

Ponte Vedra Recorder



January 11, 2018
Volume 47, No. 54
75 cents

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PonteVedraRecorder.com



BEACHWALK: ST. JOHNS COUNTY'S NEWEST LUXURY COMMUNITY

A one-of-a-kind community is coming to St. Johns County. Read page 4 to learn more about Beachwalk.

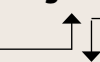
Photo courtesy of Americrest Luxury Homes

Looking & Feeling Good
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Business Weekly

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Sports

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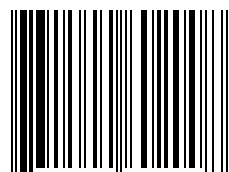
BRYAN S. FAZIO, Certified Financial Planner®

Senior Financial Advisor
First Vice President - Investments
818 US Highway A1A N, Suite 102
Ponte Vedra Beach, FL 32082
Phone: (904) 361-7047
e-mail: bryan.fazio@wellsfargo.com



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Feeling Good

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Send us your news

We welcome submissions of photos, stories, columns and letters to the editor. Let us know what's happening.

E-mail submissions to pvrecorder@opcfla.com

or bring them by our office at **1102 A1A N., Unit 108, Ponte Vedra Beach.**



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WHAT'S THIS?



Do you know what this is?

Email your answer to jonb@opcfla.com by Monday at 5 p.m.

All correct entries will be entered into a random drawing to win tickets for two adults and two children to the Jacksonville Zoo. In order to allow as many families as possible to win, participants are only eligible to win a ticket prize pack once every four months.

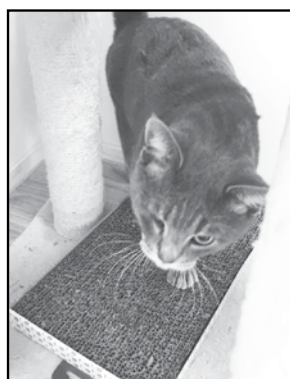
Six readers correctly identified last week's photo as the Renna's Pizza sign. Good job, everyone! The winner of the random drawing was **Jamille Sergent**. Congratulations, Jamille – you may pick up your prize at the Recorder office during normal business hours.



ADOPT A PET

CAT OF THE WEEK

My name is Arnold, and I am a 5-year-old male cat who is looking for a new home. I was brought to the pet center as a stray, which means there may be some traits that are unknown at this time. Come visit me today here at the pet center! #40986



DOG OF THE WEEK

My name is Thunder, and I am a 2-year-old male dog who is looking for a new home. I was brought to the pet center as a rescue after Hurricane Irma.



I am heartworm positive, so the adoption fee is waived, and the Friends of the Pet Center are willing to sponsor up to \$250 toward the treatment of the heart worms. Come visit me today here at the pet center! #40770

Any new pet being introduced to a new home will need time to adjust to its new environment. Please reinforce house training and behavioral training, and be mindful of interacting with other pets.

St. Johns County Pet Center

Cat adoptions at the St. Johns County Pet Center are \$30 for males and \$40 for females. Dog adoptions are \$45 for males and \$60 for females. Adoption fees include microchipping, neutering/spaying, rabies vaccinations and shots. The pet center is located at 130 N. Stratton Road off U.S. 1 between County Road 210 and International Golf Parkway. Business hours are Tuesday through Friday 9 a.m. to 4:30 p.m. and Saturday 9 a.m. to 4 p.m. The center is closed to the public on Sunday. On Monday, the office is open by appointment only to claim a lost pet. For more information, please call the **St. Johns County Pet Center at (904) 209-6190.**

PUZZLE SOLUTIONS

A	S	D	I	C	B	A	A	B	U	M	P	
S	H	I	V	A	A	L	L	S	O	R	E	R
H	A	V	O	C	I	I	I	A	N	G	L	E
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M	A	C	A	U	S	I	T	E	S	E	R	E
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3	4	2	8	7	5	1	9	6
9	8	1	2	3	6	7	5	4
7	6	5	9	4	1	2	8	3
8	7	6	3	1	9	5	4	2
5	3	9	4	2	7	8	6	1
1	2	4	6	5	8	3	7	9
2	5	7	1	9	4	6	3	8
4	1	8	7	6	3	9	2	5
6	9	3	5	8	2	4	1	7

Solutions correspond to last week's puzzles.



Susan Griffin
Publisher
susan@opcfla.com
(904) 686-3938

Jon Blauvelt
Editor
jonb@opcfla.com
(904) 686-3939

Samantha Logue
Reporter
samantha@opcfla.com
(904) 285-8831, ext. 3945

Paris Moulden
Page designer/Reporter
paris@opcfla.com
(904) 285-8831, ext. 3943

Benjamin Naim
Reporter
ben@opcfla.com
(904) 285-8831, ext. 3941

Ed Johnson
Senior Account Executive
ed@opcfla.com
(904) 285-8831, ext. 3940

Kristin Flanagan
Account Executive
(904) 285-8831, ext. 3950

Suzanne Kirby
Account Executive
Suzanne@opcfla.com

April Snyder
Sales Assistant
aprils@opcfla.com
(904) 285-8831, ext. 3937

U.S.P.S. (705-300) Periodical Postage Paid at Ponte Vedra Beach, FL 32082
Postmaster: Send change of addresses to: Ponte Vedra Recorder, P.O. Box 501, Ponte Vedra Beach, FL, 32004. (904) 285-8831
Subscription Rates, Bulk Mail: One year, \$35; six months, \$20. Rates not applicable in Canada or overseas. To subscribe, call (904) 285-8831.

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January

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Steps from Ponte Vedra Beaches

Do you enjoy listening to the ocean waves while you relax with a glass of wine? This first floor unit is steps away from Ponte Vedra beaches as well as The Lodge & Club, an exceptional resort with dining, fitness, and several pools. **\$650,000**



What a location!

Situated in the middle of the most desired oceanfront location in NE Florida. This first floor unit was totally renovated with the finest finishes and craftsmanship, 2 br, 2 ba plus powder room, plus office have staurnia floors mahogany doors and built in custom cabinetry. **\$1,800,000**



Magnificent Mediterranean Style Home

Magnificent Mediterranean style home boasts elegant features and upgrades throughout. As you pull up the circular drive you will be captivated by the beautiful landscaping and moss covered oak trees. Once you reach the custom made front door, you and your guests will be greeted by the splendor of this exquisite home. **\$1,540,000**



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\$492,000

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Jeannie Towgood | 904.584.0016
 JTowgood@WatsonRealtyCorp.com



JACKSONVILLE BEACH
\$325,000

Adorable move-in-ready beach home renovated in 2015. Interior updates include kitchen appliances, bedroom & bathroom flooring, bedroom baseboards, bathroom vanities & toilets, lighting, door hardware & blinds. Exterior updates include roof, rear & side fence, shallow well irrigation system, exterior paint, shutters & landscaping. MLS 914669

Diana Kelly | 904.859.4368
 DianaKelly@WatsonRealtyCorp.com



DOLPHIN COVE
\$279,900

Cozy 3 bedroom, 3 bath ranch style home in Dolphin Cove. Ride your bike to the beach or enjoy the peace and quiet of your huge fenced backyard in this desirable neighborhood! Features include beautiful tile floors, an updated kitchen with gorgeous granite and SS appliances, and updated bathrooms with custom tile. MLS 913660

Thomas Hammond | 904.806.1218
 THammond@WatsonRealtyCorp.com

Beachwalk: St. Johns County's newest upscale community

By Benjamin Naim

A new upscale community is coming to St. Johns County.

Beachwalk will feature luxury homes, commercial retail and a 14-acre Crystal Lagoon located at the heart of the neighborhood – the first of its kind in the United States. Once completed, residents will be invited to enjoy restaurants, a fitness center, tennis/basketball/volleyball courts, a playground, an 18-hole mini putt-putt and other amenities.

David Eisner, a 25-year veteran of home development and a sales executive at Americrest Luxury Homes, said Beachwalk will be an approximately 1,100-acre live/work/play community that won't require its residents to leave the property to enjoy basic conveniences and fulfill their needs. Americrest is one of three builders currently developing on the Beachwalk property, which is located 1 mile east of I-95 (exit 329) on County Road 210. According to Americrest Sales Executive Sheryl Braxton, the company expects its properties to be completed within the next three to five years.

Beachwalk's most substantial feature – the Crystal Lagoon – will utilize chlorine bursts to keep the 14-acre pool blue and clear, Eisner said. The lagoon invites paddle boarding, snorkeling, sailing and swimming – and it will only be accessible to Beachwalk residents. There will also be a man-made beach surrounding the pool, a 20,000 square-foot clubhouse and large waterslides. Upon completion, the lagoon will be the largest man-made basin in America.

"We feel it's going to be a true destination place," Eisner noted. "We're also a golf cart community so one side of our street has



Rendering courtesy of Americrest Luxury Homes

A rendering displays the retail village currently planned for the Beachwalk community.

regular pedestrian sidewalks and the other has a 10-foot wide golf cart path. We do offer, with the purchase of a home, an option to buy one of our customized golf carts that we use to make the community more green – they're electric golf carts."

In addition to being cart-friendly, the upscale neighborhood will be a natural gas community, meaning residents can use gas appliances such as stoves and barbecues.

What makes Americrest unique, Eisner said, is the developer offers its clients "100 percent maintenance-free living" under a \$377-per month homeowner association (HOA).

"We do everything from mowing the lawn, trimming the bushes, putting down the mulching, to central irrigation," the sales executive said. "We do insect control outside the home; we paint the houses every fourth to fifth year. It includes roof repair, roof replacement as well as the homeowner's insurance for your structure."

Eisner added that a large commercial zone will be "directly outside the entrance to the community," featuring destination restaurants, a boutique hotel, a multi-screen movie theater, supermarkets, pharmacies, gas stations and coffee shops along Old County Road 210.

Americrest will be developing approximately 166 luxury villas – from seaside estates to single-family estate homes – running anywhere from 3,400 to 5,000 square feet. Most homes will start at about \$500,000 to \$600,000.

Additionally, Lennar plans to build small units toward the Beachwalk wetlands, and Vintage Estate Homes will be developing lots near the lagoon. The Beachwalk neighborhood is surrounded by wetlands, a 42-acre recreational lake for non-motorized craft/fishing and nearby hiking trails.

For more information on Beachwalk, visit www.beachwalkstjohnscounty.com.

Local organizations work to alleviate drug/alcohol problem among youths in St. Johns County

Local nonprofit leader: "It's happening, it's in our schools, it's in our communities."

By Benjamin Naim

St. Johns County has some of the highest drug/alcohol usage ratings among youths in the state, according to the 2016 Florida Youth Substance Abuse Survey, and local organizations are working hard to combat the issue.

Chuck Mulligan, community affairs bureau commander for the St. Johns County Sheriff's Office (SJSO), confirmed that the county (including Ponte Vedra) is dealing with this problem among youths.

"Certainly with tobacco products and alcohol, those are the majority of substances most likely to be consumed by

By the numbers

St. Johns County's 2016 annual report revealed that:

- 54 percent of high school students have consumed alcohol.
- 20 percent have "blacked out."
- 32 percent have smoked marijuana.
- 5 percent have used LSD, PSP or mushrooms.
- 35 percent admitted to having used an illicit drug.
- 17 percent admitted to having used an illicit drug other than marijuana.
- 59 percent said they've used alcohol or any illicit drug.

our youth," he said. "From there, some of those individuals will become involved with marijuana, and others will be involved with more harsh substances, such as cocaine or pain pills or

designer drugs."

Mulligan asserted that substance abuse is a problem affecting St. Johns and other counties across the nation. He contended that any survey relying on the honesty of the survey taker can produce skewed results, which means the problem might be worse than the general public perceives.

"With any survey where you're asking individuals who understand that the questions are being asked, it implicates them in some type of illegal activity," he said. "Even if it's minor, some of them are not going to be honest. Some of these kids are going to be absolutely honest while others (are) in fear ... that somehow that information may get out, they fear reprisals, so with any of those surveys, there's always some level of plus or minus with regard to the actual statistics."

SJSO works directly with youths in the

county, Mulligan said, to help them understand that drinking, smoking and using drugs can negatively impact the trajectory of their lives. The office has created a booklet entitled "Know the Law," which is a compilation of the laws youths often break and need to understand.

"The school board also has programs on their side," Mulligan said. "But we, being in the schools, produce this booklet, and we hope the booklet is a conversation starter for parents; some of them don't know what's going on out there in the streets. A lot of the time the parents don't know what to look for."

Additionally, youth resource deputies educate students on drug/alcohol abuse and allow them to ask questions, said Mulligan.

MSD board elects new officers

By Jon Blauvelt

The Ponte Vedra Beach Municipal Service District (MSD) board elected Gary Jurenovich as chairman, John Cellucci as vice-chairman and John Wegl as treasurer at the board's meeting on Monday, Jan. 8 at the Ponte Vedra Beach Branch Library.

Wegl, who served as the chairman for 2017, kicked off the election process by nominating Jurenovich to replace him. Jurenovich served as vice-chairman in 2017 and has been on the MSD board for 12 years, serving as chairman for five years, vice-chairman for three years and treasurer for four years during his tenure. He is currently nearing the end of his third four-year term as a MSD trustee. He first served two consecutive terms and then had to take a term off due to term limits. Then, he was reelected to serve his current term.

Murle Harrison, who served as the treasurer for 2017, seconded Wegl's nomination of Jurenovich.

Trustee Kitty Switkes, however, nominated trustee Brad Wester as chairman. She said the same two people have chaired the board the last four to six years and suggested that it's time for a change at the helm.

Wester accepted the nomination, saying he would be willing, able and motivated to take on the role, but would look to the support of board veterans like Jurenovich and Wegl for guidance.

Jurenovich said 2018 will be challenging given the current situation with Ponte Vedra's beaches and the county's fiscal status. He also noted a new county commissioner will be appointed in 2018. As a result, Jurenovich contended that the new chairman will have to have an abundance of contacts to accomplish the board's goals, as the role requires daily contact with county officials and sometimes the state.

"I have done it before and I can do it again," said Jurenovich in an email to the Recorder. "It's just work and knowledge of the system of government we have here in the county."

Cellucci agreed, saying the board needs the experience of Jurenovich at the helm. The board ultimately elected Jurenovich to the post.

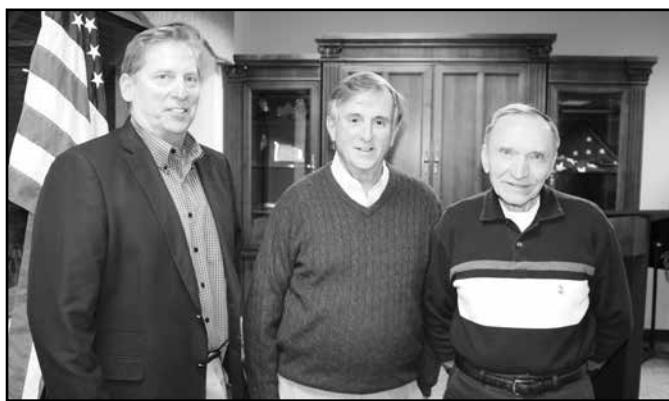


Photo by Jon Blauvelt

Gary Jurenovich, newly elected MSD board chairman; John Cellucci, newly elected MSD board vice-chairman; and John Wegl, newly elected MSD board treasurer

As for the position of vice-chairman, trustee Greg Wong kicked off the appointment process and nominated Wester. Harrison seconded that nomination. Jurenovich, however, nominated Cellucci, which was seconded by Wegl.

Jurenovich pointed to the work that Cellucci has accomplished with Republic Services over the past year as a contributing factor for his nomination.

"Nobody wants to do garbage, and I think John wrapped his arms around that and did just a fantastic job," said Jurenovich. "That was a bull in a China shop, and he managed to wrestle that bull pretty dog gone well."

He added that Cellucci is retired, which will enable him to attend every meeting.

Wester agreed, saying he can't speak any less of the work Cellucci has done with Republic. In vouching for himself, though, Wester pointed to his efforts of restoring three beach accesses over the past year.

"There's one main reason we all move to this area, and it's for the access and the mental elbow room that the beach gives us," said Wester. "Whether or not you actually use it, you know it's there. Certainly making the beach access functional and safe and high quality for everyone is key."

The board ultimately elected Cellucci as vice-chairman and consequently elected Wegl as treasurer.

Also at the MSD meeting, the board voted to acquire a credit card with a limit of \$1,000 for district uses.

The next MSD meeting is Monday, Feb. 12 in the library's small conference room.

Upcoming BCC hearing to feature county's final deliberation on Oak Bridge plans

By Jon Blauvelt

The St. Johns County Board of County Commissioners (BCC) hearing scheduled for Tuesday, Jan. 16 at 9 a.m. will feature the county's final deliberation on development plans for the Oak Bridge Club.

Alta Mar Holdings, LLC, the owner of the Oak Bridge Club, is seeking the county's approval of zoning and land use changes that would allow the company to sell six holes of the club's golf course for development into an age restricted residential community (55+) up to 330 units and four acres of commercial uses with a maximum of 15,000 square feet. The plan is to sell the course's back 40 acres, with 23 of those acres to be developed, and reduce the course's holes from 18 to 12. The matter is listed as item No. 3 and 4 on the BCC hearing agenda. The hearing will take place at the St. Johns County Auditorium in St. Augustine.

The Planning and Zoning Agency (PZA) unanimously recommended approval of the Oak Bridge applications in December. The applications specifically feature requests for changes to the Caballos del Mar Development of Regional Impact (DRI) and Players Club at Sawgrass Planned Unit Development (PUD), which would allow the property owners to allocate existing, vested development rights to the golf course.

David Miller and his partner and cousin Jeff Miller of Alta Mar purchased the mortgage note for the Oak Bridge Club in 2014 after the club's former operator went into default. Since then, the Millers have embarked on a now four-year journey to resurrect the property, develop a plan to raise capital and win over the public.

Ponte Vedra Central Park

Supporters of the Ponte Vedra Central Park initiative, a grassroots fundraising campaign to purchase the 40 acres of the Oak Bridge Club and turn it into a public park, are meeting at the residence of Frank Levene on Jan. 11 to discuss the group's strategy for the BCC hearing.

To be held at 137 Oak View Circle in Ponte Vedra Beach at 6:15 p.m., the meeting will ultimately feature discussion on how the development can be stopped. The group plans to mobilize a quick community effort via petition signatures and the distribution of pamphlets to spread its message before the hearing.

For more information, contact Frank Levene at (904) 238-8658.

Water main break occurs on Corona Road

By Jon Blauvelt

Also discussed at the Ponte Vedra Beach Municipal Service District (MSD) meeting on Jan. 8, a 10-inch water main break occurred at 28 Corona Road on Friday, Jan. 5.

According to JEA media relations manager Gerri Boyce, the utility re-

ceived a call about the water main break at approximately 5:30 p.m. from St. Johns County Fire Rescue. Boyce said

water was restored at 5 a.m. on Saturday, Jan. 6, after JEA's crew had to hand dig around cables and wires to install 21 feet of 10-inch pipe that was 4 feet deep. According to Boyce, the Environmental

Outage Report has 100 residential cus-

tomers who were in the outage area.

The JEA PR manager noted that there has been construction in the area for a new subdivision, but that the utility did not notice any evidence of damage.

Moving forward, Boyce said JEA will restore the area to include asphalt on Corona and on a new, unnamed street going into the new subdivision.

COASTAL HOME COLLAPSES IN SOUTH PONTE VEDRA BEACH

An unoccupied home near the 2700 block of South Ponte Vedra Boulevard has begun to collapse onto the beach, according to St. Johns County Fire Rescue, which was called to the scene Jan. 3 along with local law enforcement. Public safety personnel have secured the scene, and the appropriate agencies have been notified regarding the instability of the structure. No injuries were reported.

Photo courtesy of St. Johns County Fire Rescue



Craig Schoninger is the director of marketing at Ponte Vedra Inn & Club and The Lodge & Club.

Craig Schoninger

By Jon Blauvelt

Can you please briefly tell us about your background?

I joined Ponte Vedra Inn & Club and The Lodge & Club as director of marketing in June 2017. Prior to this, I was the director of sales and marketing for Montage Palmetto Bluff located in Bluffton, South Carolina. While there, we quadrupled the resort from 50 cottages to 200 rooms, suites and cottages. Before joining Montage Hotels and Resorts, I was with The Ritz-Carlton Hotel Company for the majority of my career. My most recent assignments included director of sales and marketing at The Ritz Carlton, South Beach; The Ritz-Carlton, Aruba; The Ritz-Carlton Palm Beach; and The Ritz-Carlton, Amelia Island. I was a member of the pre-opening team of The Ritz-Carlton Amelia Island and eventually became the director of sales and marketing in 2002.

What are your primary roles and responsibilities?

As director of marketing for both Ponte Vedra Inn & Club and The Lodge & Club, I am responsible for developing and implementing strategies to strengthen the market presence and maximize top line revenue of the two resorts. This is done in part through the development and implementation of creative advertising campaigns, digital marketing strategies and printed materials. As social media has become a key component of hotel marketing, I have someone on my team who is responsible for managing content and presence on all social platforms. My team and I are responsible for maintaining our website as this is our most valuable marketing channel. Additionally, I work closely with a marketing manager as well as three graphic artists who are responsible for producing communication materials for all of our four private clubs.

What do you enjoy most about your job?

While I know this sounds like a cliché, I truly get my energy from working with hospitality professionals. We are in the business of making guests and members happy, and helping them create long-lasting memories for themselves and their families. Every day I am lucky enough to come to work in an incredibly beautiful place where I take advantage of amazing views of the ocean and golf courses! Being new to these properties, I really enjoy bringing new ideas to the table that help the properties be even more successful than they have been.

What distinguishes your resorts from others?

In 2018 we are celebrating our 90-year anniversary at Ponte Vedra Inn & Club. We have a great lineup of events planned to help celebrate this amazing milestone. Many of our team members have been a part of the resort for 30 plus years, which is virtually unheard of these days in the hospitality business. Also unique is that we are caring for both resort guests and club members. We are so fortunate to have a base of membership who again have so many years of history here. The legacy business here is truly remarkable.



Photo by Jon Blauvelt

What are the biggest challenges currently facing the hospitality industry?

The acquisition of new guests and retention of good employees are two of the biggest challenges facing our industry. Fortunately for us, we are considered an employer of choice; we work very hard to make sure our employees are happy and well cared for. When they are happy, they take great care of our guests and members, which keeps our guests coming back and allows our business to grow.

What do you enjoy most about living on the First Coast?

I am very fortunate to have an abundance of great friends and family in the area. It has been great to see the energy of the city grow over the last few years. Both the dining and entertainment scenes have improved so much since I moved away seven years ago. Of course the natural beauty of the area is incredible – the color of the sky during sunset will literally take my breath away, as will the rising sun over the beach in the morning. I am also a huge fan of the Jacksonville Symphony orchestra – we are so fortunate to have such an amazing orchestra in our city!

To watch a video portion of the interview, visit pontevedrarecorder.com and click One of Us.

Riverwood Women's Club raises over \$7,400 for Alpha-Omega Miracle Home

The Riverwood Women's Club in Del Webb Ponte Vedra at Nocatee held a luncheon and social on Nov. 14 at the Anastasia Club to benefit the Alpha-Omega Miracle Home.

The event was named "The Season of Giving." The club's outreach committee, led by Linda Ommerborn and Virginia Marchesiello, coordinated many Del Webb neighborhood representatives to assemble more than 60 gift baskets that were raffled off to raise funds.

More than 250 women attended

the event and participated in the cause. In December, the club also raffled off a golf outing donated by the Sawgrass Country Club. The combined proceeds of these two events totaled more than \$7,400.

Club president Patti Russell presented Lisa Franklin, founder and CEO of The Alpha-Omega Miracle Home, a check at the December Women's Club meeting held at the Sawgrass Country Club.

Franklin presented The Women's Club with a Certificate of Appreciation at the event.



Riverwood Women's Club presents a check to Alpha-Omega Miracle Home and receives a Certificate of Appreciation. Left to right: Virginia Marchesiello and Linda Ommerborn, co-chairs of the Women's Club Outreach Committee; Lisa Franklin, founder and CEO of The Alpha-Omega Miracle Home; and Patti Russell, president of the Riverwood Women's Club.

Photo courtesy of The Riverwood Women's Club

Grand opening for Timberland Ridge at Nocatee to be held Jan. 13

Nocatee's new neighborhood, Timberland Ridge at Nocatee, will hold a grand opening celebration Saturday, Jan. 13 from 10:30 a.m. to 3:30 p.m.

To be held at 142 Pine Manor Drive in Ponte Vedra, the event will feature free food trucks, a mobile game truck and tours of five model homes by David Weekley Homes, ICI Homes and Providence Homes.

For more information, visit www.facebook.com/NocateeHomes.

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Jacksonville Symphony reaches out to Beaches in effort to expand audience

By Samantha Logue

As part of its “Vision 2020” campaign to further grow and develop its audience, the Jacksonville Symphony is kicking off the new year by reaching out to Jacksonville’s Beaches.

“The Vision 2020 Campaign is our announced effort to substantially put the Symphony on a strong financial footing,” said Gilchrist Berg, member of the Jacksonville Symphony Board of Directors and co-chair of the campaign. “We have a world-class concert hall, we have one of the best symphonies in the Southeast and this is a jewel in the First Coast area. The problem is, especially with all the traffic Downtown, it’s harder to get to the Symphony. The Vision 2020 Campaign includes reaching out to people of other venues, one of which is the Beaches community.”

The purpose of the initiative, according to Jacksonville Symphony CEO and President Robert Massey, is to expand the Symphony’s presence throughout the Greater Jacksonville area in keeping with its overall mission.

“Basically, our mission is to enhance the quality of life through symphonic music, and we really see that our role is to bring excellent symphonic music to our very broad community,” Massey said. “We have incredible programs that we do in our home hall of Jacoby Sym-



Photo courtesy of the Jacksonville Symphony

Members of the Jacksonville Symphony’s string section perform together.

phony Hall at the Times-Union Center Downtown, but we also spend about a third of our season performing out of our hall, taking the music to the people. And whether that’s in schools, or churches or different performing arts centers throughout Florida, it is a big part of connecting music to our community.”

The Symphony will start off its outreach initiative with its “Hooked on Classics” concert Saturday, Jan. 13 at the Lazzara Performance Hall on the University of North Florida campus. According

to Massey, the venue was chosen specifically for its proximity to the Beaches in the hopes that it would remove some of the barriers preventing would-be patrons from attending concerts Downtown.

“One thing that we really focus on is accessibility, and we understand that even though there is a large percentage of our patron base that comes from the Beaches, there are also people who may not find it as easy to get to Downtown,” Massey said. “We’ve long had a relationship with the Beaches, but we’re really

trying to take more ownership of how we can serve that community. I’ve been here for three years, and probably since my first month on the job, I’ve been trying to coordinate a date at Lazzara Performance Hall. We’ve been on the waiting list to get a date for a while, and we had Saturday, Jan. 13 come up, so we’re excited to bring the entire symphony out for a full concert.”

Led by Associate Conductor Nathan Aspinall, the performance will begin at 8 p.m. on Jan. 13 and will feature popular pieces from the classical genre. Tickets for the performance can be purchased at www.jaxsymphony.org.

“It’s the only time this program will be performed during the season, so we’re trying to spread the word about this incredible opportunity,” Massey said of the upcoming concert. “It’s going to be the first time that the full orchestra will be (at the Lazzara Performance Hall), and I think it’s going to be the start of an incredible relationship with that venue.”

With possible future UNF performances in the works, Massey said that the Symphony is looking forward to connecting further with its Beaches-area patrons.

“We are very grateful for the Beaches community and their support of the Symphony, because they do come to concerts, they’re actively involved with us and we hope to show that gratitude with this performance,” he said.

Youth

Continued from 4

If prevention doesn’t work, SJSO deputies will punish youths when they’re caught with illegal substances. Depending on the severity of the situation, SJSO can file criminal charges, but Mulligan said the department tries to avoid arresting young people whenever possible. Instead, deputies give eligible youths a civil citation.

“In that case, they don’t get a criminal charge,” Mulligan explained. “But it mandates that they’re with us for a certain period of time where we have an opportunity to talk with them, work with them and cause them to seek counseling if we think that’s necessary.”

Mulligan said that deputies work directly with students who’ve been handed a civil citation, and their parents, to help them avoid the same mistake in the future.

PACT Prevention Coalition

SJSO isn’t the only entity working to keep youths away from drugs and alcohol in St. Johns County. PACT Prevention Coalition, a nonprofit that focuses on pre-

venting and reducing underage substance abuse in the county, is also working to address the situation.

Denver Cook, the chairman of the nonprofit, echoed Mulligan’s sentiments and said that Ponte Vedra in particular has a worsening substance abuse issue.

“Knowing what’s going on with our opioid crisis ... and youths offending with alcohol and drugs and having to be sent to court ordered referral treatment,” he said, “there’s a rise in Ponte Vedra and everywhere in these behaviors.”

Cook said the prevalence of alcohol usage is greater than marijuana and opioids, but all three are a problem.

“At least once a week I have a parent relay to me a story about one of their middle schoolers or high schoolers who have heard or been part of an incident related to drugs or alcohol in the Nocatee/Ponte Vedra area,” he said. “So, it’s happening, it’s in our schools, it’s in our communities.”

There’s a greater risk of kids becoming involved with drugs and alcohol in wealthier areas, Cook said, because parents in affluent neighborhoods believe a substance abuse habit would never ensnare their own children.

Consequently, Cook noted that the

problem can impact all communities and schools, including Creekside High School in St. Johns, where he said a student overdosed in August 2017 on marijuana that was laced with fentanyl.

“The kids didn’t know what to do so they dropped her off in the woods outside her community,” he said. “These are not poor people; Creekside High School is not Downtown Duval.”

In Ponte Vedra Beach, PACT is working with Ocean Palms Elementary School fourth- and fifth-graders to help guide them away from illegal substances. According to Cook, PACT’s “Natural High” program helps St. Johns County kids refrain from using drugs by showing students they can find a “natural high” from other, more productive behaviors.

Additionally, Cook said PACT will be working with youth athletes in St. Johns County.

“We’re going to be presenting to all the athletic clubs in St. Johns County about the challenge of drug addiction,” he said, “and start making that a part of the conversation on a regular basis with the athletic league.”

At the time of the Recorder’s conversation with Cook, he said PACT plans on

organizing a town hall with doctors to educate parents in Northeast Florida about the danger of prescription drug abuse.

St. Johns County schools are also responding to the problem. Tim Forson, the superintendent of the St. Johns County School District, said local schools are partnering with various organizations and educating students in the classroom on the consequences of drug/alcohol use.

Forson said he met with the sheriff’s office to increase awareness and develop a strategy to curb the rate of substance abuse among youths. Furthermore, the school district has participated in various educational programs and partnered with Epic Behavioral Healthcare in St. Augustine, Forson added.

“We partner with the PACT program and other organizations and groups to provide educational opportunities for students and bring awareness of the risk of the behavior of drug use and alcohol use at a young age,” Forson said. “I’ve actually been president of PACT Coalition at one point in time and served on that board for a number of years so whether it’s house parties or just reminding students before prom and before big events, I think there are things we can do.”

Ponte Vedra resident's book on experiences with music stars picks up steam

By Benjamin Naim

Dr. Maurice “Bugs” Bower — a former record company assistant, U.S. Army sergeant, composer/arranger, producer, publisher and recipient of two Grammy Awards — is a 95-year-old Ponte Vedra resident and author whose musical journey began at the Juilliard School. His book, “Nice Stories About Nice People,” is a memoir of his experiences working with famous artists such as Bing Crosby and Kool & The Gang, and now it’s being distributed around the U.S.

Bower authored the book five years ago and printed it with Xlibris. The company offered to sell the book, Bower said, and it eventually showed up on Amazon and at Walmart stores across the nation.

“Just last month we have a neighbor, he came in with the book in a hard cover,” Bower recanted. “I look at it and I’m like, ‘How can this be?’”

Bower said his neighbor then informed him that “Nice Stories About Nice People” is available on Amazon for \$30. Before he knew it, the book was selling online and at major stores such as Walmart — and Bower didn’t see it coming.

Having worked with an eclectic group of famous musicians and bands, Bower’s self-published book is a collection of stories about his time in the music industry. Highlights include spending time with Bing Crosby in his limo, where he asked the driver to pull over and pick up two nuns who were walking in the pouring rain on New York City streets. Other stories include lunch with Steve Allen and a seemingly random phone call from Joe Pesci who inquired about striking a money deal

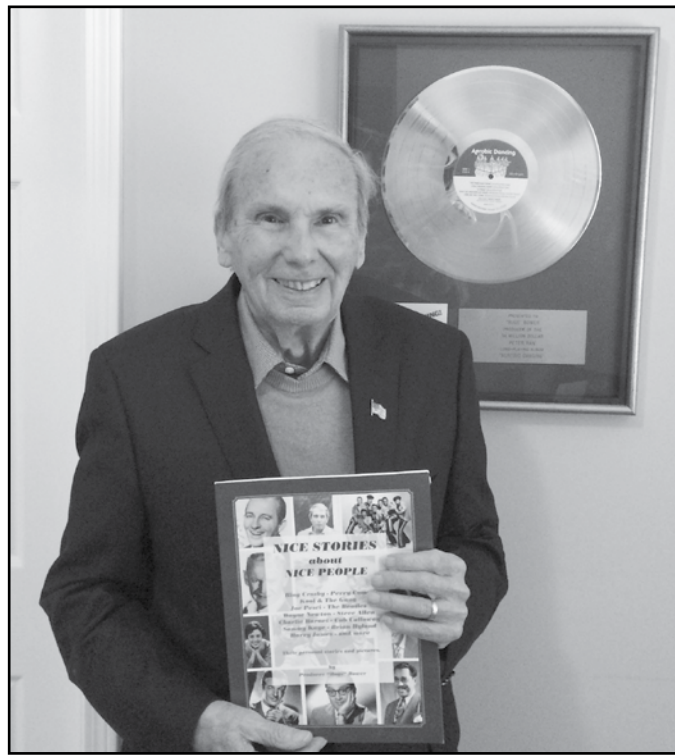


Photo by Benjamin Naim

Ponte Vedra resident Dr. Maurice “Bugs” Bower stands with his book, “Nice Stories About Nice People,” which is being distributed around the country via Walmart and Amazon.

with Bower to use one of his songs, “Caterina,” for an upcoming television show.

Bower said he wrote the book primarily for his children to remember his accomplishments.

“I wrote it to give to them and say, ‘This is what I did,’” Bower said. “And so they can look back at my life and see what things were like.”

To purchase Bower’s book, search for it on Amazon using the keywords: “Nice Stories About Nice People.”

Friends of Ponte Vedra Library to hold annual dinner Jan. 18


The Friends of Ponte Vedra Library’s Annual Dinner is set for Thursday, Jan. 18 at 6 p.m. at Marsh Landing Country Club.

Local author, businessman and amateur historian Neil McGuiness will be the keynote speaker. After the official business of announcing a new slate of officers for the Friends of the Library Board of Directors, McGuiness will take attendees on a historical tour of the Beaches, drawn from the pages of his book titled, “The Beaches.”

McGuiness has had a varied career ranging from owning and operating a 250-passenger paddlewheel riverboat on the St. Johns River, to serving as assistant to the chairman and CEO of IBM, to being a senior corporate executive with Prudential in Newark, New Jersey. Currently, he is a board member and chairman of the SEI Private Trust Company.

























The cost of the annual dinner is \$60 per person. Seating is limited, and anyone wishing to attend may RSVP by calling Carolee Bertisch at (904) 273-6578, or sending their check payable to Friends of the Ponte Vedra Library to FOL, P.O. Box 744, Ponte Vedra Beach, FL 32004.

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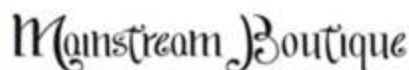
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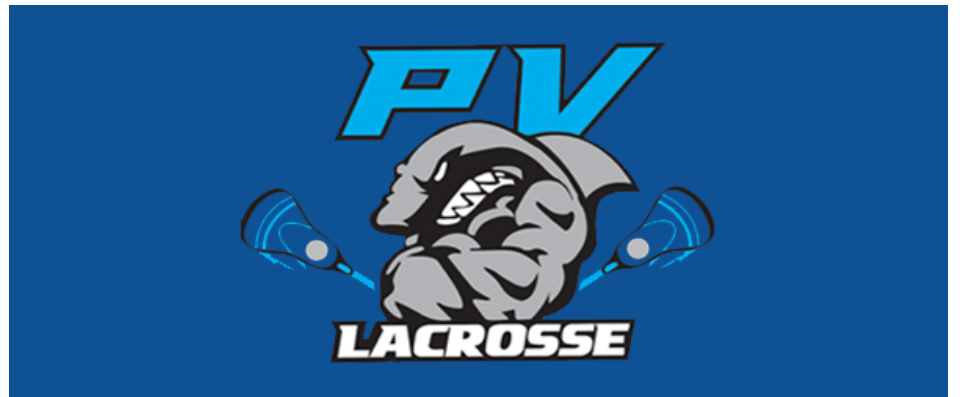
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OBITUARIES



Collier Black

Collier Black

Collier Franklin Black, resident of Jacksonville, died peacefully at home the morning of Jan. 4, 2018, following an extended illness. Collier was born in Albany, Georgia, to

the late Eugene Cuthbert Black and Frances Loosier Black on Sept. 20, 1952.

Collier is survived by his beautiful bride of 42 years, Peggie Phelan Black; brother Eugene Cuthbert Black Jr.; three adult children, Margaret Black Henderson (Shawn), Charlotte Black Mineo (Peter) and Collier Phelan Black (Paige); eight rambunctious grandbabies, Victoria Estelle Mineo, Peter Collier Mineo, Ashley Diane Mineo, Margaret Monroe Henderson, John William Mineo, Clara Ann Henderson, Elizabeth Frances Henderson and Collier Calvert Black; parents-in-law Bill and Penny Phelan; and multitudes of nieces, nephews, cousins and siblings-in-law too many to count, but all (mostly) beloved.

As a young man, Collier excelled at sports and attended Valdosta State University on a baseball scholarship. Collier was drafted by the St. Louis Cardinals' organization as a pitcher and was known for his 95-mph fastball. Collier married the love of his life, Peggie, Aug. 23, 1975, in Ocala, Florida. Together, Collier and Peggie moved to Memphis, Tennessee, to launch a successful publishing business, which included Auto Exchange Magazine and Marcol Publishing. In 1991, Collier and Peggie moved to Ponte Vedra Beach with their three children. Collier enjoyed

listening to Motown music, reading about history and cheering the University of Alabama Crimson Tide. Most of all, he loved his wife, his three children and his grandbabies. He will be greatly missed.

Services were held at Christ Episcopal Church of Ponte Vedra Beach on Tuesday, Jan. 9 at 11 a.m. In lieu of flowers, donations may be made to the Ronald McDonald House of Jacksonville, Inc. Please visit the online tribute at www.quinn-shalz.com. Services under the direction and care of Quinn-Shalz Family Funeral Home.



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William Brannen

William Mallory Brannen Jr., 47, of Orange Park, died Dec. 30, 2017. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Betty Bush

Betty Bush, 93, of Atlantic Beach, died Dec. 31, 2017. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

William Campbell

William "Bill" Campbell, 88, died Jan. 2, 2018. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedra-valley.com.

Anita Cassidy

Anita Dolores Cassidy, 96, died Jan. 1, 2018. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravally.com.

Erindi Hoxha

Erindi Hoxha, 30, died Dec. 26, 2017. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravally.com.

Jack Miller

Jack A. Miller, 97, of Atlantic Beach, died Jan. 2, 2018. Services under the direction and care of Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Katherine Simmons

Katherine F. Simmons, 92, of Jacksonville Beach, died Dec. 29, 2017. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Harold Smith

Harold J. Smith, 78, of Jacksonville, died Dec. 29, 2017. Services under the direction and care of Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Anh Tran

Anh Tran, 60, of Jacksonville, died Dec. 29, 2017. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Mackenzie Worthley

Mackenzie Mundy Worthley, 28, died Dec. 12, 2017. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravally.com.

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St. Johns County Master Gardener's honoring Arbor Day with giveaway

In observance of Florida's Arbor Day, UF/IFAS Extension St. Johns County Master Gardener's will be giving away tree seedlings on Friday, Jan. 19, at 8:30 a.m., at the following locations: Ponte Vedra Beach Branch Library, Southeast Branch Library, Bartram Trail Library, Hastings Library and Publix at Murabella.

Species include red buckeye, wild black cherry, redbud, beautyberry, Southern red cedar, elderberry, arrowwood viburnum and sycamore.

Why I serve

The Ponte Vedra Recorder is excited to introduce Why I Serve, a video series highlighting veterans and active service members of the U.S. military that reveals why they ultimately decided to serve and what the experience provided for them.

Watch a snippet of the first piece on the Ponte Vedra Recorder Facebook page or the full version online at www.PonteVedraRecorder.com.

Sponsorship opportunities are available for Why I Serve; any interested parties should contact Ben@OPCFLA.com for more information.



LOOKING & FEELING GOOD in 2018



JANUARY 11, 2018
SPECIAL SECTION

Ponte Vedra
Recorder
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Photos courtesy of Ponte Vedra Inn & Club

In September, Ponte Vedra Inn & Club members and guests will attempt to recreate this scene at the Surf Club Deck Dance, which is just one of the events taking place at the resort to celebrate its 90th anniversary.

Ponte Vedra Inn & Club celebrates 90 years of business

By Samantha Logue

Long an iconic fixture of Northeast Florida's beach communities, Ponte Vedra Inn & Club first opened its doors in 1928. This year, in honor of its 90th anniversary, the historic inn will be offering special events, packages, spa treatments and more to guests and members as it celebrates nine decades of business.

"What we're going to be doing is having different events throughout the year, which will be a nod to the various decades that we've been open," said Ponte Vedra Inn & Club Director of Marketing Craig Schoninger.

The year-long celebration, Schoninger said, officially kicked off Dec. 31 with a "Roaring '20s Gatsby New Year's Eve" party.

"We had cars from the '20s, people were in costumes and as you were entering the party, it was like going into a speakeasy, where you had to have a secret password to get into the party," he said. "It was a really big success, and our guests really enjoyed it."

Other special events will include a 1940s World War II Officer Ball Dinner, a disco night, a sock hop and a 1980s Halloween Masquerade Ball, among others.

"I'm particularly excited about the 'Surf Club Deck



Ponte Vedra Inn & Club is located at 200 Ponte Vedra Blvd.

Dance," Schoninger said. "All around the property there are historical photographs, but there's one in particular that is of this Surf Club Deck Dance, where everybody's in dinner dresses, there's an orchestra and the ladies are all dressed up, and what we're going to be doing is recreating that photograph."

Along with themed events, Ponte Vedra Inn & Club will be offering various specials and packages for guests of the hotel and spa, including a special "\$90 weekend" later in the year, which will feature spa treatments, couples' dinners and more, all priced at \$90. On the more extravagant end, a "90 Year Anniversary Grand Celebration Package" will be offered for a jaw-dropping \$90,000, and will include a three-night stay in the penthouse suite, round-trip transportation to the resort by helicopter or private jet, his-and-hers diamond and emerald jewelry, a twilight pool experience and a half-day of exclusive access to the entire spa, among other perks.

At the Spa at Ponte Vedra Inn & Club, guests can enjoy the new Diamond and Emerald Ayurveda Facial, created in honor of the inn's 90th anniversary.

"It's a 90-minute service using the Ayurveda tech-

Reach success by reframing New Year's resolutions



Jennifer Ryan
Guest columnist

By Jennifer Ryan
Executive director of the
Ponte Vedra YMCA
Special to the Recorder

As you change your calendar from December to January, there's always a bit of a thrill in the promise of a new year that's full of potential. The new year is a chance to start fresh and say goodbye to any of the frustrations the previous year held—a perfect opportunity to make resolutions that will help strengthen one's spirit, mind and body.

However, many of us find our resolutions thrown out along with the holiday decorations.

"Starting the New Year by making sweeping cuts to our diets and declarations that we'll hit the gym seven days a week doesn't exactly set us up for success," said Erin Dankworth, healthy living director at the Ponte Vedra YMCA. "But by reframing resolutions and breaking them down into smaller, easy-to-sustain goals, you'll see big benefits in the long run."

As a community-serving organization, we see how things such as getting involved in with the community and making lifestyle changes can change someone's life for the better. Here are five New Year's resolutions we recommend for 2018:

1. Move more. It's important for children to get at least 60 minutes of physical activity each day (30 minutes for adults). Incorporate physical activity into your daily routines, and spend more time walking to places instead of driving to improve your health and well-being.

2. Swap a soda a day. It may be difficult, but cutting soda can do wonders for your body. If you can't cut it entirely, resolve to swap one soda a day for a large glass of water instead. Once you've been able to swap one out, see if you can cut soda entirely.

3. Schedule family time. With work, school and activities, family time may seem like an impossible ask, but see if your family can have a "screen-free" night with no phones, video games, etc. Instead, use that time to play a board game, play outside or visit with family and friends.

4. Volunteer your time. Giving back and supporting neighbors can benefit everyone involved. Not only is it a personally rewarding experience to help others in need, but it's also a way to meet new people or discover an interest. Find an opportunity in your community, such as reading to children at the library or distributing food at a local food bank.

5. Put extras to good use. Do you have extra canned goods or clothes that could benefit others in need? Clean out your pantry, closet or attic and donate extra items to homeless shelters or community outreach programs.

To help the entire community get a healthy start to the new year, the Ponte Vedra YMCA will host an open house each Saturday in January. For additional tips or to learn more, visit FirstCoastYMCA.org or call (904) 265-1775.

Cowford Chophouse to host second annual MOO-VE IT 5K March 3

The Cowford Chophouse recently announced it will host the second annual MOO-VE IT 5K and 1-mile fun run March 3.

Proceeds from the event will benefit the Delores Barr Weaver Policy Center in its work as the Northeast Florida direct service provider for the Open Doors Outreach Network. Open Doors is a public-private partnership administered by Voices for Florida, which improves care, coordination and outcomes for commercially sexually exploited and trafficked children and young adults up to age 24. Together and alongside survivors, the Open Doors team works 24/7/365 to support each survivor's well-being and connect them to appropriate resources to aid the recovery process. Funds raised will assist the organization in receiving a grant match for this program.

"The Jacksonville community has been so supportive of the Cowford Chophouse, and it is an honor and privilege to give back to the Delores Barr Weaver Policy Center through this event," said Jacques Klempf, owner of the Cowford Chophouse and a Ponte Vedra resident.

The race will begin and end near the Cowford Chophouse, located at 101 East Bay St. In addition to the 5K race, the event will include a 1-mile fun run and post-race block party on Bay and Ocean Streets. Runners can register at 1stplacesports.com/races/mooveit.



Gavin Kloeckner and Jackson White proudly display their medals from last year's 5K.

The Winston Family YMCA, located at 221 Riverside Ave., will host a free biweekly run club in advance of the race. Runners do not need to be members of the YMCA of Florida's First Coast to participate. The run club will meet at 6 p.m. on the following days: Feb. 6, 8, 13, 15, 20, 22 and 27, and March 1.

"Our goal in forming the run club with the Winston Family YMCA is to connect members of the community with our team in a fun and supportive setting," said Tayloe McDonald, vice president of strategic partnerships at the Delores Barr Weaver



Photos courtesy of Wingard Creative

Jacques and Tracy Klempf, owners of the Cowford Chophouse, and Alexandria Klempf, president of BAM Investment Group, gather at the first MOO-VE IT 5K in 2017.

Policy Center. "The overall health of our community is reflected in our ability to support the physical, mental and emotional well-being of our neighbors. We hope the connections made through the run club strengthen the network of support for the Open Doors Outreach Network in the Greater Jacksonville community."

Registration fees are \$35 for the 5K and \$25 for the 1-mile fun run. The 5K

registration price will increase to \$40 Feb. 25, and \$45 the day of the race. All participants will receive a T-shirt, medal, race bag with specialty items and admission to a post-race block party with complimentary food and beer.

Sponsorship opportunities are available. To learn more, email Nicole White, Cowford Chophouse project assistant, at nwhite@cowfordchophouse.com.

How to set resolutions for a heart-healthy 2018



By Dr. Anthony Magnano
Special to the Recorder

Dr. Anthony Magnano
Guest columnist

A new year brings with it millions of new resolutions — most of them health-related. Every January, gyms fill with people determined to make health

changes. Yet, despite people's best intentions, only a fraction actually succeed. In fact, University of Scranton research found that just 8 percent of people achieve the goals they set at the new year.

Committing to a heart-healthy lifestyle can seem like a daunting task, but improving your heart health can increase the quality and length of your life. With life expectancy dropping for the second consecutive year in the U.S., it's more

important than ever to take control of your health by setting — and sticking to — your resolutions.

What goals should you set?

Vow to know your numbers. Choosing to live heart-healthy involves playing an active role in your health care. One of the easiest and most overlooked steps you can make is to schedule an annual physical with your primary care physician to monitor any changes in your health. Make sure to check your blood pressure, cholesterol and weight. These are all indicators of heart health that can help you determine other goals.

Vow to exercise more. Exercising is one of the most common New Year's resolutions, but its importance cannot be overstated. A recent study in the journal Progress in Cardiovascular Disease even found that one hour of running may translate to an additional seven hours added

to a person's life. The American Heart Association recommends 30 minutes of moderate exercise at least five days a week. When you set your exercise goal, it

is crucial to make it achievable and adjust it as you progress in your skill level.

HEART continues on Page 17

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The science of detox



By Dr. Sharyl Truty
Special to the Recorder

Dr. Sharyl Truty
Guest columnist

What exactly is “detox?” Is this something you should do?

According to a 2009 Centers for Disease Control

and Prevention (CDC) report, Americans are carrying in their body over 219 toxic chemicals at any given time. Fatigue, irritability, joint pain and brain fog symptoms can be a result of an increased toxic burden. A detoxification program is a great way to clear your body of toxins to prevent disease, improve metabolism, lose weight and improve mental clarity.

Detoxification begins with understanding that we encounter a lot of chemicals in our everyday lives. These chemicals get absorbed by the body through our skin, lungs, stomach or intestines. They then move into the cells of our body and can disrupt the normal health of these cells. The liver

is responsible for inactivating harmful chemicals in our bloodstream. When harmful chemicals are eliminated, this reduces our risk of cancer and various other autoimmune and inflammatory diseases.

A three-step detoxification program that is properly balanced can boost the liver’s ability to work efficiently. A typical program can be anywhere from seven to 28 days. The main steps include:

1. Reduce. A detoxification program should begin by reducing harmful chemicals. Reducing your exposure to chemicals found in cleaning products, cosmetics and skin care products, as well as plastics and petroleum-based products, is essential.

2. Eat clean. The next step is to incorporate a healthy diet. A typical approach is to fast or juice for the first one to two days of your program and then transition into a healthy, clean Mediterranean diet.

3. Pick your herbal powerhouse. It is a combination of nutrients and herbals that are at the heart of a quality detoxification program. A variety of nutrients are important for keeping the liver healthy. You want to be sure if you invest the time into doing a program, that you have a quality herbal product

that works on the two key phases of liver detoxification: Phase 1 and Phase 2. Paradoxically, it is usually best to detoxify Phase 2 first.

For patients with medical issues, it may best to speak with a holistic physician before embarking on a program to be sure your plan is safe for you. Finally, be sure to ask a trusted holistic provider to evaluate any kit you want to try for quality and purity.

Feel great in the new year: Rid your body of unwanted toxins. Try a detoxification program to give your body the boost it needs to prevent disease, enhance your metabolism and improve your mental clarity.

Dr. Sharyl Truty has been engaged in family medicine, sports medicine and orthopedics for over 10 years in many different capacities. She is owner of a medical practice called Balanced Physician Care in Ponte Vedra Beach, which provides a unique solution for individuals and small business owners who are seeking answers to better health care. Dr. Sharyl Truty at Balanced Physician Care is offering a Detoxification Special this January that includes a detoxification kit and free consultation for anyone seeking further guidance from a medical professional. Visit www.BalancedPhysicianCare.com, email membership@balancedphysiciancare.com or call (904) 940-4774 for more information.

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The Spa at Ponte Vedra Inn & Club

Anniversary

Continued from 14

nique, which involves a lot of massaging of the different nerves around the entire body, so you get the different aspects of that with the emeralds that have healing powers that help for clarity,” Spa Director Melissa Deese said. “We created that to launch for the 90th anniversary, and then of course we just opened up the cryotherapy as well, back in December.”

A form of cold therapy, cryotherapy uses nitrogen vapor to drop the body’s temperature to between minus 90 and minus 120 degrees Celsius. According to Deese, cryotherapy has benefits that can make the sessions preferable to traditional ice baths.

“Ice-cold baths are very hard to sit in; they don’t drop your temperature to negative 90 degrees Celsius and they have that cold, wet feeling,” she said. “This one is just three minutes, and it’s a dry cold, so your skin doesn’t feel damp at all when you get out. It’s very easy to recover, but you’re getting all the benefits



of the cold therapy.”

Cold therapy, Deese explained, can help with inflammation, muscle recovery and regeneration, and even weight loss.

“You can burn anywhere from 500 to 800 calories in just one three-minute session,” Deese added.

For more information about Ponte Vedra Inn & Club and its 90th anniversary specials and events, visit www.pontevedra.com/inn_and_club.

Heart

Continued from 15

Vow to develop your diet. Eating a balanced, nutritious diet is also directly tied to heart health. Instead of trying the latest fad or overhauling your entire diet all at once, take time to pinpoint unhealthy foods in your present diet and replace them with new, heart-healthy ones. For instance, you may want to significantly reduce fried foods or foods high in saturated fat and replace them with heart-healthy foods like salmon, asparagus, brown rice and almonds.

How Can You Keep Them?

The resolutions listed above are broad categories, but it’s up to you set specific goals that meet your unique needs. Here are three rules you should use when making resolutions to improve your odds of sticking to them.

■ **Create realistic goals.** One of the biggest reasons people don’t realize their resolutions is that they set overly ambitious or vague goals that are impossible to attain. A good goal should be specific and bounded by rational, achievable metrics. A resolution to “lose some weight” isn’t easy to follow, but a resolution to avoid sugary drinks is.

■ **Keep it simple.** Many people are tempted to make a big list of New Year’s resolutions, but it’s best to stick with just two or three. Goals also shouldn’t require drastic life changes. For example, if you aren’t used to eating something like greens, don’t commit to eating salads every day for lunch, or you’ll quickly get sick of them and likely give up. The better approach is to find ways to incorporate vegetables into your daily life, like adding them to a stir fry or a smoothie.

■ **Be patient.** It’s inevitable that you will hit bumps in the road while making a lifestyle change. Instead of becoming angry or frustrated with yourself, accept that it’s normal to slip sometimes — just remember to get back on track.

A new year symbolizes a fresh start and a time to re-focus on your health. While sticking to resolutions may be difficult at first, adopting a heart-healthy lifestyle can provide incredible rewards in 2018 and beyond.

Dr. Anthony Magnano is a Ponte Vedra resident and cardiac electrophysiologist at St. Vincent’s Medical Center Riverside. For more information on Dr. Magnano and his specialty treating atrial fibrillation, visit AfibJax.com.

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Take a fresh look at your drugs and supplements



By Lynn Kettell-Slifer, ARNP

Special to the Recorder

Lynn Kettell-Slifer
Guest columnist

The new year is a great time to examine personal habits and practices — and resolve to make the changes needed to improve your health. One often

overlooked area is that of medications and supplements. It might sound unimportant, but in fact could save your life.

According to the Mayo Clinic, almost 70 percent of adults take at least one prescription medication, and twenty percent of adult patients take five or more prescriptions. “Polypharmacy” is the term that describes the use of multiple drugs at the same time, and can be harmful or even fatal if not carefully managed. Medication side effects send approximately 1 million people to the emergency department every year, a number that continues to grow. Some estimates rank medication side effects as the fourth leading cause of death in the U.S.

In addition to prescription drugs, 71 percent of Americans, or more than 170 million, use dietary supplements, according to Nutraceuticals World, and 81 percent of us take over-the-counter (OTC) medications, according to the Consumer Healthcare Products Association. Most of us don’t even consider that we may be dosing ourselves with a potentially lethal combination of drugs and supplements. I see this almost daily in my practice, and encourage patients to view supplements as the “drugs” they are.

Just because OTC drugs and supple-



Photo courtesy of metrocreativeconnection.com

ments are readily available for purchase does not make them safe to use for all patients. I commonly hear that “I read it on the internet,” but that doesn’t mean it’s a good idea for you to take it. In fact, 60 percent of the medical information sourced from “Dr. Google” is just plain wrong or not pertinent advice, according to the NEJM Journal Watch. A thorough evaluation of the drugs and supplements patients take is and should be a critical part of any medical assessment. Assuring that the drugs and supplements used are safe and effective for the specific patient is a critical component of personalized patient care.

The problem is that medications and supplements are often broken down (metabolized) by the body in similar ways. Think of it like I95 — too many cars on the road can cause a traffic backup, only so

many cars can get through and accidents will likely occur if the traffic is not carefully monitored. These “traffic problems” can cause either too much or too little of the drug or supplement, or its metabolized (broken down) form, to end up in the system. The resulting side effects can include nausea, rash, headaches, flu-like symptoms, cognition problems and even cardiac arrest.

One common example is cholesterol medication (statins). It is well known that statins deplete CO-Q10, a vital and critical antioxidant that clears toxins from our system. Vitamin E has the same effect, and when taken with a statin, can cause a dangerous depletion of this vital antioxidant. This is only one of a multitude of examples.

Drugs taken with other drugs or supple-

ments generally result in one of three effects.

1. Additive: Causes a stronger effect than when the drug or supplement is taken alone.

2. Antagonistic: Often less of an effect than when the drug or supplement is taken alone.

3. Synergistic: When more than one drug/supplement work together to treat the same symptoms but often in a different way.

Dosing can also affect the safety and effectiveness of supplements and medications. Some drugs and supplements bind to each other or foods, which may render them ineffective. Others are best absorbed when taken with food. Alcohol, itself a drug, can be a dangerous partner when consumed with many drugs and supplements.

So, what is the average person to do? Let’s start with the basics. Drugs and supplements can both be beneficial, but only when properly prescribed. The goal of any drug and/or supplement therapy should be to improve health, and not result in new or worsening symptoms.

When was the last time you completed a medication and supplement review with your health care provider or pharmacist? And what about all those supplements you have bought over the past year? Ask your healthcare provider to review all your prescriptions, OTC drugs, and supplements at least annually; the new year is a great time to do this.

Too often, I see well-meaning patients bring a large bag of supplements, OTC and prescription drugs to their appointment with no idea how they are designed

DRUGS continues on Page 20

An ounce of prevention for a golden 2018



By Dr. Jennifer Serotta

Special to the Recorder

Dr. Jennifer Serotta
Guest columnist

Now that the twinkling lights and fireworks are in the rearview mirror, we turn the corner and hope for the best in 2018.

Hope is a concept, though, that leaves us in the passenger seat of our lives. Some things are out of our control, and at times, it’s beneficial to give up that control to reduce unnecessary stress and worry. Some things are within our control, however, such as the below screening recommendations for both male and female adults to consider for a healthy life trajectory.

Blood pressure screening. Adults 18

years and up should be screened for high blood pressure at least every three years. Those who are at risk for high blood pressure (those who are overweight or obese, have a family history of heart/blood pressure issues or are African-American) should be screened at least once a year. I believe it’s best to be checked yearly to be on the safe side, as high blood pressure (hypertension) is a known risk factor for stroke, heart attack, heart failure and sudden death. The American College of Cardiology (ACC), along with the American Heart Association (AHA), released new guidelines this past fall, lowering the threshold of diagnosis for hypertension to 130/80, to reflect complications that can affect health at lower blood pressure numbers than previously thought.

Diabetes screening. Adults 40-70 years of age who are overweight or obese should be screened for diabetes at least

every three years. Individuals who are of normal weight but have a family member with diabetes, have a history of diabetes during pregnancy (gestational diabetes) or are of certain ethnic/racial populations (African Americans, American Indians, Alaska Natives, Latinos, Asian Americans, Native Hawaiians or Pacific Islanders) should discuss with their primary care provider about starting screening at an earlier age and annually.

Cholesterol screening. Men 35 years of age and older should be screened every three to five years for lipid disorders, and if at increased risk of heart disease, then men 20-35 years should also be screened. Women 45 years of age and older should be screened as well, but again if at risk for heart disease, should start screening earlier. Risk factors for heart disease include any of the following: diabetes, personal history of heart

disease, family history of heart disease before age 50 in male relatives or 60 in female relatives, tobacco use, high blood pressure or obesity.

New guidelines also recommend a statin medication to prevent cardiovascular events (heart attack or stroke) for adults without any history of heart disease but who are 40-75 years of age, have at least one heart disease risk factor (diabetes, high cholesterol or tobacco use) and have a calculated 10-year cardiovascular event risk of 10 percent or more (an online risk score calculator can be found online at <http://tools.acc.org/AS-CVD-Risk-Estimator-Plus/#!/calculate/estimate/>). A person with lower than 10 percent risk should discuss with his/her health care provider about possibly being on a preventative statin as well.

PREVENTION continues on Page 20

New Beaches holistic medicine practice offers both integrative and aesthetic medicine

By Jon Blauvelt

A new medical practice offering both integrative and aesthetic medicine is now open in the Beaches community, and it claims its approach is the first of its kind in the Greater Jacksonville area.

Located next to the Hampton Inn on Marsh Landing Parkway, OBI BioAesthetic Institute held its soft opening Nov. 27 and is holding its grand opening in the spring.

The practice prides itself in “bridging the inside with the out,” offering integrative therapies and services like detoxification programs and stress-management techniques to address the underlying factors of symptoms, as well as aesthetic treatments like dermal fillers and BOTOX™ to improve unwanted physical changes. OBI BioAesthetic Institute also offers personalized bioidentical hormone replacement therapy to provide the support the body needs to aid in hormone restoration and balance.

With 58 years of combined experience in plastic surgery, aesthetic medicine and integrative medicine, Gerrie Obi (MSN, ARNP, AGPCNP-BC, CPSN) and Jenifer Scott George (MSN, ARNP, FNP-BC, ABAAHP) lead the practice, with Missy Hadley serving as the practice director and expert on treat-



Photo by Jon Blauvelt

Jenifer Scott George, Missy Hadley and Gerrie Obi gather at their recently opened OBI BioAesthetic Institute, which offers both integrative and aesthetic medicine.

OBI continues on Page 21

How smartphones can affect your vision



By Dr. S. Akbar Hasan

Special to the Recorder

Dr. S. Akbar Hasan
Guest columnist

Smartphones have become an everyday part of life for most of us. Nearly 77 percent of Americans own one according to the Pew Research Center, and the amount of screen time has increased dramatically over the past five years. In fact, the average smartphone user checks his/her device 150 times per day.

While smartphones and other devices have brought us incredible innovation and convenience, medical research reveals that we may need to consider changing our smartphone habits to avoid negative short- and long-term effects on our vision.

Smartphones and eye health

The most common side effect of smartphones on our eyes is digital eye strain, also known as Computer Vision Syndrome (CVS). This is a phenomenon that occurs when too much screen use causes the muscles in the eyes to become strained. During the past several years, more people have been experiencing symptoms like eye discomfort, blurred vision and headaches due to this syndrome. According to a report from The Vision Council, nearly 61 percent of Americans have experienced eye strain after prolonged use of electronic devices.

Digital eye strain is a temporary condition that is more likely to affect people older than 40, but smartphone use is possibly having greater effects on the younger generation. A so-called “myopia epidemic” is hitting young people. The Journal of the American Medical Association found that nearly half of young adults in the U.S. have near-sightedness – double the percentage compared to previous generations. This is an especially big issue for people of Asian descent.

While myopia can usually be corrected by glasses, they do not treat the underlying condition: a slightly elongated eyeball. In severe cases, this eye elongation stretches and thins the inner parts of the eye, which increases the risk of retinal detachment, cataracts and other eye diseases. Researchers are beginning to find that close-up screen use and decreased time outdoors could be contributing to the myopia epidemic.

Ways to protect your vision

You can avoid negative side effects of screen use on your eyes with a few simple precautions. The ultimate solution, of course, is to spend less time on your phone. It’s especially important for children to spend plenty of time outdoors and away from screens. However, it’s nearly impossible for some people not to use screens at work or in your day-to-day life.

When you are using an electronic device for an extended time, one of the best ways to alleviate digital eye strain is to follow the 20-20-20 rule. Take a 20-second break to

view something 20 feet away for 20 seconds. This relaxes the focusing muscles in your eye.

Another good practice is to keep your phone as far away from your eyes as possible while still being able to read. The greater the distance, the less eye strain. You can also reduce eye discomfort by installing an anti-glare screen filter and blinking often to minimize dry eye symptoms.

Benefits of smartphones

When it comes to vision, smartphones aren’t all bad news. There are many smartphone innovations that help people with low vision read more easily and those affected by blindness to better navigate their environment.

Smartphones can also provide you more information about your health. According to the American Academy of Ophthalmology, there are several apps that can help patients track their eye health. These include Sightbook, which allows people to regularly monitor their visual acuity and send vision scores to their doctors. However, it’s still important to get an in-person eye exam if you have any concerns.

Smartphones have transformed our society, and we are still adjusting to these enormous changes. As technology advances further in the coming years, it’s important that we continue to make our health a top priority.

Dr. S. Akbar Hasan is a Ponte Vedra resident and a board-certified, fellowship-trained ophthalmologist at Florida Eye Specialists. For more information on Dr. Hasan and his practice, visit FloridaEyeSpecialists.

Drugs

Continued from 18

to work, how to take them or whether they interact with other drugs or supplements.

Be an educated consumer, monitor your response to any drug or supplement, and report adverse reactions immediately. Keep good medication and supplement records, and throw out those

you can't tolerate or no longer use. By taking the time to review your medications and supplements at least yearly, you may be saving your own life!

Lynn Kettell-Slifer, ARNP, is a healthcare provider at Health Partners LLC in Ponte Vedra Beach. She is trained in functional medicine through The Institute for Functional Medicine, and is certified in The Bredesen Protocol for Cognitive Decline. Visit www.HealthPartnersLLC.net for more information.

Prevention

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Colorectal cancer screening. Adults 50-75 years of age should be screened for colorectal cancer. Screening prior to age 50 and more frequently might apply to those persons with above average risk for colon cancer (such as history of colon polyps). The decision to continue screening over age 75 should be an individual one and should take general health history into account. A variety of screening methods exist and can be found online at www.uspreventiveservicestaskforce.org.

Hepatitis C Virus (HCV) screening. The "baby boomer" generation of adults (those born between 1945 and 1965) should be screened once for the hepatitis C virus. In addition, those people with increased risk of contracting hepatitis C should also be screened, including injection or intranasal drug users (either past or present), those with a history of blood transfusion prior to 1992, hemodialysis patients, those with a history of incarceration, those with an unregulated tattoo or those born to an HCV-infected mother. With the new, highly effective (and much more tolerable) treatment options now available, at-risk populations should be screened to prevent chronic liver disease, liver failure and liver cancer.

Vaccines for adults. It's flu season again, but it's not too late to receive the flu vaccine.

Millions of people get the flu every year, hundreds of thousands of people are hospitalized for complications related to the flu and thousands of people die from flu-related causes every year. Even healthy people can get very sick from the flu and spread it to others. If you get the vaccine every year, your immunity builds over the prior years, so there's a cumulative effect.

The pneumonia vaccines — Prevnar 13 and Pneumovax 23 — given at least six months apart, are also recommended for those who are 65 years and older, as well as for those with certain conditions such as asthma and COPD, and those who have weakened immune systems.

On Oct. 20, 2017, the FDA licensed Shingrix for adults ages 50 years and older to prevent shingles. Those who were previously vaccinated with Zostavax are recommended to receive the new vaccine, which is much more effective.

Other guidelines can be found at: www.uspreventiveservicestaskforce.org.

Primary care providers play an important role in educating patients about the various health screening guidelines. However, you as the patient can be in the driver's seat and play an active role in achieving optimal health and well-being.

Dr. Jennifer Serotta is the owner/provider of Palm Valley Primary Care, located at 1106 Highway A1A North, Suite 100-A, in Ponte Vedra Beach (at the corner of A1A & Mickler Road). Appointments may be made online at palmvalleyprimarycare.com or by phone (904) 222-6530.



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OBI

Continued from 19

ment products. The team, which is soon to welcome an aesthetician, conducts its work in a private and calm atmosphere that features peaceful music and a running waterfall that soothes the soul.

The practice is a sister location of Jacksonville Plastic Surgery & MedSpa, which specializes in surgical treatments. OBI BioAesthetic Institute, meanwhile, specializes in integrative and non-surgical treatments.

Gerrie Obi said the practice's holistic, concierge-type approach, which comes from Europe, makes it unlike a traditional med spa.

"When a patient comes in, we're not just going to fill him/her up with filler or BOTOX™," she said. "We want to get their medical history, and we may pick up something that's actually causing the skin condition or premature aging ... make them healthy as well as look good."

Obi said patients at many med spas dictate the treatment they receive, instead of the provider doing so, which can lead to the incorrect treatment being conducted. That's not the case at their practice, she said.

"We're medical providers, and we're providing medical treatments, even though they're aesthetic and they're elective," said Obi. "There can be complications because I've seen them ... so we're very strict on getting a medical history."

Scott George said they are partners with their patients, acting on behalf of their ultimate wellbeing. Medical assessments and consultations help the practice understand patients' medical history and devise a plan that will keep them healthy long-term. According to the practice's website, "plans may be comprised of skin health regimes (such as ZO Skin Health, HydraFacial), neuromodulators (such as Botox, Xeomin, Dysport), fillers (such as Juvederm, Radiesse, Restylane) and body contouring treatments (such as CoolSculpting)."

"If there's an understanding as to why this treatment plan is being recommended, then our patients are going to be more compliant, which is going to breed results, which is going to be a happier, healthier patient," said Scott George. "If we can get them feeling better on the inside, what we do on the outside is just going to magnify their natural beauty."

Located at 1300 Marsh Landing Parkway (Suite 104) in Jacksonville Beach, OBI BioAesthetic Institute is open Monday to Friday from 9 a.m. to 5 p.m. The practice takes both appointments and walk-ins. Visit obiinstitute.com/ for more information. Call (904) 273-5454 to book an appointment.

"Us all being aging women in the office ... we can embrace what we're offering personally," said Scott George. "We want to offer that to the ladies in our community. We really are inviting the ladies in the community and the young ladies too who may think they have concerns and questions."



The interior of OBI BioAesthetic Institute, which is located on Marsh Landing Parkway in Jacksonville Beach.

Photos by Jon Blauvelt

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Thursday, Jan. 11	Friday, Jan. 12	Saturday, Jan. 13	Sunday, Jan. 14
<p>Yoga for Survivors The Y Healthy Living Center at the Ponte Vedra YMCA will host a "Yoga for Survivors" class Jan. 11 at 11:30 a.m. Cancer patients, survivors, caregivers and others with range of motion and pain limitations are invited to join in this gentle and safe yoga practice, which is free and open to the public. Call (904) 202-5376 or visit www.baptistjax.com/ymca to reserve a spot. The Ponte Vedra YMCA is located at 170 Landrum Lane.</p> <p>'Dream Big: Engineering Our World' at IMAX Theater at World Golf Hall of Fame Narrated by Academy Award winner Jeff Bridges, "Dream Big: Engineering Our World" showcases the most impressive examples of human ingenuity and engineering – from the Great Wall of China to underwater robots. This movie is showing at the IMAX Theater at World Golf Hall of Fame Jan. 11 at 10 a.m. The theater is located at 1 World Golf Place in St. Augustine. Visit www.worldgolfimax.com for showtimes and to purchase tickets.</p> <p>Jacksonville Country Day School Admissions Open House Admissions Open House on Jan. 11 from 9:30 to 11 a.m. will offer parents an opportunity to meet and hear a brief description of what to expect from Jacksonville Country Day School. Parents can also visit classrooms to see the school in action. Contact Lori Hall, admissions coordinator, at (904) 641-6644 Ext. 128 or LHall@JCDS.com to RSVP for the Admissions Open House event. Jacksonville Country Day School is located at 10063 Baymeadows Road.</p> <p>Throwback Thursday: 'Salt on the Earth' at the Corazon Cinema and Cafe Mexican workers at a zinc mine call a general strike, it is only through the solidarity of the workers and the indomitable resolve of their wives, mothers and daughters that they eventually triumph. This film is showing at the Corazon Cinema and Cafe at noon. Tickets, which include a meal, popcorn and small drink, cost \$10.</p>	<p>Coastal Wine Market wine tasting Coastal Wine Market & Tasting Room hosts Friday wine tastings from 6 to 8 p.m. at 641 Crosswater Parkway, Suite B in Ponte Vedra Beach. Taste six wines for \$10. For more information, call (904) 395-3520.</p> <p>Cannon Firing Demonstration at Castillo de San Marcos National Park Service volunteers and personnel demonstrate a cannon firing at the Castillo de San Marcos museum / monument every Friday, Saturday and Sunday at 10:30 a.m., 11:30 a.m., 1:30 p.m., 2:30 p.m. and 3:30 p.m. Rangers and volunteers demonstrate the weapons and relate the experiences of the colonial Spanish soldier of 1740s St. Augustine. Firing times are subject to change depending on weather conditions and staff availability. Castillo de San Marcos is located at 1 S. Castillo Drive in St. Augustine.</p> <p>Faces & Figures exhibition The St. Augustine Art Association presents this exhibition showcasing works of the human form including portraits, statues, busts and other pieces of art. The exhibition is free and open to the public; the gallery is open Tuesday to Saturday from noon to 4 p.m. and Sunday from 2 to 5 p.m. Visit www.staaa.org for more information.</p> <p>St. Johns County hiring beach toll attendants for 2018 beach season St. Johns County will accept beach toll attendant applications from 9 a.m. to noon on Jan. 12. Those interested in this seasonal position are encouraged to visit the Beach Services Office at 901 Pope Road to obtain and complete an application. Toll attendants are responsible for selling vehicle beach access passes and providing customer service for St. Johns County beach visitors. For more information, call (904) 209-0344 or email slindblad@sjcf.us.</p>	<p>St. Augustine Amphitheatre farmers market The St. Augustine Amphitheatre farmers market, which takes place every Saturday from 8:30 a.m. to 12:30 p.m., features fresh produce, baked goods, seafood, handcrafted items and plants along with live entertainment. This event will be held at 1340 A1A S. in St. Augustine. Admission is free.</p> <p>Ponte Vedra YMCA open house The Ponte Vedra YMCA will host an open house each Saturday in January to help the community get a healthy start to the new year. For more information, visit www.FirstCoastYMCA.org or call (904) 265-1775. The Ponte Vedra YMCA is located at 170 Landrum Lane.</p> <p>Cypress Village Art League January show and reception The Cypress Village Art League will present an opening reception for "The Diversity of Art" Jan. 13 from 2 to 4 p.m. in Egret Hall at Cypress Village, located at 4600 Middleton Park Circle East in Jacksonville. Admission is free and open to the public. On display will be the art of creative quilting featuring the original works of Jo Carroll, Madeline Grader, Susan Rodgers, Kay Sharrit and Sophia Shields. This event will also showcase the painting talents of resident artists Matt Tucker and Jim Chandler.</p> <p>Mike Casalino at the St. Augustine Pirate & Treasure Museum The St. Augustine Pirate & Treasure Museum will host the return visit of maritime artist Mike Casalino at 10 a.m. Jan. 13 at 12 S. Castillo Drive in historic downtown St. Augustine. Casalino will be exhibiting his portrait of El Cazador - a treasure ship lost to the seas in the 1780s - as well as his display of El Casador coins, which will include the history of New World coinage from Cobb coins and the first minted coins of the United States. For more information, email info@thepiratemuseum.com or call (904) 819-1444.</p>	<p>Sandals, Shorts and Steel Drum Service Every Sunday from 11:30 a.m. to noon, St. Paul's by-the-Sea Episcopal Church invites guests to put on sandals and shorts for a more casual worship service featuring the tropical sound of steel drum music. The church is located at 465 11th Ave. N. in Jacksonville Beach.</p> <p>Second Sunday at Stetson's The Stetson Kennedy Foundation will host a "Second Sunday at Stetson's" musical series and artistic event Jan. 14 featuring Tom Edwards, Chris Kastle and Emmet Carlile. Reservations are recommended. Guests can tour the Stetson's home, museum and park from 1 to 2 p.m. and 4 to 5 p.m. and enjoy a musical performance from 2 to 4 p.m. Call (904) 206-8304 to make a reservation or email sundaysatstetsons@gmail.com. This event will take place at 1523 State Road 13 in St. Johns County.</p> <p>'Beauty and the Beast' audition Auditions for Christ Episcopal Church's rendition of "Beauty and the Beast" Jan. 13 from 9 a.m. to noon, Jan. 14 from 3 to 5 p.m. and Jan. 15 from 5 to 9 p.m. (callbacks). Auditions are open for anyone aged 8 and up. Time slot reservations are available and recommended; email Barbara Roberts for more information at barbara.roberts13@aol.com. Christ Episcopal Church is located at 400 San Juan Drive in Ponte Vedra Beach.</p> <p>Benji Brown at the Comedy Zone Comedian Benji Brown will perform at The Comedy Zone Jan. 14 at 6 p.m. Brown has appeared on the syndicated Rickey Smiley Morning Show and served as a guest performer for the Sony Ericsson World Championship Tennis Tournament. The Comedy Zone is located at 3130 Hartley Road in Jacksonville.</p> <p>The Magic & Mentalism of Viktor Zenko matinee Watch Viktor Zenko's magic show featuring illusions, comedy and audience participation Jan. 14 at 2:30 p.m. at the Houdini Parlor Theater, located at 701 Market St. in St. Augustine. Call (904) 342-2550, visit www.vzmagic.com or email boxoffice@vcmagic.com for more information and to purchase tickets.</p>

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Monday, Jan. 15	Tuesday, Jan. 16	Wednesday, Jan. 17	Thursday, Jan. 18
<p>Nights of Lights Selected by National Geographic in 2011 and 2012 as one of the 10 best holiday lighting displays in the world, St. Augustine's Nights of Lights features millions of white lights that create a magical atmosphere in the nation's oldest city. Tracing its origins to the Spanish tradition of displaying a white candle in the window during the Christmas holidays, the lighting reflects the city's history and illuminates the setting for lasting holiday memories. Nights of Lights will run through Jan. 31, 2018 at Plaza de la Constitución on King Street.</p> <p>Mindful Meditation This series, which will take place Mondays at the Ponte Vedra YMCA at 170 Landrum Lane, will teach participants how to relax, use breathing exercises to focus thoughts and create a more compassionate outlook on life. The cost to attend is \$30; call (904) 202-5376 or visit www.baptistjax.com/hlc to reserve a spot.</p> <p>Martin Luther King, Jr. commemorative breakfast and remembrance march The Dr. Martin Luther King Celebration Committee of St. Johns County will host a commemorative breakfast and remembrance march Jan. 15 at the Mark Lance National Guard Armory, located at 190 San Marco Ave. from 7:30 to 10 a.m. Cost of admission to the breakfast is \$30. The silent march will begin at 11:30 a.m. at 86 M.L. King Ave. and end at the Plaza de la Constitución, where a guest speaker will conduct a presentation.</p> <p>'The New Higher Immorality' David Simon, Ph.D. will host a talk entitled "The New Higher Immorality" at the Jan. 15 meeting of the First Coast Freethought Society from 6:30 to 8:30 p.m. The talk will cover unethical practices related to executive salaries and expense accounts and the manipulation of public opinion, among other issues. Dr. Simon will also explore the dangers these immoralities pose to the global society. This event will take place at Buckman Bridge Unitarian Church, located at 8447 Manresa Ave. in Jacksonville. For more information, visit www.firstcoastfreethoughtsociety.org or call (904) 419-8826.</p>	<p>Tapas Tuesday The Cummer Museum of Art & Gardens presents Tapas Tuesday at the Cummer Cafe every Tuesday from 5 to 7:30 p.m. View the sunset on the Cummer Cafe patio while listening to local musicians and enjoying beer, wine or artfully-inspired tapas for sale at the Cafe. Reserve your table by calling (904) 899-6022. For more information, visit www.cummermuseum.org. The museum is located at 829 Riverside Ave.</p> <p>Prenatal Yoga Visitors are invited to share their pregnancy experience with other women and empower themselves through yoga, meditation and guided visualization. This approach is gentle and safe for women in all stages of pregnancy. Participants should bring a yoga mat, towel and water; there is a \$13 class fee per attendee. Call (904) 202-5376 for more information or visit www.baptistjax.com/ymca to register. This event will take place at 6 p.m. at the Ponte Vedra YMCA, located at 170 Landrum Lane.</p> <p>Free caregiver class: 'Understanding Dementia' The Coastal Community Center will host a free caregiver class entitled "Understanding Dementia" Jan. 16 from 2 to 4 p.m. The class will teach family caregivers how to care for a loved one with dementia. The Coastal Community Center is located at 180 Marine St. in St. Augustine.</p> <p>History of Western Gardens: The Renaissance Garden Explore garden history through this four-part lecture series. Join Director of Education Lynn Norris Jan. 16 from 1:30 to 2:30 p.m. for a trip through some of the world's great gardens and trace the connections between art and gardens. Space is limited. For more information, email education@cummermuseum.org or call (904) 355-0630. This event will take place at the Cummer Museum, located at 829 Riverside Ave. in Jacksonville.</p>	<p>Toastmasters Club Toastmasters Club #5199 of Ponte Vedra Beach meets every Wednesday at 7:30 a.m. at THE PLAYERS Community Senior Center. These meetings help attendees improve public speaking and gain leadership skills. The senior center is located at 175 Landrum Lane in Ponte Vedra Beach. Email Lucy Reep at lucyreep@gmail.com for additional information.</p> <p>Yoga at church Join St. Paul's by-the-Sea Episcopal for Yoga every Wednesday at 11:30 a.m. Attendees are encouraged to bring a mat to this yoga class, which is suitable for all skill levels and ages. St. Paul's by-the-Sea Episcopal Church is located at 465 11th Ave. N. in Jacksonville Beach.</p> <p>Life Enrichment Day Retreat The Life Enrichment Day Retreat is designed for those with memory changes who want to remain mentally, physically and socially active while giving caregivers and loved ones some free time for themselves. This program is offered daily at Arbor Terrace Ponte Vedra, located at 5125 Palm Valley Road. Life Enrichment Group is looking for volunteers who have a few hours a week to assist with those experiencing from memory loss. For more information, email life_enrichmentgroup@yahoo.com or call (904) 417-7354.</p> <p>Mom's Matter support group This support group for mothers of newborns and infants experiencing pregnancy or postpartum mood issues will meet Jan. 17 at 10 a.m. Mothers can receive support from others with similar experiences and be taught skills to alleviate the symptoms. This event, taking place at 170 Landrum Lane in Ponte Vedra Beach, is free and open to the public; call (904) 202-5376 or visit www.baptistjax.com/ymca to reserve a spot.</p>	<p>Yoga for Survivors The Y Healthy Living Center at the Ponte Vedra YMCA will host a "Yoga for Survivors" class Jan. 18 at 11:30 a.m. Cancer patients, survivors, caregivers and others with range of motion and pain limitations are invited to join in this gentle and safe yoga practice, which is free and open to the public. Call (904) 202-5376 or visit www.baptistjax.com/ymca to reserve a spot. The Ponte Vedra YMCA is located at 170 Landrum Lane.</p> <p>An Evening with Governor Patrick Tonyn The Woman's Exchange will host an Evening with Governor Patrick Tonyn to celebrate the group's 125th anniversary Jan. 18 from 5:30 to 8:30 p.m. The event will feature Dr. Roger Smith recanting stories about St. Augustine's British period. All funds raised at the gathering will go toward the Woman's Exchange scholarship fund that provides scholarships for women returning to college later in life. The cost to attend is \$35 per person; for reservations call (904) 829-5064. This event will take place at 143 St. George St. in St. Augustine.</p> <p>Grief support group at St. Paul's Catholic Church St. Paul's Catholic Church will host a grief support group on the third Thursday of each month in Room 102 of the Family Life Center. The group is open to all who are grieving the death of a family member or friend; the next meeting is Jan. 18 at 7 p.m. For more information, call Kathy at (904) 553-8933 or Catherine at (904) 247-0665. St. Paul's Catholic Church is located at 578 1st Ave. N. in Jacksonville Beach.</p> <p>Free calendar listings for community groups and nonprofit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to ben@opcfla.com, post online at www.pontevedrarecorder.com using the automated form or call (904) 686-3939.</p>



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Funk-Zitiello Foundation to host annual Champions For Hope event June 15-16

The Funk-Zitiello Foundation will host the 2nd Annual Champions for Hope Gala and Golf Classic presented by Ally Financial® on June 15 and 16.

The weekend's festivities will include a charity gala and golf tournament held at TPC Sawgrass, home of THE PLAYERS Championship. The overall event will benefit The JT Townsend Foundation and a grant to fund pancreatic cancer research through the Mayo Clinic.

The JT Townsend Foundation continues to focus its efforts on helping children and adults living with disabilities to receive adaptive equipment and resources to improve their lives. Since inception, the JT Townsend Foundation has helped 285 families with over \$600,000 in assistance and adaptive equipment on the First Coast.

Mayo Clinic Jacksonville continues to pioneer research to find early detection methods for pancreatic cancer, one of the top leading causes of cancer-related death in the United States.

Judi Zitiello, Funk-Zitiello Foundation's managing director, is a three-year pancreatic cancer survivor, and this event is truly a personal journey for her.

"I believe God gave me this time to make a difference," Zitiello said. "I choose to keep going in honor of all the

champions who are no longer with us and those in the fight of their lives. We so appreciate our partners who have joined us to give hope to those who need it most."

The 2018 Champions for Hope weekend presented by Ally and supported by the PGA TOUR, First Coast News, Swisher International and other companies, will kick off on Friday evening with a gala including dinner, a silent and live auction and entertainment by The Chris Thomas Band at the TPC Sawgrass Clubhouse.

"We're honored to support Champions for Hope and its incredible work," said Tim Russi, Ally president of auto finance. "We share the team's passion and commitment to giving back in ways that make a real difference and 'Do It Right' in the communities we serve. We hope their life-changing work serves as inspiration for others to give."

Celebrities and guests will tee off Saturday morning at the TPC Stadium Course. Fred Funk, Blake Bortles, PGA TOUR golfers and other celebrities attended the event last year. Ponte Vedra's John Craig Clothier will present the winning foursome with custom fitted "Champions for Hope Purple Jackets."

For more information, visit www.championsforhopegolf.com.

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G. LOVE & SPECIAL SAUCE FEBRUARY 10	TOWER OF POWER 50TH ANNIVERSARY TOUR MARCH 2	TODRICK HALL AMERICAN "THE FORBIDDEN" TOUR MAY 4
UNDER THE STREETLAMP MATINEE & EVENING PERFORMANCES FEBRUARY 11	AN EVENING WITH JOHN HAMMOND MARCH 3	FLORIDA CHAMBER MUSIC PROJECT PRESENTS MOZART & SMETANA MAY 6
PUDDLES PITY PARTY FEBRUARY 15	FLORIDA CHAMBER MUSIC PROJECT PRESENTS WEBERN & SCHUBERT MARCH 4	AN EVENING WITH THE MARC COHN TRIO MAY 13
BOTTLE ROCKETS W/ CHUCK PROPHET & THE MISSION EXPRESS FEBRUARY 16	ANA POPOVIC MARCH 7	BAHAMAS MAY 14
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Photos courtesy of Gulani Vision Institute

Dr. Arun Gulani and his team perform the world's first 3D "No-Stitch" pterygium surgery on a local dental surgeon.

Local eye surgeon has the solution for 'red eyes'

Eye surgeon and Ponte Vedra resident Dr. Arun Gulani is the inventor of the "Sparkle" surgery for "red eyes" that has global patients traveling to the First Coast to seek his services.

Red eyes from pterygium (pronounced ter-igee-um) — a wedge-shaped growth on the white of the eyes that presents an ungainly and irritating condition — are common in Florida, especially among individuals exposed to long durations of sunlight. According to Gulani, pterygium is common in sports and recreation enthusiasts such as golfers and surfers.

It is a condition that can affect anybody, though, said Gulani. Patients usually complain about how red their eyes look, how irritated and dry they feel and also in some cases that it has progressed to adversely affect their vision.

Gulani has designed special diamond instruments that he uses for the "Sparkle" surgery, along with human placental membranes grafted to the eye to promote healing after surgery. He has also devised a "No-Stitch" technique using glue instead of stitches. Pro golfer Donnie Hammond was among the first in the North Florida area to undergo this glue technique.

According to Gulani's office, this surgical technique has resulted in safe and painless outcomes with long-term success over 16 years. Gulani recently took this surgery to another level by performing the world's first 3D "No-Stitch" pterygium surgery on a local dental surgeon successfully.

Gulani said prevention is still the best medicine. Since pterygiums are most commonly caused by sun exposure, he said protecting the eyes from sun, dust and wind is recommended, including wearing good sunglasses with UV protection. Gulani believes that pterygium patients should not



Dr. Gulani stands with an Australian model who is one of his surgery patients.

be wearing contact lenses since they can increase dryness and irritate the pterygium, making it grow even more.

According to Gulani, dryness is often associated with pterygium and should be correctly diagnosed and evaluated since each dry eye case is different. Instead of using artificial tears, Gulani recommends individualized protocols to help patients with this relentless symptom. Also, most pterygiums are associated with vision errors, including nearsightedness, farsightedness and astigmatism, along with reading glasses depending on age, which now can be corrected with a no-cut, no-flap next-gen LASIK technique so patients can see without glasses, he added.

Additionally, he said pterygium can be associated with cataracts in elderly patients, who can also benefit from the "Sparkle" "No-Stitch" surgery, followed by custom-designed cataract surgery using new generation multifocal lens implants. These enable them to see at all distances without using glasses.

According to Gulani, many patients that were not designated as a candidate for the surgery can be corrected using advanced technologies with laser precision. Even patients with keratoconus, astigmatism, corneal scars and dry eyes can become candidates, he said. Patients with previous LASIK, cataract or Radial Keratotomy (RK) surgery can also avail of vision without glasses.

Dr. Gulani teaches these techniques to eye surgeons worldwide and is currently authoring a full text book for eye surgeons, sharing his nearly three decades of experience with thousands of patients globally.

Gulani Vision Institute is located at 8075 Gate Parkway in Jacksonville. Visit gulanivision.com for more information.

Read more books for better health

Finding time to read more can improve cognition, reduce stress and increase intelligence.

The availability of digital content has made it easy to forget how pleasurable it can be to pick up a good book and get lost in a story.

Researchers at the Yale School of Public Health analyzed 12 years of data from the University of Michigan's Health and Retirement Study concerning reading habits. Among the 3,600 participants over the age of 50, those who read books for as little as 30 minutes per day over several years were living an average of two years longer than those who didn't read.

Studies have shown that reading improves fluency and story retention while providing a host of additional benefits to young children. However, the perks do not end with the passing of adolescence. Data published in the journal *Neurology* found reading regularly improves memory function by working out the brain. This can help slow a decline in memory and other brain functions. Frequent brain exercise can lower mental decline by 32 percent, according to research published in *The Huffington Post*.

Studies even suggest that reading can help a person be more empathetic to others' feelings. Research published in the journal *Science* showed that reading literary works (not popular fiction) cultivates a skill known as "theory of mind," which is the "ability to read the thoughts and feelings of others."

Reading also can be calming, helping to reduce stress as a result. By losing oneself in a book, worries and stress can melt away, says research conducted in 2009 at the University of Sussex. Measuring heart rate and muscle tension, researchers discovered that study participants needed just six minutes to relax once they began reading.

There are many other reasons why reading is good for the mind and body. The following tips can help men and women find more time to read.

■ **Find small minutes to read.** Busy people may think they don't have the time to devote to reading, but if they read in small intervals, the amount of time will add up. Read during commutes (if you're not driving), while in physicians' waiting rooms or during a lunch hour.

■ **It's OK to quit.** If you're a few chapters into a book and it's not striking your fancy, it's okay to trade up for a more interesting tale. Don't feel obligated to finish a book if you are not engaged.

■ **Read paper books.** Reading printed books can be a welcome, relaxing change from looking at screens all day. This may inspire you to read more and for longer periods of time.

■ **Join a book club.** A book club in which you engage with fellow readers can motivate you to read more often.

Tips for overcoming workout fatigue

While exercise can make people more energetic throughout the day, some might find themselves battling fatigue during their workouts. Muscle fatigue is a normal side effect of exercise, but people who are experiencing difficulty getting through their workouts due to fatigue may benefit from the following strategies.

■ **Eat a balanced diet.** The Hospital for Special Surgery (HSS) in New York City advises that a well-balanced diet that includes complex proteins, fruits, vegetables and carbohydrates can help men and women combat workout fatigue. People who are working out in an effort to lose weight may think that combining exercise with a diet low in carbohydrates can help them achieve their goal more quickly. However, the HSS advises people dealing with workout fatigue to increase the amount of carbohydrates they eat. Doing so will help muscles maintain their glycogen levels, which are depleted during exercise. According to the HSS, carbs should account for between 40 and 60 percent of aerobic athletes' caloric intake, and between 30 and 35 percent for anaerobic athletes.

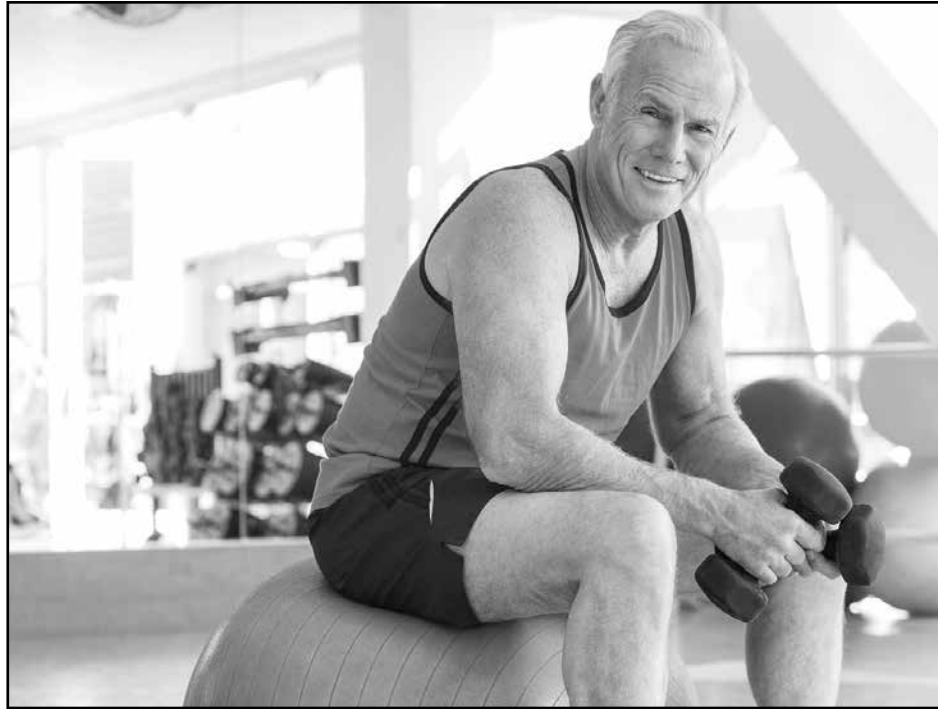


Photo courtesy of metrocreativeconnection.com

■ **Eat before and after a workout.** Early risers who like to exercise first thing in the morning might develop muscle fatigue if they work out on empty

stomachs. The HSS recommends eating a light meal or snack roughly two hours before exercising, and then eating again within one hour of finishing a work-

out. Doing so provides energy during a workout and helps muscles broken down during exercise to refuel and repair.

■ **Stay hydrated.** Hydrating during a workout helps replace the water and nutrients that are lost through sweat. Muscles that are not hydrated during a workout and throughout the rest of the day are susceptible to fatigue.

■ **Use proper form when exercising.** Improper form can lead to injury and/or muscle fatigue. Men and women who cannot adhere to proper form when working out may need to reduce the amount of weight they're lifting. As activities are performed using proper form, people may find they're building muscle without growing fatigued. As workouts progress, weight can be added.

■ **Give the body time to recover.** Whether it's more time between sets of repetitions or an extra day off between workouts, a fatigued body might just need more time to rest and recover. Aging men and women must recognize that they might not be capable of pushing themselves as hard as they once did and should adjust their workouts accordingly.



Photo courtesy of The Mayfield Group Public Relations

One Ocean Resort & Spa offering Valentine's Day spa special Feb. 9-18

One Ocean Resort & Spa is offering a Valentine's Day spa special entitled, "Romancing the Stone Couples Massage & Chocolate Covered Strawberry Bliss Deluxe Couples Pedicure," from Feb. 9-18

The session provides 50 minutes of connection during a warm stone massage, accentuated by aromatic, sensuous oils. A calming pedicure follows with a sweet cream sea salt exfoliation that smooths tensions. Tootsies are enveloped in a warm dark chocolate softening mask and wrapped in warm butter whole milk brûlée, nourishing the skin with antioxidant-rich CoQ10 enzymes.

Providing indulgent hydration, a massage of whipped shea butter and live strawberry fruit cell follows. Enjoy champagne and chocolate-covered strawberries throughout the service. Finished with a polish application of choice, this two-hour total special is offered at \$550 per couple, including gratuity and complimentary Sundrya Oil to bottle the bliss for later.

Getting fresh and vibrant skin: How to navigate popular spa treatments

To address concerns about their skin, consumers are increasingly turning to in-spa services, such as facials, peels and fillers. However, navigating spa jargon can be tricky. Here are some popular services and what they entail.

Traditional facial

A traditional facial typically begins with a cleansing of the face using steam to open up pores, which lets impurities clear out. Depending on an individual's skin type or concerns, a mild scrub may be used to exfoliate dead skin cells, dirt and oils. A hydrating mask or lotion will be applied to soothe skin after treatment.

Chemical or fruit acid peel

Chemical and fruit acid peels rely on various acids to exfoliate and peel off the outer layer of skin. The skin beneath is usually more smooth and less wrinkled. Some deep peels target the middle layer of skin to remove damaged skin cells. The American Society for Dermatologic Surgery said that peels can be used to treat anything from acne to aging skin to scars. Alpha-hydroxy acid and lactic acid may be used in mild peels. Trichloroacetic acid, or phenol, is used for more potent chemical peels. Peels are best left to an aesthetician or dermatologist.

Facial masks

Masks may contain many different

ingredients designed to treat various skin problems. A paraffin mask, for example, involves the process of applying molten warm wax over a thin mask. The wax will open pores and moisturize the skin. Masks are applied, and then there is a waiting period, during which the mask dries or penetrates. Then the treatment will be removed.

Microdermabrasion

In microdermabrasion, layers of dead skin are buffed. This dead skin may have accumulated due to age and sun exposure. Many spas employ a device that scours the skin using micronized aluminum oxide crystals. Similar at-home products use motorized spinning brushes that employ bristles to slough off skin cells.

Lymphatic massage

Many facial treatments also include some massage. With lymphatic massage, particular pressure points are targeted to release strain from tension headaches and may even reduce skin puffiness. Massaging the skin can promote blood flow and lead to a rosier, more youthful glow.

Cosmetic fillers

Injectable dermal fillers can soften facial creases, remove wrinkles and improve the appearance of scars, said the American Society of Plastic Surgeons. These procedures are best left to professionals.



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Former 'Top Chef' contestant opens two restaurants in Jax Beach

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PGA Tour communications leader receives top honors from PR News

By Jon Blauvelt

Laura Neal, senior vice president of communications for the PGA Tour, will be recognized as a "Top Woman in PR" by PR News at an awards luncheon in New York City on Jan. 23.

PR News released the 2017 class of top women in PR (public relations) in late November, which includes nearly 90 communications and media relations leaders from companies across the country, including other blue chip businesses like Viacom, T-Mobile and General Electric. Neal was nominated by her colleagues in the PGA Tour communications department.

"It's certainly humbling," said Neal, a Ponte Vedra Beach resident who is from Dunnellon, Florida, and graduated from Flagler College in St. Augustine in 1998 after studying sport management and communications/public relations. "Looking at the list of women who are in the group ... just some really powerhouse not only women but organizations. What stands out most is being able to bring the PGA Tour into that same atmosphere."

According to PR News, the list comprises women who "have made bold advances in the communications field, managing crises, developing brand messages, protecting and building brand reputations and creating content for digital platforms."

Neal, who is 41 years old, leads the public/media relations efforts for the communications team and the PGA Tour, working with Commissioner Jay Monahan and colleagues in marketing, business affairs, broadcast and digital to grow awareness of players, tournaments and company initiatives. According to the PGA Tour communications organizational chart, her team encompasses over 40 employees in editorial development, internal communications and competition/player communications.

During her senior year at Flagler, Neal started her career as an intern with the Ladies Professional Golf Association (LPGA) in Daytona Beach. Upon graduating, she was hired full-time by the LPGA, where Neal said she "really grew up." Over the course of nine years, Neal advanced from intern to vice president of public relations for the LPGA. During her tenure there, she said she was a "road warrior," or media official working 25 tournaments a year around the country and even around the world.

"For a girl from a small town in Florida, it was quite the opportunity and learning experience," said Neal, who attributes her experience



Laura Neal

on the road to her success with both the LPGA and the PGA Tour.

The PGA Tour hired Neal in 2007 to lead communications for Championship Management tournaments, which are the events that the tour owns and operates, such as THE PLAYERS Championship. Ty Votaw, executive vice president of global business affairs for the PGA Tour, was ultimately responsible for bringing Neal on board. Votaw served as commissioner of the LPGA when Neal worked there and then moved to the PGA Tour to oversee communications.

Neal took on Monahan's communications efforts in 2017 and later in the year moved into her current role leading the entire communications function. Neal now sits in Votaw's former office.

Moving forward, Neal's goals for the communications team include continuing to enhance internal communications, or how the company speaks to its employees and equips them to talk to their constituents, as well as competition/player communications. Her team is also hugely focused on international communications to build the brand of its players beyond the United States. The other goal that is of utmost importance, Neal said, is the development and promotion of players as stars beyond the traditional golf and sports media landscape.

"We finally booked Bubba Watson on 'Sesame Street,' and now we have a whole new audience who is paying attention to Bubba and the PGA Tour," she said. "In order to grow our fan base, we can't just keep talking to people who watch golf and ask them to watch more golf, we have to find new and different and more diverse fans."

Neal grew up a fan of all sports and always yearned to work for a professional league in some form or fashion. Now that she's received this recent recognition from PR News and made it to this point in her career, she feels very thankful.

"I feel honored," said Neal. "If you want to work in sports, this is such a great one (PGA Tour) to be involved in, as far as our athletes, the integrity and the charitable impact we're able to make ... it's just a unique landscape of things. I feel very fortunate to have ended up here."

Rapper Bow Wow? How about Dow Wow?

By Harry Pappas

Special to the Recorder

Harry Pappas
Columnist

If you think this column is about rapper Shad Gregory Moss, better known by his stage name of Bow Wow, you will be disappointed, as I argue that Dow Wow has been more entertaining and exciting! Yep, it's celebration time. Pop the bubbly! Put on the rally caps, and if you are old enough to remember the 1987 hit song, "Nothing's Gonna Stop Us Now," let's belt out the lyrics in celebration of the incredible year for the Dow Jones Industrial Average.

According to CNBC, for the first time in its 121-year history, the Dow has increased more than 5,000 points in a year. That's the biggest annual points gain ever. Furthermore, the Dow has closed at a record high 70 times this year.

Slow down eager beaver. Let's not forget how swiftly the stock market can humble the best of us. I know, as I have the scars to prove it. I often tell my kids: Be humble or you will crumble. Therefore, this is no time to toss the Dow's recent success into the faces of our dear friends, the pouting pundits of pessimism, as the euphoria in the stock market can evaporate in a New York second.

Then the self-proclaimed doomsayers will have their own song to sing, perhaps the less popular song, "We Told You So," by Lewis Furey. Rather than a "tit for tat" battle with our naysayers, let's heed the words of wisdom that claim the three best times to keep our mouth shut: when we're swimming, when we're angry and when we're right.

What I find remarkable about 2017's stock advance is that according to Ryan Detrick, a strategist for LPL Financial, the S&P 500 has not had a 5 percent decline since June 28, 2016. That is about 18 months of relatively low volatility! The last sell off greater than 5 percent was the 6.1 percent decline after Britain's surprise vote on June 23, 2016, to leave the European Union. Remember that one? How quickly we forget, which is why time in the market is our best friend!

Let's be reminded that there are as many doom and gloom crystal ball forecasters that argue that the stock market is on the verge of collapse, as there are the pie in sky prophets who continue to sing Starships' legendary song, "Nothing's Gonna Stop Us Now." To me, this is just noise on both fronts, and I ignore it. Everyone knows that above average stock market performance won't last forever, just as we know that below average performance will eventually improve. That's how the stock market works!

It ebbs and flows, and we have to be strong enough not to allow greed and fear to drive our decision. Yes, we have been on an incredible run with the Dow, but of course, it has not been straight up. Nevertheless, there will be a time when we will enter into another economic recession and subsequent stock declines, but nobody knows when that will happen ... and I mean nobody!

If you think that you can time this beast, or pay for and follow some guru's market prowess, you might want to consider the "Hockey Pokey Clinic," a place to turn yourself around! Otherwise, keep your finger off the sell trigger and maintain your diversified portfolio strategy and from time to time perhaps tweak your asset allocation so that it aligns with your risk parameters, but please ignore all the noise.

Most of the time, my friends in the compliance department prohibit me from using the word "guarantee." However, this is not one of them! Folks, I guarantee you that a correction (relatively significant decline in stocks) is com-

'House of Cards' star Jayne Atkinson-Gill to host 'Women With Heart' luncheon presented by Florida Blue

Netflix original series "House of Cards" character Secretary of State Catherine Durant may be hanging in the balance, but the award-winning actress who portrays her is happy, healthy and supporting Jacksonville's Volunteers in Medicine. Jayne Atkinson-Gill will serve as host for the "Women With Heart" luncheon presented by Florida Blue on Feb. 7 at the Florida Blue Conference Center.

Renowned for her roles on "House of Cards," "24" and her Tony-nominated Broadway roles in "The Rainmaker" and "Our Town," Atkinson-Gill's real-life sibling Dany Atkinson is just one of the "Women With Heart" to be honored at this Jacksonville philanthropic luncheon. Cheryl Barnett, Dr. Pam Chally, The Honorable Audrey Gibson, Leslie Gordon, Shelley Morgan, Silvia Pulido, Diane Raines, Dr. Estrella Redmon, Melissa Ross and Dr. Elana Schrader are slated for the honor, too.

"I'd heard my sister talk about Volunteers in Medicine and the tremendous work they are doing to help people who are employed, but have no health care insurance," said Atkinson-Gill, "and I emphatically support their efforts. That medical professionals regularly and generously donate their time, and area hospitals, businesses and community leaders partner with this organization is simply wonderful. In a world where many are struggling to keep a roof over their heads and food on their tables, health care is often a luxury. Volunteers in Medicine helps countless individuals



Photo courtesy of Volunteers in Medicine

Jayne Atkinson-Gill

who fall in that gap return to and remain healthy. I'm thrilled to join in their good work and look forward to celebrating my sister and all of the wonderful ladies they will be honoring on Feb. 7."

Atkinson-Gill's credits include her Broadway debut

in a revival production of Arthur Miller's "All My Sons," "The Rainmaker" (Tony nomination), "Our Town," "Enchanted April" (Tony nomination, Drama Desk nomination; Outer Critics Circle Award) and "Blithe Spirit." She has also appeared off-Broadway in "The Art of Success" and "The Skriker" (Drama Desk nominations.) She has appeared in the movies "Free Willy," "The Village" and "Syriana." In addition to her long-running role in "House of Cards," she has played recurring roles in the award-winning "24" and "Criminal Minds." Atkinson-Gill is also known for her guest appearances on the hit series "The X-Files," "Gossip Girl," "Chicago Med" and "The Good Wife." She is currently starring opposite Tea Leoni as vice president on CBS's "Madam Secretary."

"To have an actress of Ms. Atkinson-Gill's acclaim host the second 'Women With Heart' luncheon is truly amazing," said Cindy Stoddart Cooper, chief development officer of Volunteers in Medicine. "The level of her dedication to philanthropic causes is rivaled by our own 'Women With Heart,' and that is a very high bar of commitment. Everyone at Volunteers in Medicine is thrilled to have her generate awareness and support for our efforts to provide quality health care for Northeast Florida's hardworking, uninsured individuals."

The 2nd Annual "Women With Heart" luncheon presented by Florida Blue kick offs a year-long awareness and fundraising campaign for Volunteers in Medicine.

For sponsorship information call Cindy Cooper 904.254.5075



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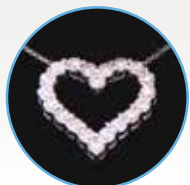


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Shelley Morgan



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Diane Raines



Dr. Estrellita Redmon



Melissa Ross



Dr. Elana Schrader

Former 'Top Chef' contestant Kenny Gilbert opens new restaurants in Jacksonville Beach

By Benjamin Naim

Chef Kenny Gilbert, a suburban Cleveland-native who appeared on "Top Chef" season seven, opened two new restaurants in Jacksonville Beach this week.

Gilbert hosted an opening preview event for Southern Kitchen & Bar and Hot Chicken, Fish & Shrimp Jan. 8. The restaurant concepts opened the next day, Jan. 9.

Gilbert began his culinary career after enrolling in a local vocational program. Following high school, he attended the Pennsylvania Culinary Institute and received a degree in culinary arts.

"About two months ago, I was approached by Jim Franks who actually owns this facility and they were looking to consult," Gilbert said in a monologue at the Jan. 8 preview event. "So, I came out, met him and his fiancé and we had a couple drinks. We were talking, then that talk went to another talk and next thing you know we became partners in this project."

After Gilbert's initial assessment of the property, formerly known as Seachasers, the chef decided that the facility necessitated a change in presentation.

"After walking around this property,



LEFT: Chef Kenny Gilbert prepares a pork dinner at the Southern Kitchen opening preview event.

BELOW: Guests enjoy the bar at Gilbert's Hot Kitchen, Fish & Shrimp.

Photos by Benjamin Naim



I decided to rebrand it," he said. "I said, 'That's important, I think we have a bad name for whatever reason, whether it's inconsistency with this or inconsistency with that.' I think it's important to rebrand with something positive and kind of do a do-over."

The former "Top Chef" contestant liked the building and wanted to elaborate on it by creating two new concepts - a fish and shrimp bar on the bottom floor and a southern kitchen restaurant and bar on the top floor.

In addition to appearing on "Top Chef,"

Gilbert has cooked for the G8 summit during the Bush 46 presidency and for celebrity talk show host Opera Winfrey.

Gilbert's Hot Chicken, Fish & Shrimp menu features smoked boneless chicken thighs, 24-hour brined birds, catfish fillet, local wild shrimp, signature sandwiches (hot or not), sides and more. Gilbert's Southern Kitchen & Bar features North Florida surf & turf, smoked beef brisket, southern curry, Anna's mac & cheese, salads, soups and more. Both restaurants are located at 831 1st St. N. in Jacksonville Beach.

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Oca Studio offers contemporary furnishings with Brazilian flair

By Paris Moulden

Taciana Paulino has an eye for design, and she is sharing her knowledge and appreciation of contemporary style she developed in Brazil with residents of Northeast Florida.

Paulino opened Oca Studio, located at 330 A1A N., Suite 304, in Ponte Vedra Beach, around three months ago.

The new store features contemporary furniture and décor from across the globe, including Brazil, India, Africa, Europe and the United States. Paulino said Oca Studio's style incorporates a lot of wood and other organic and natural materials.

Paulino has worked in the interior design business for 25 years, and opened her first store in Brazil. Hogar, which means home in Spanish and Portuguese, has grown into a big success, with about 20 employees.

"Everyone knows it," Paulino said of Hogar's popularity in the Belo Horizonte area.

Paulino visits Hogar about four times a year, but she said she has no plans to



Photos by Paris Moulden

Oca Studio in Ponte Vedra Beach, which opened about three months ago, offers contemporary furniture and design.

open any other stores, and is focusing on Oca, which is a reference to the native Indian huts in Brazil.

Paulino and her family moved to the First Coast around six years ago. Her son was a resident student at The Bolles School in Jacksonville, and when he

decided to stay in Northeast Florida, the family decided to join him.

Paulino said she felt the First Coast would be a good fit for a shop like Oca Studio.

"I felt the need for a more contemporary look here," Paulino said.

Paulino said so far, word of mouth has had a positive impact on her business.

"We have a lot of foot traffic," she said. "There's been a very good response."

Paulino is also enjoying other aspects of living in Ponte Vedra, including mild temperatures, similar to her home country, and a more intimate atmosphere than Brazil's Belo Horizonte area, which has a population of more than 5 million.

"There are very nice people around this area," she said. "We have made very good friends here. We also like the tranquility of a smaller city."

Firehouse of America CEO to speak at Chamber EDC Breakfast

Don Fox, CEO of Firehouse of America, LLC, will discuss the company's growth strategies at the St. Johns County Chamber of Commerce Economic Development Council (EDC) Quarterly Breakfast Friday, Jan. 19 at 8 a.m. at the Renaissance World Golf Village Resort in St. Augustine.

Fox will discuss how his firm's suc-

cess can be replicated by entrepreneurs growing their own companies. Firehouse has grown from a few restaurants in Northeast Florida to 1,104 restaurants in 44 states and three countries.

"We are thrilled that Don Fox has agreed to share his company's uncommon perspective and its keys to success," Chamber President/ CEO Isa-

belle Renault said. "We can learn a lot from how he and his team approached being directly involved in the success of more than 1,100 small businesses."

To register for the EDC Quarterly Breakfast, visit www.sjccchamber.com or call (904) 829-5681. Admission is \$40 for members and \$50 for non-members.

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Pappas

Continued from 29

ing. It is just a matter of time. Of course, nobody knows if it will be a minor decline of say 5 percent or perhaps something more meaningful, such as 10 percent, 15 percent, 20 percent or more. But, one thing you can count on is that equities will fall and panic again will fill the air, and it will scare the snot out of people and send them into an intellectual and theoretical funk. Therefore, if you cannot accept a downturn in stocks, then you need to reevaluate your stock exposure now.

I am closing this narrative with a cautionary statement. Folks, I am increasingly concerned that it feels like 1999 when a day did not go by without someone telling me how easy it was to make money trading dotcom stocks. It got so crazy in the tech world, as folks were getting rich (on paper) essentially overnight. In fact, many people were quitting their jobs and becoming stock traders. Furthermore, "investors" were taking out mortgages and borrowing from their investment portfolio to raise cash so they can get into the dotcom buying frenzy.

Well, most of us know the rest of the story. The big party ended abruptly, and the irrational exuberance imploded in 2000, and everything came back to Earth, which caused far too many financial portfolios to get wiped out. I put forth that dotcom frenzy is now akin to the much talked about bitcoin and cryptocurrencies phenomenon that has taken Wall Street by storm. Yes indeed, bubbles and busts have been happening since the dawn of financial markets, and they will continue to happen going forward, as long as human beings are involved. It is all about fear and greed!

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THEME: GRAMMY AWARDS

ACROSS

- 1. Tucks away
- 6. Coca-Cola's first calorie-free drink
- 9. Draw _____
- 13. Turkish bigwig
- 14. Harry Potter's Hedwig
- 15. Anatomical sac
- 16. Bet everything
- 17. Ancient Chinese dynasty
- 18. *Grammy winners Billy or Frank
- 19. *2018 Grammy Awards host
- 21. *2018 Grammys location
- 23. Boy
- 24. State of irritation
- 25. Auto unit
- 28. Toy building block
- 30. Between knees and ankles
- 35. Paella pot
- 37. *Artist with six 2018 Grammy Award nominations
- 39. *Judd who won 5 Grammys as part of duo and one alone
- 40. Long, long time
- 41. "Encore!"
- 43. Computer operating system
- 44. Fat cat in the Orient
- 46. Comrade in arms
- 47. "By ____ of" or "by means of"
- 48. Judges the worth of
- 50. Bakery unit
- 52. "To His ____ Mistress"
- 53. Skilled in deception
- 55. Tall tale

- 57. *Childish Gambino's nominated record
- 61. Gemstone
- 64. Playing on the radio
- 65. Executive's degree
- 67. Egyptian falcon-headed deity
- 69. Located
- 70. Word of possibility
- 71. Court order, e.g.
- 72. Month before Nisan
- 73. Wood-shaping tool
- 74. Stinky

DOWN

- 1. Resting place
- 2. Locker room supply
- 3. Capital on a fjord
- 4. Move like a propeller
- 5. Warm weather footwear
- 6. Type of settlement
- 7. Bowl over
- 8. Russian pancake
- 9. Actress Liu
- 10. Milk's favorite cookie?
- 11. Russia's 1917 abdicator
- 12. Did like the Titanic
- 15. a.k.a. dogfish
- 20. Allergic reaction to bee sting
- 22. Young newt
- 24. Virtuously
- 25. *Lin-Manuel Miranda nominated for song from this movie
- 26. Humble requests
- 27. Clumps
- 29. *"Million Reasons" Lady
- 31. Data transmission rate
- 32. Not Doric nor Corinthian

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 Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

- 33. Type of acid
- 34. *2018 Grammys is number ____
- 36. Dwarf buffalo
- 38. Cylindrical building
- 42. Spiral-horned antelope
- 45. Same as a proverb
- 49. Confession topic
- 51. *Spoken Word posthumous nominee at 2018 Grammys
- 54. Accepted as truth
- 56. Horace's poem
- 57. Parks or Luxemburg
- 58. "Adventures of the Wishing-Chair" author Blyton
- 59. Cyberattack target
- 60. Hofbräuhaus offering
- 61. *Artist with most 2018 Grammy nominations
- 62. Between Ohio and Ontario
- 63. Crowd of undistinguished people
- 66. *Michael Jackson album of year nominee, 1988
- 68. Chester White's home

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Sports

THURSDAY, JANUARY 11, 2018 · PAGE 34



JAGA readying for First Coast Amateur

Page 38

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The Jaguars' defense celebrates a big play during the 10-3 wildcard win against the Buffalo Bills in the NFL Playoffs on Sunday, Dec. 7, at EverBank Field.

Photos by Rick Wilson/Jacksonville Jaguars



Jaguars secure first playoff win in 10 years

Jacksonville advances to divisional round vs. Steelers

By Jon Blauvelt

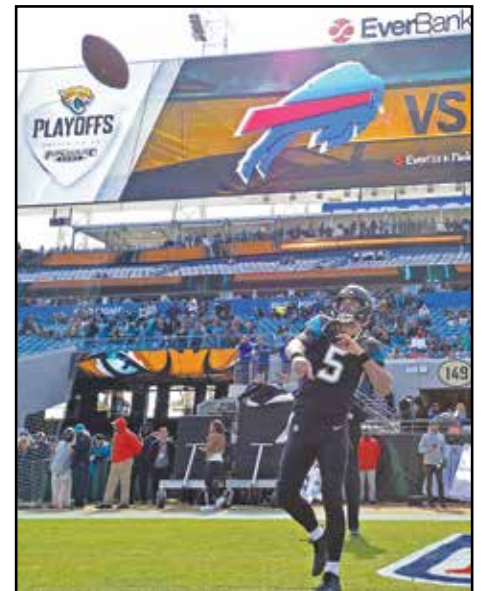
The Jacksonville Jaguars are winners of a playoff game for the first time in 10 years and will play the Pittsburgh Steelers this Sunday at 1:05 p.m. in the divisional round of the NFL postseason.

The Jaguars defeated the Buffalo Bills 10-3 at EverBank Field last Sunday in the wildcard round. It wasn't a pretty win, with quarterback Blake Bortles finishing the game with more rushing yards than passing yards. But a win is a win, coach Doug Marrone reminded the media following the game, and the Jaguars will play on.

"Really at the end of the day it was just a hard-fought game and that's what playoff football is, and we were able to get the win at home, which was big," said Marrone, who elaborated upon that point later in the press conference. "Playoff football is about you going out there to win. No one is trying to win a beauty contest."

In Jacksonville's first home playoff game since 1999, the Jaguars' offense struggled, but produced a scoring drive late in the third quarter that was enough to put the team over the top.

The Jaguars will have to be more productive offensively this Sunday against the Steelers, whose high-powered offense featuring wide receiver Antonio Brown, running back Le'Veon Bell and veteran quarterback Ben Roethlisberger is likely



Jaguars quarterback Blake Bortles warms up before last Sunday's game against the Bills.

to put more points on the board than Buffalo.

Jacksonville defeated Pittsburgh 30-9 in October of this season, a game in which Roethlisberger threw five interceptions. The Jaguars also beat the Steelers 31-29 the last time the teams faced off in the playoffs in January 2008. Players like Jacksonville wide receiver Allen Hurns, however, are not expecting that history to faze Pittsburgh.

"We know it's going to be a dog fight," said Hurns following the win against the Bills. "They are going to plan their revenge for what we did to them earlier in the year. But it's playoff time, those guys will be rested and refreshed and ready to go."



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Photos by Jerry and Chris Norton



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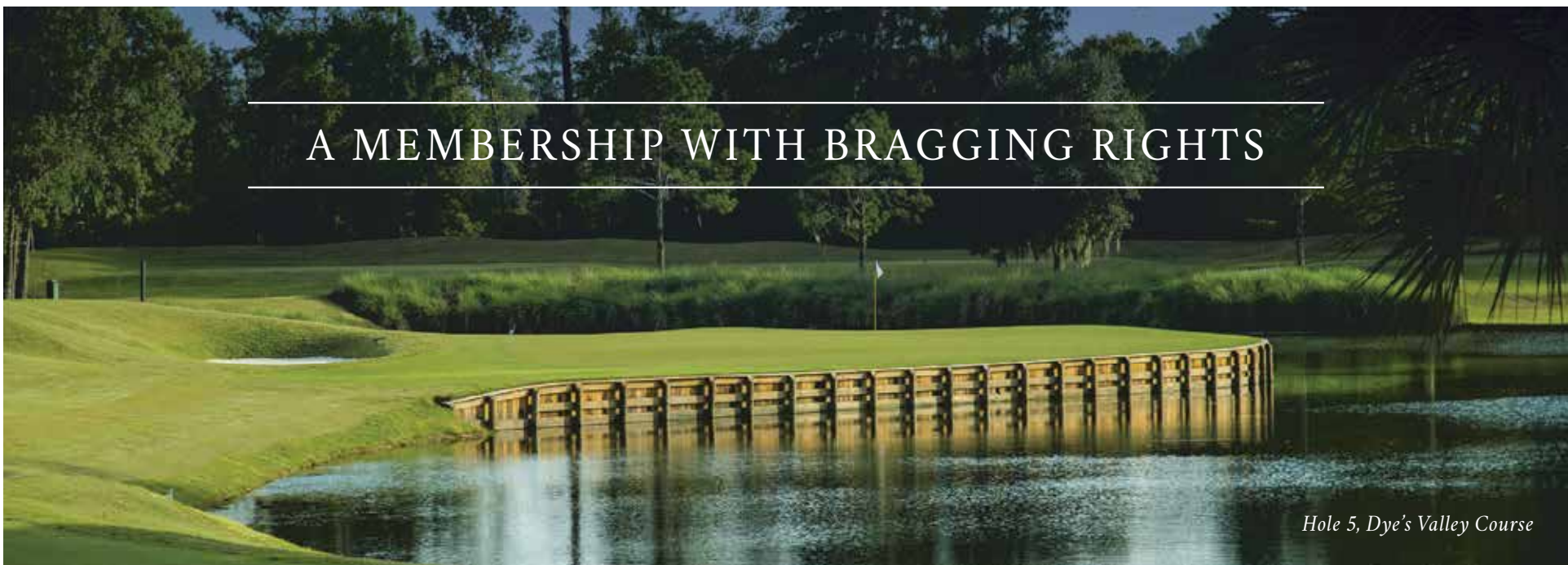
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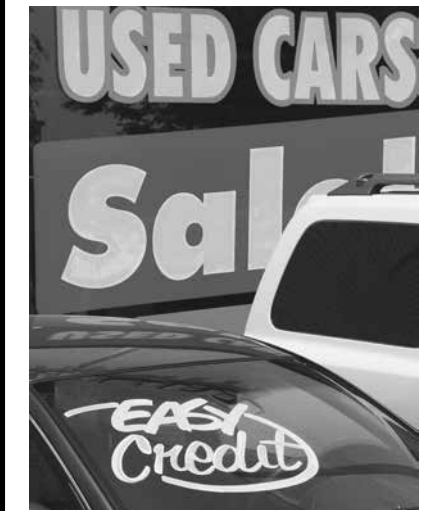
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Ponte Vedra finishes sixth in Episcopal's annual wrestling tournament

Despite only having nine wrestlers to fill out the normal 14 wrestler bracket, Ponte Vedra placed sixth in the Episcopal School of Jacksonville wrestling tournament on Saturday, Jan. 6.

Ponte Vedra's highest finisher was Gavin Riccobonno, who placed second in the 115-pound weight class. Riccobonno was followed by all four of his

teammates who made it to the consolation finals.

Taking third place medals in the tournament were Rett Maritato (128), Alex DeAlmeida (134), Evan Merry (147) and Troy Maritato (172).

The Sharks' wrestling team is competing in a two-day dual meet at Terry Parker High School this coming weekend.

JAGA's First Coast Amateur set to bring top field to Hidden Hills GC

The Jacksonville Area Golf Association (JAGA) is making final preparations for this weekend's 2018 JAGA First Coast Amateur.

A field of 78 amateur golfers ranging in age from 16 to 54 is scheduled to compete over Martin Luther King holiday weekend (Jan. 13-15) at Hidden Hills Golf Club. The contestants represent 14 states, 26 colleges and five countries. Nine high schools are represented, including Bartram Trail, Ponte Vedra and Providence in the Jacksonville area, plus Guerin Catholic and Westfield in Indiana and Jupiter Christian, Lake Mary and Sagemont also in Florida.

The youngest competitors are a pair of 16-year-olds, Brandon McBride of Bluffton, South Carolina, and Logan Nichol of Bartram Trail. The eldest is Jacksonville-area stalwart John Lobb, 54.

The championship is 54 holes of stroke

play, with 18 holes of play on Saturday, Sunday and Monday. All competitors will vie for the First Coast Amateur title. New in 2018 is a mid-amateur competition for those entrants (11) who are age 25 and older.

The First Coast Amateur will be recognized this year by the World Amateur Golf Ranking. WAGR points will be awarded to the tournament's top finishers.

Of the 78 contestants, more than 40 have handicap indexes of 0 or less, with 11 that are +3 or better. Only six indexes are above 3.0.

Brandon Mancheno of Jacksonville and now Auburn University captured the inaugural First Coast Amateur at Amelia National Golf Club last January by three shots. He did not record a single bogey in 54 holes of play.



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New volunteer registration open for THE PLAYERS Championship

With THE PLAYERS Championship rapidly approaching, tournament officials announced Jan. 2 that new volunteer registration has started and will remain open until all volunteer positions have been filled.

Anyone located in the Northeast Florida area and nationwide is encouraged to apply to become one of the roughly 2,000 volunteers that make THE PLAYERS Championship possible. The tournament will return to THE PLAYERS Stadium Course at TPC Sawgrass in Ponte Vedra Beach May 8-13.

"THE PLAYERS would not be able to give back to the community in such a tremendous way without the passionate volunteers," said Damon Olinto, tournament chairman for THE PLAYERS. "We are proud to work with more than 2,000

dedicated and enthusiastic volunteers to make THE PLAYERS a true shrine to golf fans and a fantastic experience for the best players in the world."

Volunteers at THE PLAYERS are placed into committees, with jobs ranging from on-course duties, like acting as a marshal during the tournament, to other support roles assisting players and fans. For the week, volunteers at THE PLAYERS Championship pay a fee of \$75, which covers the cost of the uniform package as well as a credential that acts as a stadium pass on days in which volunteers are not working.

Those that wish to apply to be a volunteer at THE PLAYERS Championship this year, or that want more information, can visit www.THEPLAYERSvolunteers.com.

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