routines after changing colors may require a few additional steps, as weather or styling conditions can contribute to less-than-desireable results, including brassy tones.

According to the hair experts at The Matrix, everyone's hair has warm colors within. Whenever hair is lightened, underlying gold or red tones become more visible. Hair also may turn brassy because the follicles are porous and can soak up everything from minerals in shower water to pollution or chlorine.

Exposure to chlorine and summer sun can contribute to brassiness, making hair more vulnerable to damage and breakage.

Many people may not know that some hair care products also can contribute to brassiness or bland color. The beauty



product review source Beauty Mag warns that shampoos that contain silicones, sulfates, parabens, and coloring can contribute to the problem.

Avoiding hair damage and unwanted color changes comes down to prevention and correction. These tips can make a difference in hair health.

- Wear a swim cap before going into the pool or the ocean to protect against chlorine or salt water, which may leach into hair shafts and cause brittleness and brassy hues. Specialty hair masks to coat tresses also can be effective.

- Stick to the shade when outdoors to avoid having hair fried by exposure to the sun's UV rays. If that's not possible, wear a hat or hair products that contain UV protection.

- Determine if the water in your home is "hard," which means it has high levels of chlorine, metals and minerals in it. Water-softening systems and filters can help mitigate hard water issues. Also,

Medical skincare presentation

The Sawgrass Marriott Golf Resort & Spa, 1000 TPC Blvd., Ponte Vedra Beach, held an Image MD Skincare Expo

on April 25. Attendees learned about Image MD facial and peel treatments, enjoyed a complimentary gift and also

lunch. They also received a \$50 reimbursement from the registration costs toward a future Image Skincare treatment and more. Image MD educator Jennifer Pate led the event and discussed the advantages of medical skincare. Image MD has formulated a unique encapsulated de-

livery system for their antiaging extracts such as Retinol and hyaluronic acid. In the photo at left, Pate speaks to attendees. Pictured in the photo at right are: Pate, Martha Gleason, Lisa Power, Francine Brennan and Patricia Fendi.

Photos by Susan Griffin



Hair

Continued from 14

there's no need to wash hair multiple times a week, which can cause hair dye to fade more quickly.

- Consider highlights over all-over hair lightening/coloring. With highlights, there will be fewer colored portions of your hair and less opportunity for lightened hair to turn brassy. Stylists can add enough highlights to make the total effect appear much brighter.

- Use a toner or correctional "purple" shampoo. Toning products rely on color wheel technology. Opposite colors on the wheel cancel each other out. Orange and yellow (brassy) hues are opposite blue and purple. Therefore, using special shampoos that contain blue and purple

pigments will offset brassy hues. Don't worry, your hair won't turn violet with recommended use.

Summer hair can retain its vitality and color with some easy steps. Speak with a local stylist about other ways to maintain beautiful hair color all summer long.

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| Gum disease and tooth loss increases risk of Alzheimer's disease. | Gum disease increases risk for head, neck, pancreatic, and kidney cancer. |
| Increased trigeminal nerve traffic from TMJ and bad dental bite can create central sensitization and migraines. | If you have diabetes and bleeding gums, your risk of premature death increases by 400 to 700 percent. |
| At least 80% of American adults have gum inflammation disease. | Gum disease is linked with blood vessel disease, heart attacks, and strokes. |
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A few summer fun ideas

So many kids' camps and other summer activities are offered throughout Northeast Florida that there's no reason children should be bored. Here are a few suggestions:

THE LINK

There's always something going on at the link, located at 425 Town Plaza Ave., Ponte Vedra. See the link app at app.thelink.zone for details, instructor bios and to register for classes. For further information, call 904-299-3671 ext. 1 or email Sales@thelink.zone

- **Kids Night Out:** 5:30 to 9:30 p.m. June 3. Theme: Summer Fun. There will be a PJ pizza party, games, arts and crafts and movies. Fun for ages 4 to 11. Available to link members and nonmembers. Reserve your spot via app.thelink.zone.

- **Level Up Dance Company:** Competition team auditions will be held May 20. Reserve your spot for the team auditions via app.thelink.zone.

- **Drone Classes for Kids:** The next eight-week session begins June 3. Learn a new skill and become a remote "PIC" (Pilot in Command). Fly missions to understand real-world applications and get ready to race obstacle courses. Join Drones4kids at the link. Reserve your spot via app.thelink.zone.

- **There are two levels:** Fly-Code-Edventures (elementary) and Fly-Code-Race (middle school).

- **Summer Camps:** The summer camps program runs June 5 through Aug. 4. Both full-day and half-day camps are available for kids age 5 and older. Camps include: Olympic-style Fencing, LEGO Robotics & Drones, Sapna Creativity, Dance & Tumble and Culinary Arts for Kids. All summer camps are available for members and nonmembers alike. Go to app.thelink.zone for more details on all classes and events. For more information, call 904-299-3671 ext. 1 or email sales@thelink.zone.

PONTE VEDRA BRANCH LIBRARY

101 Library Blvd., Ponte Vedra Beach

- **Nature Detectives Present: Bees:** Free. 1-1:45 p.m. and 2:30 to 3:15 p.m. June 17. Marta Magellan, author of "Bee Catastrophe," will share her book with attendees, who will learn about the importance of bees. Local beekeepers will bring a live, secure hive to see and study. RSVP began May 15. Information: Phone 904-827-6950. Email: libpv@sjcfl.us.

- **PVB LEGO Club Block Party:** Free. 10:15-11 a.m. June 24. Have fun building with traditional LEGOs. RSVP is recommended as space is limited. RSVP began May 15. Information: Phone 904-827-

6950. Email: libpv@sjcfl.us.

- **Family Movie Matinee "Minions: Rise Of Gru":** Rated PG. 2:30 to 4:30 p.m. June 26. Long before he becomes the master of evil, Gru is just a 12-year-old boy in 1970s suburbia, plotting to take over the world from his basement. When the infamous supervillain group, the Vicious 6, ousts their leader, Gru attempts to join their ranks but soon finds himself the mortal enemy of the apex of evil. With Gru on the run, the Minions attempt to learn martial arts to help save him, and Gru discovers that even bad guys need a little help from their friends. Information: Phone 904-827-6950. Email: libpv@sjcfl.us.

- **Tech Time With Nicole:** Free. 3-4 p.m. June 27. Hands-on Tech Time with Ms. Nicole from the Anastasia Island Branch Library. Experiment with Little Bits, OSMO and electrical circuits. Lots of activities. For ages 7-12. RSVP is recommended because space is limited. RSVP began May 15. Information: Phone 904-827-6950. Email: libpv@sjcfl.us.

- **Family Movie Day "Return To Never Land":** Rated G. 3-5 p.m. July 6. Captain Hook kidnaps Jane, the daughter of the now grown-up Wendy, and absconds with her to Never Land. While Jane was once skeptical of her mother's stories about Peter Pan, she soon becomes a believer while rediscovering the magic of childhood. No RSVP is needed. Participants will be admitted as space permits. Information: Phone 904-827-6950. Email: libpv@sjcfl.us.

- **Animal Best Friends:** 3-4 p.m. July 11. Join our St. Johns County Park Naturalists to discover how animal friends help one another. There is no RSVP for this program. Attendees will be admitted on a first come, first served basis. Information: Phone 904-827-6950. Email: libpv@sjcfl.us.

- **Jax Zoo Presents: Unique Florida Diversity:** 3-4 p.m. July 18. Join the Jacksonville Zoo and Gardens to explore the unique diversity in our own backyards. In this special presentation, attendees will delve into some of the native and invasive species that call Florida home. There is no RSVP for this program. Attendees will be admitted on a first come, first served basis. Information: Phone 904-827-6950. Email: libpv@sjcfl.us.

- **Sounds of the Sea with Marineland:** 3-4 p.m. July 25. The ocean can be a very noisy place! Animal chatting. Waves crashing. Boats zooming. Learn about the sounds of the sea – who is making them, who is hearing them and how these noises



Photo Credit: Maya Rose Slickis – The Rose Bird Co.

Dancers Claudia Mueckay and Jake Karger as Cinderella and the Prince in 'Cinderella' to be presented May 20 and 21 at Lewis Auditorium in St. Augustine.

'Cinderella' shares dance with nonprofits serving local children

"Cinderella," a fresh retelling of the classic fairy tale through dance, will be presented Saturday and Sunday, May 20 and 21, at Lewis Auditorium in St. Augustine.

Zoika's Dance, the local dance studio producing the show, has made a commitment to share the magic of "Cinderella" with children in the community who might not otherwise be able to attend. The team has partnered once again with local nonprofits, Fostering Connections, the Betty Griffin House, Florida School for the Deaf and the Blind and Deafinite Movement to provide tickets for children served by the organizations to attend the shows for free.

Signing will be provided by deaf interpreter Amanda Villalobos.

"It is our greatest joy to share dance with children," explained director and choreographer Zoika Garcia. "It is also a joy for young dancers to share what they have worked so hard to create with other children who might not otherwise be able to experience it."

"Cinderella" combines the beauty and romance of classical ballet with the electricity of contemporary dance genres

including hip hop, tap, modern and acro dance. The cast features both professional dancers and young, local dancers.

"Our families love attending the performances Zoika's Dance has shared with us," said Aubrie Simpson-Gotham, founder and CEO of Fostering Connections. "It has provided our students with exposure to the arts, a wonderful opportunity for fellowship with other families, and strengthening family connections through shared experiences. Attending these performances plants seeds for our students that inspire them to begin to develop their own gifts and talents."

"As a nonprofit organization, we rely on the support of our community to ensure that our students have the opportunities and resources they need to develop their gifts and thrive in life. We are so thankful to Zoika's Dance and the many community partners that make this experience possible for our families."

Fostering Connections can be found online at fosteringconnectionsfl.org.

Local sponsors of the production are helping to make this possible through their financial support. For information on be-

coming a sponsor and helping to share this experience with other local children, go to zoikadance.com/sponsors.

"Cinderella" performances will be held at 7 p.m. Saturday and at 1 and 6 p.m. Sun-

day at Lewis Auditorium, Flagler College, 14 Granada St., St. Augustine. Tickets are \$20 and \$30 and may be purchased online at zoikadance.com.

Fun

Continued from 16

impact wildlife. There is no RSVP for this program. Attendees will be admitted on a first come, first served basis. Information: Phone 904-827-6950. Email: libpv@sjcfl.us.

CHILDREN'S ART CLASSES — BEACHES

880 A1A N, Suite 6, Ponte Vedra Beach. If your child has an interest in art — or even just wants to have some fun — Children's Art Classes offers a lot of options.

Here are some upcoming classes. For further information, go to childrensartclasses.com/location/ponte-vedra-beach.

- **Painting for Young Artists:** For ages 5-9. Two sessions: 10 to 11:15 a.m. Jun 12-16; and 11:15 a.m. to 12:30 p.m. July 17-21. Register for the first session at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443167. Register for the second session at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443197.

- **Beginning Drawing:** For ages 7-18.

FUN continues on Page 18

2023 SUMMER Events



Tommy Hulihan Basketball is offering sports camp, basketball camp, basketball league, and basketball training this summer!

ALL SPORTS CAMP
All summer starting June 5th!!!
Sports Camp is open for girls and boys K (must be 5 years old) through current 5th graders.
Hours: 8am-3pm
Extended Care: 3pm-6pm.
Cost: Sports Camp \$150 per week 8:00am-3:00pm. Extended Care 3pm-6pm \$50 per week.
Single Day Rates: Monday – Wednesday \$35 per day Friday- \$40 includes (Pizza Party on Fridays)
Early Drop-Off: 7:30am-8:00am – \$5

TOMMY HULIHAN BASKETBALL CAMP
All basketball camps will be at Beaches Chapel School Gym 610 Florida Blvd, Neptune Beach
TWO SESSIONS: **June 5-9 AND June 12-16;** 9am-12pm: Boys currently in 2nd - 7th Grade. Players will be on separate Courts. (2nd-4th/5th-7th)
June 26-30: 9am-11am; Girls and Boys currently in K-2nd Grade

BEACHES BASKETBALL SUMMER LEAGUE
Open to girls and boys 3 years old through current 5th graders
Deadline to register Monday, April 24th
**The League may fill up before the deadline*
League runs May 20th – August 12th
Cost: \$150 *After April 1st \$170

To determine eligibility, please use this year's grade.
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Please visit our website for more information and to register.
www.TommyHulihanBasketball.com

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Fun

Continued from 17

Three sessions: 10-11:15 a.m. June 5-9; 12:30 to 1:45 p.m. June 19-23; and 11:15 a.m. to 12:30 p.m. July 10-14. Register for the first session at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443160. Register for the second session at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443176. Register for the third session at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443188.

• **Beginning Charcoal:** For ages 7-18+. 11:15 a.m. to 12:30 p.m. June 5-9. Register at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443161.

• **A Brush with Nature: A Watercolor Workshop:** For ages 8-18+. 12:30 to 1:45 p.m. June 5-9. Register at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/44316.

• **Masterpiece Makers — Canvas and Clay:** For ages 6-17. 1:45 to 3 p.m. June 5-9. Register at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443163.

• **Beginning Pastels-Mixed Media Creations:** For ages 5-18+. 11:15 a.m. to 12:30 p.m. June 12-16. Register at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443168.

• **Beginning Scratchboard Art:** For ages 7-18+. 12:30 to 1:45 p.m. June 12-

16. Register at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443169.

• **Clay Coil Pots:** For ages 6-17. 1:45 to 3 p.m. June 12-16. Register at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443170.

• **Creatures on Canvas:** For ages 6-18+. 10-11:15 a.m. June 19-23. Register at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443171.

• **Beginning Sketch and Wash:** For ages 7-18+. 11:15 a.m. to 12:30 p.m. June 19-23. Register at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443172.

• **Beginning Printmaking:** For ages 6-18+. 10-11:15 a.m. June 26-30. Register at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443180.

• **Painting a Still Life on Canvas:** For ages 8-18+. 11:15 a.m. to 12:30 p.m. June 26-30. Register at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443181.

• **Clay for Tiny Hands — Mini Masterpieces:** For ages 3-6. 1:45 to 3 p.m. June 26-30. Register at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443184.

• **Lighthouses — Painting on Canvas:** For ages 8-18+. 10-11:15 a.m. June 10-14. Register at hisawyer.com/childrens-art-classes---beaches/schedules/activity-set/443187.

— Compiled by Shaun Ryan

Plenty of sports camps to choose from this summer

By Anthony Richards

There are a lot of camps going on for local children to take part in this summer and many of them are related to a sport in some form or fashion, and these are just a few of the offerings available.

School may be out at Ponte Vedra and Nease high schools, but that doesn't mean there will still not be plenty of things going on around the campuses at various times throughout the summer.

Nease High School will hold a summer wrestling camp June 26-29 in the school's wrestling room, which is located on campus at 10550 Ray Road in Ponte Vedra Beach.

The wrestling camp is open to all experience levels from middle school age to those in high school.

There will be many coaches at the camp offering instruction, including current and former Nease head coaches Bradley Lucas and Justin Lawson, respectively.

Parents can register their children by going to victorywrestlingclubfl.com.

The Panthers head basketball coach will also be holding his annual summer camp, which will be the 10th year it has been going on.

The camp will be held through much of the summer in four different sessions spanning through June and July.

The sessions will each last four days

and be broken down even further into a morning and afternoon session.

Campers can take part in just one session per day for \$150 or they can go the full day for \$280 per camper. Registration and more information can be found at joshbailenbasketball.com.

Bailen's camp is co-ed and open to anyone in third grade to ninth grade and will be held in the Nease High gym.

Ponte Vedra High's gym will also be busy this summer, as former Sharks basketball coach Bud Beech is offering his annual basketball camp.


His camp will be from June 5 to June 8 with the morning session check-in at 8:10 a.m. and pickup at 11:45 a.m. and the afternoon session from noon to 3 p.m.

A discounted rate of \$20 for half a day and \$40 for a full day is available for those who register before May 31. The link for registration is at bud-beech.com.

A variety of sports will be showcased at camps this summer, including a girls lacrosse camp for girls entering fifth grade to ninth grade at Nease High School.

It will be June 19-22 from 8:30 a.m. to 11:30 a.m. each day.

Girls must have goggles and a stick to participate and the cost of the camp is \$150. Register at npaasports.org by May 26.




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June 5 - June 9	June 26 - June 30	July 17 - July 21	Aug 7 - Aug 11
June 12 - June 16	July 3 - July 7	July 24 - July 28	

Register at: www.surfintosummer.com



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Apply Here for 2-week Camp

More info at www.cisvjax.org or email cisvjax@gmail.com
Apply at <https://jacksonville.cisvusa.org/programs/mosaic/>

Keep the whole family safe on the water this summer

The North Florida Marine Association reminds all boaters, fishermen, and water enthusiasts that National Safe Boating Week will be held from May 20-26, 2023.

The annual week-long event encourages all boaters to brush up on boating safety skills and to prepare for the upcoming boating season.

This observance week is the annual kick-off of the Safe Boating Campaign, a global awareness effort that encourages boaters to make the most of their boating adventures by committing to safety, responsibility, and education.

The National Safe Boating Council recommends these tips for boaters:

• **Take a boating safety course.**

Gain valuable knowledge and on-water experience in a boating safety course, with many options for novice to experienced boaters.

• **Check equipment.**

Schedule a free vessel safety check with local U.S. Coast Guard Auxiliary or U.S. Power Squadrons to make sure all essential equipment is present, working, and in good condition.

• **Make a float plan.**

Always let someone on shore know

the trip itinerary, including operator and passenger information, boat type and registration, and communication equipment on board.

• **Wear a life jacket.**

Make sure everyone wears a life jacket—every time. A stowed life jacket is no use in an emergency.

• **Use an engine cut-off device—it's the law.**

An engine cut-off device is a proven safety device to stop the boat's engine should the operator unexpectedly fall overboard.

• **Watch the weather.**

Always check the forecast before departing and frequently during the excursion.

• **Know what's going on around you at all times.**

Nearly a quarter of all reported boating accidents are caused by operator inattention or improper lookout.

• **Know where you're going and travel at safe speeds.**

Be familiar with the area and local boating speed zones, and always travel at a safe speed.



Photo courtesy of North Florida Marine Association

It is important that all boat passengers wear a life jacket.

• **Never boat under the influence.**

A BUI is involved in one-third of all recreational boating fatalities. Always designate a sober skipper.

• **Keep in touch.**

Have more than one communication device that works when wet. VHF radios, emergency locator beacons, satellite phones, and cell phones can all be important devices in an emergency.

NFMA is also proud to announce the return of the largest boat event in Northeast Florida—Boater Skip Day.

Each year, hundreds of boaters take a once-a-year opportunity to trade a day of work for a day making memories on the water.

This year's Boater Skip Day takes place on Friday, June 2 at 9 a.m. Boaters are encouraged to meet up at Marker 24 at Bayard Point, just south of the Shands Bridge.



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18866

NATIONAL PET MONTH

Benefits of having a well-trained dog

By Dr. Lauren Pastewka

Training your dog is an important part of being a responsible pet owner. There are numerous benefits to a well-trained dog including strengthening the bond between pet parents and their dog, promoting good behaviors and improving your dog's overall health and happiness.

In honor of National Pet Month, here are some things pet parents should keep in mind when it comes to training their dogs:

Benefits of dog training

Proper dog training has many benefits for both pets and their owners. Dogs enjoy being trained as it provides mental and physical stimulation, which is critically important for more active breeds. Training also leads to improved socialization skills in dogs, allowing them to safely interact and play with other pets and people. For pet parents, training can help reduce unwanted behaviors such as chewing, biting or excessive barking. A well-trained pet is also a safer pet as they will be well accustomed to familiar commands and more likely to immediately respond in a hazardous situation.

Choosing the right training program for your pet

When considering a dog training program, it is important to keep your dog's age, breed, temperament and training goals in mind. Some dogs may need more focused training than others. Pet Paradise offers a board-and-train

experience that provides the repetition and consistency that dogs need to make their training stick while also being in an environment with few distractions. This option is ideal for busy pet parents looking for a well-behaved dog.

Supporting your pet's training at home

It is essential to a pet's training that pet parents continue to reinforce the lessons and behaviors their pet is learning through their training sessions. Pet parents should be consistent with the commands and use positive reinforcement to encourage good behaviors their pet presents.

Training your dog has physical, mental and emotional health benefits. Well-trained dogs obey commands and listen to their owners, can properly socialize with other pets and have a greater bond with their owners, leading to greater happiness for both pets and their parents.

Dr. Lauren Pastewka is chief veterinary officer of NewDay Veterinary Care at Pet Paradise. Pet Paradise is a comprehensive pet health care provider of overnight boarding, resort-style day camp, professional grooming, dog training and NewDay Veterinary Care. Pastewka leads 30 NewDay Veterinary Care clinics and teams located in Pet Paradise resorts nationwide. For more information, go to petparadise.com.



Contributed photo

Grocer partners with 400 organizations for National Pet Month

Southeastern Grocers Inc. (SEG), parent company and home of Fresco y Más, Harveys Supermarket and Winn-Dixie grocery stores, is celebrating National Pet Month by raising awareness and support for nearly 400 animal welfare organizations in the Southeast and helping customers save on pet food and supplies all summer long.

Now through May 31, Fresco y Más, Harveys Supermarket and Winn-Dixie customers can purchase a reusable community bag with a giving tag for \$2.99 to help local animals in need while concurrently benefiting the environment by reducing the use of paper and plastic bags. With each purchase of a community bag with a giving tag, \$1 will directly benefit each store's local animal welfare organization partner.

Raymond Rhee, chief people officer for Southeastern Grocers, said, "As a dedicated partner to the communities we serve, we prioritize the needs of our neighbors and put them at the center of every decision we make – this commitment extends to our furry neighbors, too. As an integral part of our families, pets give so much back to our communities, while asking for very little in return. It's our privilege to support the work of animal welfare organizations in honor of National Pet Month. These organizations are devoted to improving the well-being of animals and promoting responsible pet ownership, and we are proud to contribute to their cause while simultaneously helping create beautiful, cleaner communities."

Additionally, SEG is donating a total of \$15,000 in Whiskers & Tails pet food and supplies to support local animal shelters and rescues, including Jacksonville Humane Society, Peggy Adams Animal Rescue League in West Palm Beach and Lee County Domestic Animal Services. These organizations help provide vital pet aid to families in need and work to keep pets happy and at home.

SEG's Own Brand products offer nearly 8,000 items to help customers save an average of 20% compared to national brands, including the grocer's Whiskers & Tails pet brand. Additionally, Winn-Dixie, Fresco y Más and Harveys Supermarket are helping customers save on groceries by offering deeper discounts on more than 150 most-shopped products as part of the "Down Down" program. Winn-Dixie shoppers will save more than 15% on average when shopping items marked by the red hand on signs and tags throughout the store, which includes pet food, treats and supplies.

SEG's Community Bag with a Giving Tag program has supported more than 8,000 nonprofit organizations and prevented the use of more than 13.5 million single-use plastic bags since 2019. The durable, reusable bags are made from recycled materials and can be found at the register or near the entrance of each Fresco y Más, Harveys Supermarket and Winn-Dixie store.

For more information on the program, go to seg.2givelocal.com.

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St. Augustine Humane Society: A story of service

The story of the St. Augustine Humane Society begins in 1946, in a small, wooden house built on land donated by Eugenia Genovar. She and Margaret Nemo sheltered animals in that tiny structure and kick-started the St. Augustine Humane Society's history of compassionate pet care in St. Johns County.

The Genovar family's involvement didn't stop with Eugenia's land grant; her granddaughter, Sonya Genovar Jensen, recently retired after 10 years of invaluable service as a member of the Humane Society's Board of Directors.

Since its inception, the St. Augustine Humane Society (SAHS) has focused on the needs of pets and their owners. Still in its original location, but with an expanded building and outreach, SAHS has evolved over the years, foregoing the shelter component and becoming instead a comprehensive animal-welfare care and resource center.

Notably, SAHS has accomplished all this without government assistance, relying solely on grants and community support. Critical to its success has been an active, involved board of directors. The ability to anticipate change, offer guidance, and adapt to the demands of a growing and changing population are the hallmarks of a dynamic board. Effective board members assume fiduciary obligations for an organization, provide integrity and balance, build trust throughout their communities, establish goals and

objectives and help mitigate risk.

At the most recent annual meeting, the SAHS Board of Directors elected lead officers Lynne Catogio of La Rosa Realty, president; Kristin Sebastian DeShazo of Sebastian Cleaning, vice president; Christina Bentley of La Rosa Realty, secretary; and Bill Gregory of Gregory Tile, treasurer. While Jensen remains on the board in an advisory capacity, SAHS has announced the addition of Thomas Buckhalter, owner of Greg's Auto Collision, to the board. Buckhalter brings valuable experience in fostering business growth and is enthusiastic about applying his expertise to SAHS.



Thomas Buckhalter

Thanks to community support, diligent leadership and the astute guidance of an involved and proactive board, the St. Augustine Humane Society continues its more than 75-year history of care for the St. Johns County canine and feline populations.

To learn more about the St. Augustine Humane Society, go to staughumane.org and access the "Get Involved" page.

Repticon: A walk among wild things

Repticon is coming to Jacksonville with a mixture of vendors and breeders. This family-oriented, fun-filled event offers guests an opportunity to learn about animals not normally seen in local pet stores. Breeder-vendors are always willing to teach in their field of herpetology.

Guests can also shop for a new family pet among the hundreds of reptiles, amphibians, invertebrates, arachnids and small exotic animals. Repticon Jacksonville is also a good place to get merchandise, cages, supplies, both live and frozen feeders, as well as to get expert advice about caring for their new pet.

This event, held at the Greater Jacksonville Agricultural Fair & Expo Center, 510 Fairgrounds Place, Jacksonville, offers a unique family outing suitable for all ages and for a very diverse range of enthusiasts.

Show hours are 9 a.m. to 4 p.m. Saturday, May 20, and 10 a.m. to 4 p.m. Sunday (May 21).

Ticket options (sold online only) are: \$15 Super Ticket (entry for both days), \$12 Saturday (all day), \$10 Saturday After 1 p.m., \$12 Sunday (all day); \$6 for children 5-12, children 4 and under are admitted free.

To purchase tickets or for more information about the show, go to repticon.com/florida/jacksonville.

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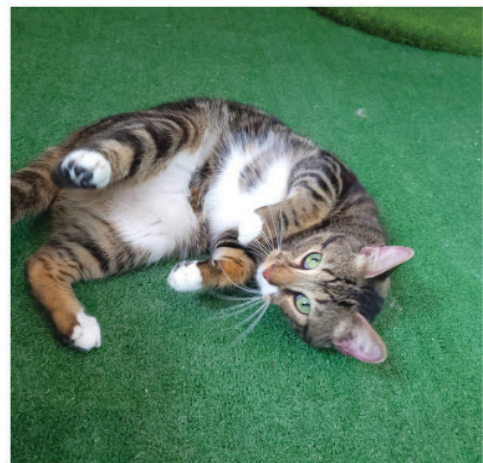
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THURSDAY, MAY 18, 2023

www.PonteVedraRecorder.com

Nease students team up with PGA Tour to win international event

By Anthony Richards

For Nease High juniors Alan Li and Sawyer Wiltfong, being part of DECA at the school is much more than just another club of extra school-related activity.

It is an avenue that creates opportunities and memories that they would not have any other way, the latest of which included the pair teaming up to win in the business solutions project category at the 2023 DECA International Career Development Conference in Orlando on April 25.

The competition factored in an essay portion and a presentation in front of a panel of judges. Li and Wiltfong competed and won against DECA programs representing schools from across the country.

Their project entailed working with the PGA Tour to help build a more sustainable experience that can be adapted and followed at the various tour stops on the schedule.

“Each event is different, and some have tons of sustainability like the Waste Management Tournament in Arizona, which has practically zero carbon footprint, but then there are others that are not quite there,” Wiltfong said.

As part of the project, they got to travel



Alan Li and Sawyer Wiltfong of Nease High School won the 2023 DECA International Career Development Conference in Orlando on April 25.

to the Wyndam Championship in Greensboro, North Carolina, last year and got to research and go behind the scenes of the tournament to see the inner workings firsthand.

“Our focus was how to make a package where we can have a baseline of sustainable commitment everywhere,” Wiltfong said.

According to Wiltfong, some of the steps taken included creating a team of volunteers to educate attendees about sustainability practices, plus the additions of solar charging stations and the use of aluminum cups at concessions.

Creating a winning project was nearly a year in the making.

“We started on it one month after we came back from internationals (2022),” Li said. “I saw what it (competition) looked like, and I wanted to jump on it. We started in June, which is super early because the paper wasn’t due until January.”

They were able to formulate their project plan by attending the 2022 Constellation Furyk & Friends PGA Tour Champions event at Timuquana Country Club in Jacksonville in October.

“We hope to continue working with the PGA Tour to expand this package even more,” Wiltfong said.

The deeper Li and Wiltfong got into the project, the more they realized that the two really complement each other well, and that played a huge role in the overall success of their project.

“I’m definitely the talker in the group and the smiling face at the judge during the presentation,” Li chuckled.

That was coupled with Wiltfong’s handle of the strategic approach of things and when it came to the research and essay portion.

“We learned a lot from each other,” Wiltfong said. “I could have never gone in front of a judge and done as well as we did without being paired with him, and I think that I brought a lot to the table as well.”



Contributed photos

Students in the Nease High DECA program represented at the conference in a variety of categories.

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GUEST COLUMN

Estate planning can be for everyone

Written by/for Wells Fargo Advisors

There's a common myth that estate planning is only for the wealthy; however, in reality, everyone should consider an estate plan.

Bank accounts, investment accounts, 401(k) or 403(b) plan accounts, your house, cars, jewelry, family heirlooms. Your estate may include all this and more, and your plan can determine what happens to all these when you die. A good plan will also focus on taking care of you as you age or if you become ill or incapacitated.

It's all about control

Estate planning is about helping take control of your future, and asset management is only part of the picture. For example, a will is an essential part of an estate plan, and for parents, having one is the only way to name a guardian to raise your minor children if both parents die.

A well-designed plan will also include documents designating who can communicate with health care professionals and make decisions about what type of care you should receive if something happens and you can't make those decisions yourself.

Ultimately, if you don't make your own plan, your family may be left scrambling at an already difficult time. Someone will have to ask a court to decide who will act as guardian for your minor children (or maybe even for you), and state law will determine what becomes of your assets. Bottom line: If you don't decide, someone will decide for you.

Remember, establishing a plan is only the beginning. Significant life events are likely to call for changes. It's important to regularly review your plan to ensure it continues to meet your needs. You should consider whether your documents, asset titling and beneficiary designations allow your assets to be handled the way you



want them to be.

Five essential documents

Your situation's complexity will determine which documents your plan requires; however, these five are often essential:

- A will provides instructions for distributing your assets to your beneficiaries when you die. In it, you name a personal representative (executor) to pay final expenses and taxes and distribute your remaining assets.
- A durable power of attorney for financial matters lets you give a trusted individual management power over your assets currently and/or if you can't do it yourself. This document is effective only while you're alive.
- A health care power of attorney lets you choose someone to make medical decisions for you if something happens and you can't make them yourself.
- A living will expresses your intentions regarding the use of life-sustaining measures if you are terminally ill. It

doesn't give anyone the authority to speak for you.

• By transferring assets to a revocable living trust, you can provide for continued management of your financial affairs during your lifetime, after your death and even for generations to come.

Turn to a team of professionals

The notion of making the decisions involved with estate planning may seem intimidating at first, but it doesn't have to be.

The key is to rely on a team of trusted professionals, including a financial advisor, estate planning attorney and accountant. They know the questions to ask and can help you avoid potential pitfalls.

If you currently don't have relationships with these individuals, a financial advisor may be a good place to start. He or she can discuss his or her role in the planning process and can refer you to an estate planning attorney who can work with you to draw up the necessary documents.

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This article was written by/for Wells Fargo Advisors and provided courtesy of Jamie Seim, CFP, Senior Vice President – Investment Officer in Ponte Vedra Beach at 904-273-7917.

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Ponte Vedra Beach Rotary Club President Ronald "Doc" Renuart, Tony Boselli and Mineral City Celebration Chair Jennifer Logue



Doug Crescimanno and Bryan Logue portrayed Dean Martin and Frank Sinatra at the Rat Pack-themed gala.

Boselli receives 'Rock of Community Award' at Mineral City event

Jacksonville Jaguars legend Tony Boselli was lauded as a champion both on and off the field Saturday night, May 13, as the Pro Football Hall of Fame inductee received the 2023 "Rock of the Community Award" at the Rotary Club of Ponte Vedra Beach's annual Mineral City Celebration.

Boselli was recognized for his efforts to aid local students and educators through the Boselli Foundation. In remarks by Jaguars announcer Brian Sexton and video testimonials from former Jaguars Coach Tom Coughlin, local businessman Gary Chartrand and others, Boselli was praised for being a man of faith, integrity and character.

"The Rotary Club created the Rock of the Community Award to recognize individuals who dedicate themselves to making a positive impact on Ponte Vedra Beach and the First Coast," Rotary Club President Ronald "Doc" Renuart said. "Tony Boselli's commitment to our community makes him amply deserving of this honor."

More than 300 people attended the gala, which featured a "Rat Pack" theme, complete with music by Frank Sinatra, Dean Martin, Sammy Davis Jr. and others of the Rat Pack era. Classic cars from the period lined the driveway of the Sawgrass Marriott, where guests enjoyed cocktails, hors d'oeuvres and dinner along with a silent

auction and luxury trip raffle.

Entertainment was provided by nationally acclaimed Frank Sinatra tribute artist Michael Dutra.

The Mineral City Celebration is the signature annual fundraising event for the Ro-

tary Club of Ponte Vedra Beach. Proceeds from the event have benefited more than two dozen local nonprofit organizations and charities, including the Beaches Dial-a-Ride program, Mission House, BEAM, HEAL, the Council on Aging and more.



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In the Arts

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Local authors Florida Book Awards winners

By Shaun Ryan

On April 20, the Florida Book Awards recognized five authors living in St. Johns and Duval counties. That two of them hail from St. Augustine further enriches the city's notable literary reputation.

In the very competitive General Fiction category, Kim Bradley won the silver award and Tara Lynn Masih won the bronze. These victories are even more significant in that both writers won for short story collections, a literary form often overshadowed by a public preference for the novel.

"I was absolutely thrilled," said Masih. "It was a very difficult year for lots of different reasons, and this just totally made all the difficult times worth it."

"You go through so much rejection as a writer that, when I got that email, I was just over the moon," Bradley said, laughing at her own reaction and the response by those around her. "My daughter, she was like, 'What's wrong? What's wrong?' The dog was bringing me toys!"

Bradley won for "Spillway," the stories of which feature "con artists, preachers, ghosts, alligators, crop dusters and more."

"What they have in common, which I didn't realize until I was finished with the book, is they're all characters who are looking for redemption of some sort,"



Tara Lynn Masih, left, holds up her short story collection, "How We Disappear," and Kim Bradley holds up her collection, "Spillway."

Photo by Shaun Ryan

Bradley said. "They are all kind of on the verge of collapse. Some make it, and some don't."

She said she's interested in people who are in trouble, how they survive, how

they get out of the messes in which they find themselves.

Masih won for "How We Disappear," which focuses on "those taken, those missing and those neither here nor gone"

— runaways, exiles, wanderers, ghosts and one famous author.

The theme of disappearance that runs throughout the stories hadn't actually occurred to Masih until she read over her collection, at which point it "appeared." The theme suggested the book's title and a final inclusion: a speculative piece on the well-known, 11-day disappearance of mystery writer Agatha Christie in 1926.

It was, in fact, the second time Masih had written about Christie's vanishing, the first being a paper composed for a high school class.

Bradley sets her stories in both North Florida and in South Alabama, the latter specifically in a fictionalized version of her hometown, Monroeville.

As a child, she was a voracious reader, and even then, she loved stories with a sense of place.

"I just loved the landscape that I grew up in," she said.

Still, when she went to write about the place she knew best, she had to contend with an already well-established version of that same town: Monroeville was the home of, and inspiration for, Harper Lee, who in fact lived across the street from Bradley's grandparents.

"I had a really hard time writing about Monroeville at first because of Harper Lee," Bradley said. "Until, I just was

WINNERS continues on Page 27



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Attorney to discuss legal issues for writers at May 20 meeting

We live in a litigious world, and even writers worry about getting sued. Attorney Rod Sullivan addresses many of the liability problems facing writers in his presentation, “Libel, Slander, Defamation of Character and the Right to Privacy,” at this month’s FWA Ponte Vedra Writers group meeting. The meeting takes place at 2 p.m. Saturday, May 20, at the Ponte Vedra Beach Branch Library.

Sullivan’s presentation addresses the potential liability of a writer when writing about a living person or a person who is deceased but whose name and



Rod Sullivan

reputation continue to have commercial value after death, the “actual malice” standard that applies to “public figures,” who is a public figure, the effectiveness of disclaimers and whether using pseudonyms provide adequate protection.

Sullivan has argued and won a case before the U.S. Supreme Court and practiced law for more than 39 years. He has appeared frequently in the media as an expert, including on “Nova,” “The CBS Evening News,” CNN, NPR, CCTC (China), KBS (Korean Broadcasting System) and Time Magazine. His legal commentary has appeared in the New

York Times, the Washington Times and the International New York Times. For eight years he was a law professor teaching Constitutional law. He is currently working on a historical romance titled “Searching for Mrs. Roosevelt.”

The Ponte Vedra Writers group is part of the Florida Writers Association, a statewide membership organization dedicated to the support of both aspiring and published writers in any genre. The May 20 meeting is free and open to members and nonmembers alike.

For information on FWA, go to floridawriters.org.

Winners

Continued from 26

like, my Monroeville was different than hers. Once I was able to do that, once I gave it another name, rebranded it, I was able to write about it.”

Masih’s characters are from all over the world: Siberia, Puerto Rico, Holland and all over the United States. Her eclectic locales reflect her love of travel, as well as the things she has learned in diverse places.

But, her father being from India and her mother of mostly European descent, she grew up with a point of reference different from that of most people.

“I grew up with two different ways of looking at the world,” she said, “which I think opened me up to life in a way some people don’t have. I tend to see both sides of a story.”

Like Bradley, she was a dedicated reader even as a child.

“I couldn’t wait for any major holiday, because I’d get a big stack of books,” she said.

Both Bradley and Masih endured numerous rejections before being accepted for publication.

Few writers earn their sole income from their literary work.

Bradley started out as a journalist, found it wasn’t for her, and went on to earn an MFA from the University of New Orleans. Today, she is an associate professor at Flagler College, where she teaches creative writing and composition.

Masih earned a Master’s degree in writing and publishing from Emerson College and went on to work in the publishing industry, at one point working

with English textbooks.

Bradley’s and Masih’s books are available for purchase at bookshop.org, amazon.com and also at the Flagler College bookstore.

EDITOR’S NOTE: This is an abridged version of the article. To read the entire story, please go to pontevedrerecorder.com.

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Photos by Anthony Richards



Cam Smith fights for yards along the sideline.



Charlie Ladato pressures quarterback Zach Buttacovoli in the pocket.

COMPETITION IN FULL FORCE DURING GREEN AND GOLD GAME

By Anthony Richards

Although the new football season is still a couple of months away from getting underway, the Nease football team and their fans got a taste of what's to come during the green and gold game at Panther Stadium May 12.

The passion and excitement surrounding the upcoming season was on display as a good crowd was on hand to watch the scrimmage take place.

A major question heading into spring that continues to sort itself out is the competition taking place in the Nease quarterback room as the search is on to find the replacement for Marcus Stokes, who was the Panthers' starting signal caller the past two seasons.

There were plenty of plays made that got the crowd on their feet on both sides of the ball, as head coach Collin Drafts wanted to promote competition and the contest produced just that.

Running back Cam Smith will be a senior in the fall

and he continued to establish himself as one of the Panthers' most reliable offensive weapons next season with a stellar performance that included a pair of touchdown runs and several other bursts into the secondary.

According to Drafts, Smith really came on with more reps coming his way as his junior season wore on, and he has carried over the momentum he had into the spring.

"We're going to roll with him, and he looked like a million bucks tonight," Drafts said.

As a senior, Smith knows that he will be saddled with more of a leadership role heading into next season, and it is a challenge he is fully embracing.

"I'm ready for it," Smith said. "I'm not really one to be super vocal but I like to lead by example and let my play on the field do my talking for me. It's a great group of guys we've got and I'm ready to help my team any way I need to."

The running lanes were also there for Smith to take advantage of for most of the night, as the Panthers will

look to lean on a veteran offensive line in the fall.

One of those veterans is Demarco Blackmon, who will be a senior next school year, and is making the transition from guard to the starting center position.

"It felt really good to be back out there with these guys," Blackmon said. "I'm continuing to work on my communication and my hand placement at center, but we've all kind of grown up together and it's nice to know that we've got each other's back along the line."

The Nease program is in a healthy place as a whole right now, with interest continuing to surround it and the result is having 115 students taking part in spring practice, and that number does not even include incoming freshman that will be joining the team.

"Everybody played and it just continues the great spring we've had so far staying fairly healthy and just getting guys the reps, they need to continue to develop," Drafts said.



Cam Smith bursts into the secondary. He scored two touchdowns during the green and gold game.



Joe Miracle delivers a big hit.



Peyton Mooningham (No. 18) fights through a block and looks to meet the ball carrier in the backfield.

Brotherhood, bond shared between Sharks seniors

Ponte Vedra High boys lacrosse celebrated the team's seniors who have played together since they were in elementary and middle school on the Ponte Vedra Riptide teams before continuing to be teammates at the high school level during a ceremony May 12.

Photo courtesy of Ponte Vedra High Athletics



Sharks make presence known in community

Members of the Ponte Vedra football team were out at Mr. Chubby's Wings in Ponte Vedra Beach on May 13 selling discount cards and interacting with the local community. The squad will play their spring game at Beachside High on May 25 beginning at 6:30 p.m.

Photo courtesy of Ponte Vedra High Athletics



Furyk named U.S. Team captain for 2024 Presidents Cup

Presidents Cup and PGA TOUR officials recently announced that 17-time PGA TOUR winner Jim Furyk has been named captain of the U.S. Team for the 2024 Presidents Cup, which will be staged at The Royal Montreal Golf Club in Montreal, Quebec, on Sept. 24-29. Furyk joins Canada's Mike Weir, who was named captain of the International Team in November 2022.

Furyk, who will make his debut as captain of the U.S. Team, has appeared in seven Presidents Cups and holds a 20-10-3 all-time record. He competed in the event's only previous visit to Royal

Montreal in 2007, posting a 3-2 record with two of his wins coming with Tiger Woods as his partner. In his final start as a playing participant in 2011 at The Royal Melbourne Golf Club, he delivered a perfect 5-0-0 record — the fourth player in Presidents Cup history at the time to do so — that led to a 19-15 win over the International Team. Furyk qualified for the 2015 Presidents Cup in South Korea but was unable to compete due to a wrist injury.

In addition to his years of experience competing in the Presidents Cup, Furyk also served as a Presidents Cup captain's assistant twice, for Jay Haas in 2015 and

Steve Stricker in 2017. In 2018, he guided the United States as captain at the Ryder Cup.

"Being selected by my peers to take on the role as captain of the U.S. Team for the 2024 Presidents Cup is truly an honor that I am humbled and excited to accept," said Furyk. "Over the span of several decades this event has evolved tremendously into the global showcase it is today, and I am thrilled to help continue that momentum. So many legendary captains have come before me, so now to be here as the 2024 U.S. Team captain is quite remarkable."

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

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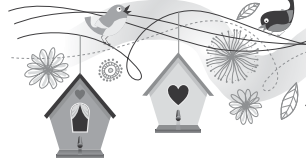
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Northeast Florida Fire Watch Council meetings are open to the public. All constituent questions or inquiries will be made a part of the permanent file and all efforts will be made to address the questions during noticed meetings of the Northeast Florida 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 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** 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** at lregister@thefirewatch.org or by phone at 904 834 9420.

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CROSSWORD

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	51											52		

ACROSS

1. Relative biological effectiveness (abbr.)
4. Chinese philosophical principle
7. Branch
8. Jewish spiritual leader
10. Slang for requests
12. "So Human An Animal" author
13. Rocker Billy
14. British Air Aces
16. Type of tree
17. "Tough Little Boys" singer Gary
19. State attorneys
20. Goddess of fertility
21. Localities
25. Beloved singer Charles
26. Clue
27. Ridge of jagged rock below sea surface
29. Helsinki neighborhood
30. Farm resident
31. Ocean
32. Where ballplayers work
39. Unable to hear
41. Cool!
42. Cape Verde capital
43. One point north of due east
44. Kilo yard (abbr.)
45. Middle Eastern nation
46. It yields Manila hemp
48. People operate it (abbr.)
49. Regenerate
50. Not healthy
51. Chinese sword
52. Mild expression of surprise

DOWN

1. Unit of angle
2. Headgear to control a horse
3. Clots
4. Follows sigma
5. A woman who is the superior of a group of nuns
6. Greek units of weight
8. Radio direction finder (abbr.)
9. Systems, doctrines, theories
11. Stony waste matter
14. Bravo! Bravo! Bravo!
15. Hostile to others
18. U.S. State
19. Not wet
20. Something one thinks up
22. Where beer is made
23. Clumsy person
24. Belonging to us
27. Canadian flyers
28. Greek goddess of the dawn
29. Snakelike fish
31. Unhappy
32. Fruit
33. Not good
34. Zero degrees Celsius
35. Goo Goo Dolls' hit
36. Crawls into the head (folklore)
37. Legally responsible
38. Move in a playful way
39. Regarded with deep affection
40. Partner to flowed
44. Native American tribe
47. Head honcho

SUDOKU

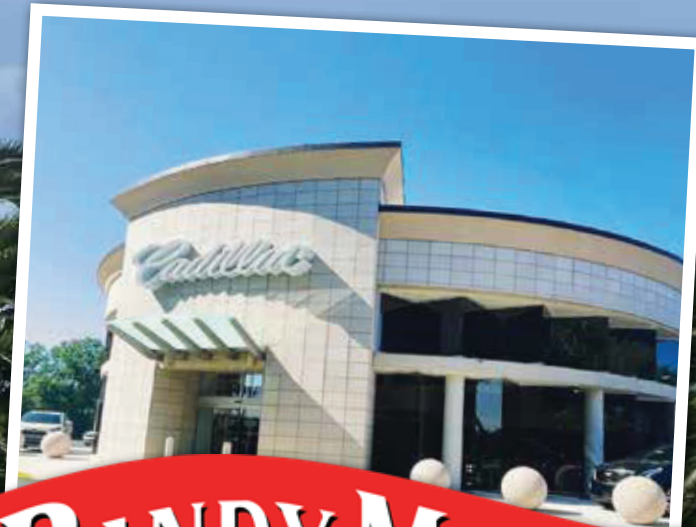
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Level: Intermediate

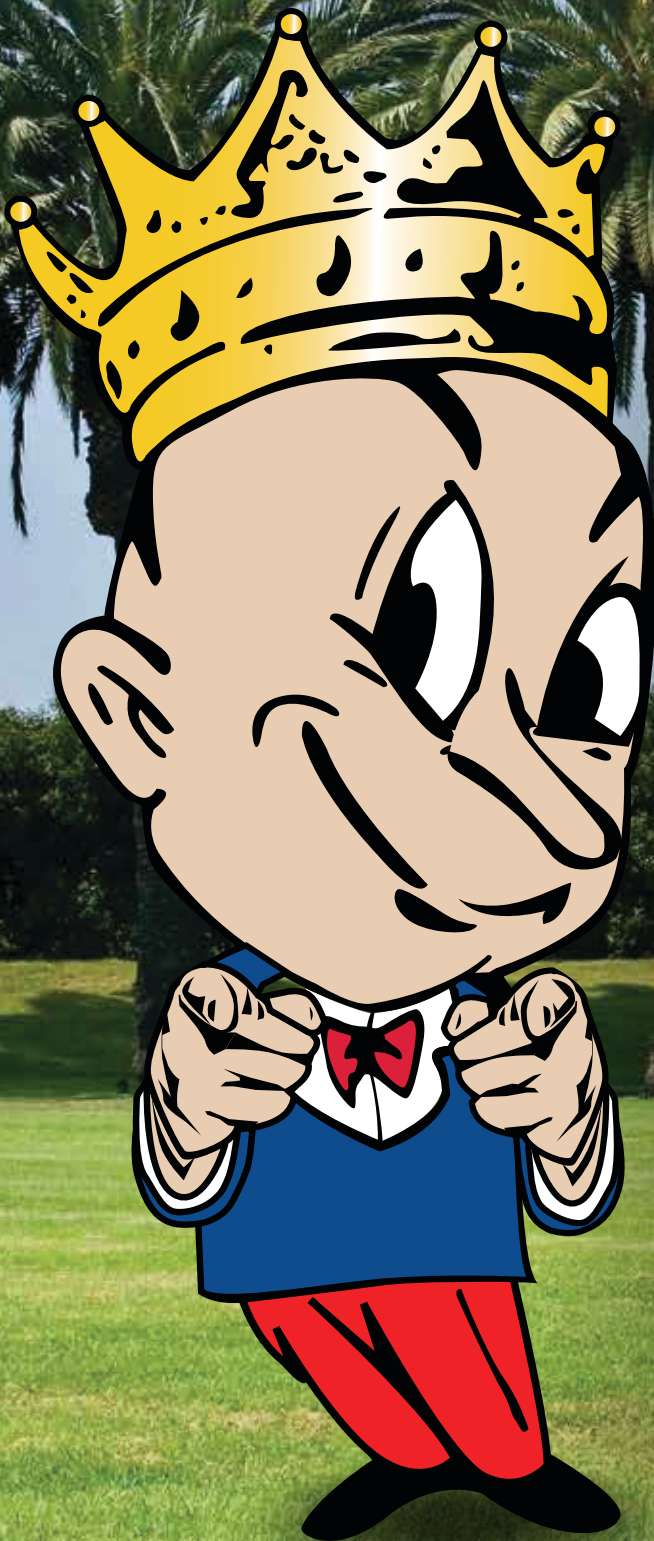
Here's How It Works:

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

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