

Ponte Vedra 

Recorder

September 13, 2018
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75 cents

Not your average newspaper, not your average reader

PonteVedraRecorder.com



BEST IN SHOW

Giancarlo Fruzzetti's 1970 Fiat 124 Coupe took home the Wells Fargo Advisors Best in Show Classic award at the 2018 Ponte Vedra Auto Show, held Sept. 9 in Nocatee. Shown here with Fruzzetti (left) is Porsche Jacksonville General Manager Brandon Starks of Fields Auto Group and St. Johns County Chamber of Commerce Ponte Vedra Beach Division Director Toni Boudreaux. *For more on the Auto Show, read Page 4.*

Photo by Susan Griffin


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on the
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One of Us

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Send us your news

We welcome submissions of photos, stories, columns and letters to the editor. Let us know what's happening. Email submissions to pvrecorder@opcfla.com or bring them by our office at **1102 A1A N., Unit 108, Ponte Vedra Beach**. Submissions may be published in the paper, on our website or on our social media platforms.

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Also, check out the **Ponte Vedra Recorder** channel on YouTube.

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.

One reader correctly identified last week's photo as the Summerfield sign in Ponte Vedra Beach. That person was **Laura Hannigan**. Congratulations, Laura — you may pick up your prize at the Recorder office during normal business hours.



ADOPT A PET



CAT OF THE WEEK

My name is Chica, and I am a 2-year-old female tabby cat who is looking for a new home. I was brought to the pet center by my previous owners. Come visit me today here at the pet center! #44091

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.



DOG OF THE WEEK

My name is Logan, and I am a 3-year-old female Lab mix who was brought to the pet center as a stray. As I am a stray, there may be some traits that are unknown at the time. Come visit me today here at the pet center! #43425

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

C	R	E	D	O	A	S	H	C	E	L	L	
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1	7	3	8	2	4	6	5	9			

Solutions correspond to last week's puzzles.



Hugh Osteen
Florida Market Manager
hugh@opcfla.com
(843) 858-0128

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

Bob Bueno
Circulation Manager
bbueno@opcfla.com
904-463-0962

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A Sophisticated and Luxurious Retreat on Ponte Vedra Blvd
Ponte Vedra Beach / Oceanfront

This impressive oceanfront home reflects that magical merging of beach living and architecture. Situated on 220ft of Oceanfront and designed by Residential Designs by Kevin Gray, Inc and built by Elwood Collier, this estate is a masterpiece of design and craftsmanship. It's location atop one of the highest natural sand dunes along the Florida coast (with the finished floor elevation is approximately 33.5' above sea level) allows owners the ultimate beach living experience. **4 bedrooms, 5 and 3 1/2 bathrooms \$8,750,000**



Sophisticated Coastal Living at its Best!
Ponte Vedra beach / Oceanfront

This 5-bedroom, 4+ bath, home is the epitome of southern charm with over 8,400 sq. ft. that showcase spectacular ocean views. The open living areas, including large formal dining room with grand fireplace, lend themselves to entertaining everything from large celebrations or simply enjoying intimate moments near a roaring fireplace. **5 bedrooms and 5.5 bathrooms \$6,100,000**



Stunning Riverfront Estate

You will instantly feel as though you have been swept away to a chateau in Normandy, France. Exquisitely designed with extensive custom finishes, this 10,204 square foot tudor-style home is truly a masterpiece in design and built for entertaining. Designed with the materials and attention to detail expected with this architecture, this **5 bedroom, 6 full bath, 5 half bath** home will not disappoint. **\$7,800,000**



Turnkey Beach Condo / Two Units One Deal

Oceanfront turnkey property features a 2 bedroom/2 bath Condo, along with an adjacent 1 bedroom/1 bath 820 sqft loft. The Loft is unit #208 and it is the perfect space for guests or home office. Units must be sold together, and both come fully furnished. **2 bedrooms, 2 baths \$1,450,000**



Elizabeth Hudgins, REALTOR®

904.553.2032 cell

904.280.0486 office direct

elizabeth@elizabethhudgins.com

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Ponte Vedra High School PTO to host panel for parents of teens Sept. 27

The Ponte Vedra High School PTO will host a discussion entitled "The Teenage Brain: What Parents Need to Know" at the PVHS Auditorium on Thursday, Sept. 27 from 7 to 8:30 p.m. to give parents insight into how teenagers think.

Eden Kendall of "River City Live" on

News4Jax will lead the panel, which will also include licensed psychologist Dr. Edward Taylor; Aylin Ozdemir, MD, FAAP, ABIHM; health coach Cheryl Olson; and youth leader Kelly Minter.

The program is free and open to the public.

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Beautifully updated home with long lake views to the 13th hole of Dye's Valley Golf Course in the heart of Ponte Vedra Beach. Offers an open floor plan with 2-story great room, floor-to-ceiling windows, gleaming hardwood floors, a kitchen with stunning quartz countertops, & a spacious screened porch & patio. MLS 955313

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RGummerman@WatsonRealtyCorp.com



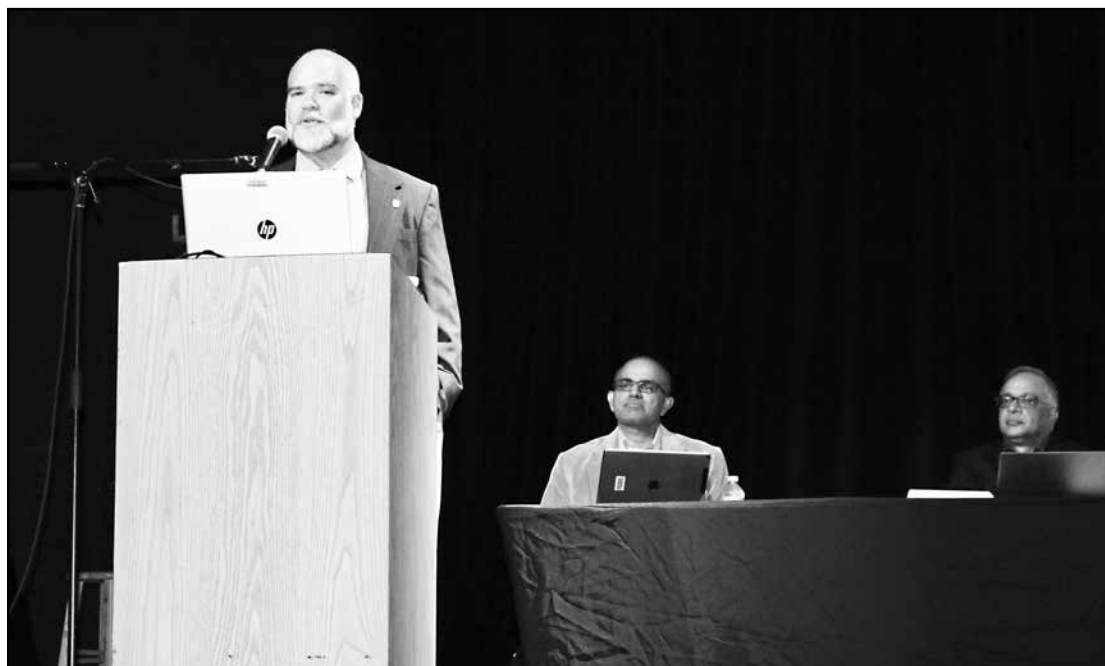
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We're in your neighborhood.



Damon Douglas from the St. Johns County Public Works Department shares the tentative plans for a Ponte Vedra Beach MSTU for beach restoration with residents at a meeting hosted by Save Ponte Vedra Beach Inc. on Sept. 5 at the Ponte Vedra Concert Hall.

Photo by Samantha Logue



County surveys support for Ponte Vedra Beach MSTU

By Samantha Logue

Last Wednesday, Sept. 5 marked three months since the St. Johns County Commissioners directed county staff to survey Ponte Vedra Beach property owners regarding the creation of a municipal service taxing unit (MSTU) for local beach renourishment, and according to Damon Douglas of the county's Public Works Department, it also marked the day those surveys were officially mailed out.

"What the board has directed us to do is to make contact with the community and determine support for an initial, Phase 1 municipal service taxing unit to come up with the estimated \$1.2 million that's needed to fully develop a proposal and permit sand sources," Douglas said at a meeting hosted by Save Ponte Vedra Beach Inc. on Sept. 5 at the Ponte Vedra Concert Hall.

Advising that the duration of the MSTU would be split into two phases, Douglas explained that the first phase would fund the preliminary work to be done by Taylor Engineering, as well as an analysis to determine the appropriate assessment mechanism for Phase 2.

"The estimate is 6 mills," he said, "which is six-tenths of 1 percent, for a two-year assessment."

Douglas also added that, at least for the first phase, only those with property along the beach would be included in the initial taxing unit.

"Basically, it's all properties that are east of Ponte Vedra Boulevard," he explained, "from the Duval County line down to where the Guana Park begins on the oceanfront."

According to Douglas, those property owners will have until Oct. 5 to respond to the survey, and once those responses are received, the matter will go back before the Board of County Commissioners for their consideration. If approved, Douglas added that Phase 1 of the MSTU could potentially be completed by as soon as early 2020, with sand placement beginning later that year.

Present at the meeting to voice his support was Arthur "Buddy" Jacobs of the South Amelia Island Shore Stabilization Association, which manages the beach nourishment program — funded by a municipal service benefit unit — for the south end of Amelia Island.

"We've had two renourishments and we're about to do a third in a year or so," Jacobs said. "It's been going on a long time, but it takes somebody to step out, and this is your opportunity to do that. We did it, and it was not without controversy. There were people concerned about lots of different things, and believe it or not, we had opposition here and there, but everybody got together at the end and got it done."

Earlier this year, Save Ponte Vedra Beach conducted its own survey, to which roughly 91 percent of the more than 600 property owners surveyed responded favorably to the idea of creating an MSTU. Lori Moffett, president of Save Ponte Vedra Beach, said that securing yet another overwhelmingly supportive response would be vital to ensuring the long-term viability of the beach.

"We have to restore our beach, and this is the path that we have," she said. "There is no Plan B."

Devin Malone named 2018 recipient of the Craig Speziale Memorial Scholarship

The Community Foundation for Northeast Florida recently announced Deven Malone as the 2018 recipient of the Craig Speziale Memorial Scholarship.

This scholarship recognizes a Ponte Vedra High School graduating senior who demonstrates academic excellence, school leadership, community service and the "Spirit of Spez." Malone graduated summa cum laude and amassed over 220 community service hours. He was vice president of the National Honor Society, captain of Hi Q and a member of the Ponte Vedra cross country team. He is currently attending Georgetown University and pursuing a career in international law.

The Craig Speziale Memorial Scholarship honors the lifetime commitment to education made by Craig Speziale. Speziale was the first principal at Ponte Vedra High School and served in that capacity until his passing in 2014 after a battle with cancer. The fund is used to improve scholarship among Ponte Vedra High School students through grants and/or college scholarships to students.

For more information or to make donations, go to www.jaxcf.org/give/craig-speziale-memorial-fund.



Photo courtesy of Ana Speziale

Devin Malone, the 2018 recipient of the Craig Speziale Memorial Scholarship, stands with Ana Speziale.

30-pound package of marijuana found on local beach

By Benjamin Naim

Last Thursday, a beachgoer on a routine walk along Ponte Vedra Beach near the Ponte Vedra Inn & Club notified the St. Johns County Sheriff's Office (SJSO) of a 30-pound package of marijuana that had washed ashore. Since then, the U.S. Coast Guard and SJSO deputies have discovered more packages afloat in the ocean.

At this point, the Sheriff's Office doesn't know where the packages originated from or who they belong to.

"One package washed up on the beach and then a couple of days later, more packages were found floating in the ocean," said Chuck Mulligan, community affairs bureau commander for SJSO. "The packages don't have any markings on them."

Mulligan said it's hard to know where

the packages entered the water. The package found on the beach could have floated over from South Florida or even from another country, he said.

"It could have been a drop that was made somewhere close by and drifted to us," Mulligan said. "Without knowing that additional information, it's extremely difficult to tell you exactly where it entered the water."

Mulligan also noted that anyone who

finds a suspicious package should report it to local law enforcement immediately, so the package can be scheduled for destruction.

"If you find one of these packages, do not take possession of it," he said. "If someone does that and were to get caught, given the amount of drugs that these packages contain, it would be a trafficking offense. So, we've asked people not to pick it up, not to touch it."



Photos by Susan Griffin and Jon Blauvelt

Best in Show Classic winner Giancarlo Fruzzetti sits in his 1970 Fiat 124 Coupe at the Ponte Vedra Auto Show on Sept. 9 in Nocatee.

1970 Fiat 124 Coupe wins top honors at Ponte Vedra Auto Show

As the community of Nocatee was waking up Sunday, Sept. 9, volunteers were prepping to receive more than 170 classic and collectable automobiles for the 16th Annual Ponte Vedra Auto Show (PV Auto Show) presented by Fields Auto Group and hosted by the St. Johns County Chamber of Commerce.

The annual event was overflowing with attendees, car enthusiasts and vendors, making it the largest auto show in the event's history. The Best in Show Classic winner was awarded to Giancarlo Fruzzetti for his 1970 Fiat 124 Coupe, earning a perfect score of 100 points. This award was sponsored by Wells Fargo Advisors. The Best in Show 60th Anniversary of Austin-Healey, sponsored by Meehan's Irish Pub, was awarded to Bill Young, with his 1960 Austin-Healey Bugeye. Charles Cordes, with his 2012 Porsche B59, was awarded the Porsche Jacksonville "For the Spirit of It!" award, sponsored by Porsche of Jacksonville.

According to Chamber President/ CEO Isabelle Renault, the St. Johns Chamber of Commerce is honored to continue to host this event in Ponte Vedra and to showcase the area to visitors.

"We are proud partners with Fields Auto Group," Renault said. "This 16th Annual Ponte Vedra Auto Show has been our best yet. The new location within Nocatee allowed us to welcome more vehicles to be exhibited at the show and we are thankful for the PARC Group and Nocatee Community Development District for their support. Also, we could not have successfully produced this event without our volunteers. They have been extremely dedicated and hardworking to ensure that everything runs smoothly."

COMPLETE LIST OF AWARD WINNERS

Wells Fargo Advisors - Best in Show Classic Giancarlo Fruzzetti, 1970 Fiat 124 Coupe
 Lexus of Jacksonville, Fields Lexus "Pursuit of Perfection:" Bill Burchette, 2017 Acura NSX
 Meehan's Irish Pub, Best in Show 60th Anniversary of Austin-Healey, Bill Young, 1960 Austin-Healey Bugeye
 Porsche Jacksonville, Best in Show 70th Anniversary Porsche, Alan Winer, 1959 Porsche 356A T2
 Jaguar Land Rover Jacksonville, Best in Show Off-Road, Chris Railing, 1945 Willys MB
 Porsche Jacksonville, Porsche Jacksonville "For the Spirit of it!", Charles Cordes, 2012 Porsche B59
 Florida Crown Region, Florida Crown Region Porsche Heritage Trophy, John Lovejoy, Jr., 1959 Porsche Conv. D
 Edward Jones- Karsten Jacobson, Pre War Classic, Michael Sisco, 1936 Dodge D2 Business Coupe
 Berry & Co. Real Estate, Post War Classic Domestic, George Breslin, 1953 Lincoln Capri
 WheelHouse Storage, Post War Classic Euro, Dennis DuBois, 1966 VW Beetle
 Compass Self Storage, Most Outstanding Pony, Brandon Cipko, 1965 Ford Mustang GT Fastback
 SJC Tourist Development Council, Judges Favorite Pony Car, Chris Baldwin, 1969 Chevy Camaro 228
 Ponte Vedra Wellness Center, Most Outstanding American Muscle, Matt Jones, 1986 Grand National
 Rockaways Gardens, Judges Favorite American Muscle, Andy Musil, 1968 Pontiac GTO
 Ferran Automotive, Best Exotic, Randy Lindsey, 2004 360 Challenge Stradale
 Topgolf, Custom Car Award, Roberto Cruz, 1972 VW Bus
 Ponte Vedra Golf Carts, Race Car Award, Mike Ferran, 1966 GT 40 MKIIB
 EuroSpec, Most Outstanding Corvette, Michael Lucas, 1967 Chevrolet Corvette
 Pop-A-Lock, Judges Favorite Corvette, Ronnie and Pam Edge, 1958 Chevrolet Corvette
 Freedom Boat Club, Most Outstanding Mustang, Tom and Peggy Gilliland, 1967 Shelby Mustang GT 500
 Ponte Vedra Recorder, Judges Favorite Mustang, Jeffrey Lowcher, 1969 Ford Mustang, Mach 1
 Sensible Recycling, Most Original/Barn Find Award, Kerry Hunter, 1967 Corvette
 Happy Trails, Best Classic Off-Road, Jon P. Boyton, 1963 Meyers Manx Dune Buggy
 Florida Crown Region, Florida Crown Region Future Classic Porsche, Russell Stapleton, 1968 Porsche 944 Turbo
 Health Partners, Future Classic Award Euro, Graziano Fruzzetti, 2003 Ferrari 360 Spyder
 Sawgrass Marriott, Future Classic - Best New Pony Car, David Grooms, 2017 Ford Shelby GT350R
 Florida Blue, Future Classic - Best New Muscle Car, Fernando Quintana, 2018 Dodge Hellcat
 Dick's Wings, Future Classic - Best New Corvette, Sue Norton, 2018 Corvette Grand Sport
 AAA, Future Classic - Best New Off-Road, Chuck Newman, 2003 Stewart Stevenson Light Military Vehicle
 St. Johns County Chamber of Commerce, Chambers Choice Award, Erik Olsen, 1963 Porsche 356B S-90

Sherry Mahoney is the enterprise clinical nutrition manager at Mayo Clinic, where she was previously director of nutrition and dietetic internship for 17 years.

Sherry Mahoney

Can you please tell us about your background?

I grew up in Memphis, Tennessee, married and have two daughters. I worked at St. Jude Children's Hospital and moved to Jacksonville to take my job at Mayo Clinic 23 years ago. I have a Bachelor of Science in nutrition and a Master of Business Administration. Through my career, I have had particular interests in oncology, diabetes and organ transplant. While at Mayo Clinic, I have been able to promote wellness in our community by working with various nonprofit organizations and citywide corporations. I have recently begun using my leadership and organization skills to help Latin American communities have clean water and sanitation.

What are your primary roles and responsibilities at Mayo Clinic?

I had been the director of nutrition and dietetic internship for 17 years at Mayo Clinic. A few months ago, I was promoted to an enterprise role managing the Mayo Clinic's clinical nutrition as it relates to the food programs across all of the Mayo Clinic sites. My responsibility is to assure Mayo Clinic nutrition practices and standards are alike on all campuses.

What do you enjoy most about your job?

Mayo Clinic's three shields represent patient care, education and research. Each day, my staff and I contribute to these shields. Mayo Clinic allows for us to have the resources necessary to contribute to each of the shields. I am proud to be part of this world-class organization.

What has it been like to be part of the growth of Mayo Clinic?

As Mayo Clinic has grown, so has the depth and breadth of nutrition science. My responsibility has been to develop nutrition programs and practices to provide the best care to our patients.

What are some of the biggest misconceptions about nutrition today?

Due to technology, there is an enormous amount of food and nutrition information available. People unfortunately are inundated with unsubstantiated information as truths. An example of this is the practice of intentionally consuming a very low carbohydrate diet or from poor dietary habits consuming large amounts of carbohydrate. In mid-August, a 25-year study was published with 15,428 participants indicating lowest mortality was associated with 50 to 55 percent energy from carbohydrates.

What do you enjoy most about living in Ponte Veda?

Ponte Veda is a community that is small enough to know your neighbors and people who have similar interests. People are friendly and care about each other. They also care about the wellbeing of those outside our community. I have witnessed and been part of our Ponte Veda community coming together for the betterment of others.



Photo by Jon Blauvelt

What do you like to do in your free time?

I had the good fortune of being the team captain of the Mayo Clinic Cycling Team for 20 years. Needless to say, I have met many people at Mayo Clinic and our community because of cycling. Fifteen years ago, I started doing triathlons with my women friends. We evolved into a group of 12 women, calling ourselves the Tribe, who still on most Saturdays either cycle, run/walk or swim. I commit to at least two triathlons a year.

In the last few years, I committed to use my time and talents to make a difference for those less fortunate. I became a member of the Rotary Club of Ponte Veda Beach five years ago. Through Rotary, I have been able to join forces with other members to reach out and make a difference.

Edited by Jon Blauvelt

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

Auto Show

Continued from 5

Celebrity endurance racecar driver Hurley Haywood was also in attendance signing books and taking photos with fans of all ages. Haywood is well-known for his 40 successful years racing in and winning popular events such as Rolex 24 Hours of Daytona and the 12 Hours of Sebring.

To see highlights from this year's show, visit www.pvautoshow.com.

To learn more about the St. Johns County Chamber of Commerce, visit www.sjccchamber.com. The Ponte Vedra Auto Show is funded in part by the St. Johns County Tourist Development Council.



Photos by Susan Griffin and Jon Blauvelt

The Ponte Vedra Wellness Center enjoys the Auto Show.



Charles Cordes drives in his 2012 Porsche B59, which was awarded the Porsche Jacksonville "For the Spirit of It!" award, sponsored by Porsche of Jacksonville.



ABOVE: Chamber President/CEO Isabelle Renault with Jeffrey Lowcher, whose 1969 Ford Mustang, Mach 1 won the Judges Favorite Mustang sponsored by the Ponte Vedra Recorder



LEFT: Michael Lucas and his 1967 Chevrolet Corvette was the winner of the Most Outstanding Corvette award, sponsored by EuroSpec.

Saint John Paul II Catholic Church to host festival

Saint John Paul II (SJP2) Catholic Church in Nocatee is hosting a festival Sept. 27-30.

The event will feature food trucks, rides, music, bingo, games and more for families and residents in the community. Admission is free. There will be a charge for food, drinks, rides, raffles, bingo and games.

Pre-sale tickets for the rides went on sale Sept. 8. Tickets may be purchased after all masses at SJP2 and at the church office during the week.

The event will take place from 6 to 10 p.m. on Sept. 27; 5 to 10 p.m. on Sept. 28; 1 to 10 p.m. on Sept. 29; and 1 to 5 p.m. on Sept. 30.

Saint John Paul II is located at 127 Stone Mason Way in Ponte Vedra. For more information, visit stjp2.net or www.facebook.com/Stjp2.

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Photo courtesy of St. Johns County School District

An alligator was spotted roaming Valley Ridge Academy's playground Sunday, Sept. 2.

Gator spotted prowling around Valley Ridge Academy playground

By Samantha Logue

While the K-8 students at Valley Ridge Academy in Nocatee were off enjoying their Labor Day weekend, one St. Johns County resident seemed eager for school to be back in session — an alligator that was spotted roaming the school's playground Sunday, Sept. 2.

According to the Florida Fish and Wildlife Commission (FWC), witnesses contacted the Nuisance Alligator Hotline that Sunday morning to report the wayward gator, but the elusive reptile escaped.

"A trapper was dispatched, but the alligator had left the area before he arrived," FWC Public Information Coordinator Greg Workman said, adding, "But if that alligator does pose a threat again or comes onto the school property, we really would like for the residents or the school officials to give us a call and we'll

be out there immediately."

Christina Langston, chief of community relations for the St. Johns County School District, said that district staff had been alerted of the incident and assured that maintaining a safe and secure learning environment is the district's top priority.

"We would never put students in an area where there was an alligator sighted on school grounds during the school day or extracurricular activities," Langston advised. "In the event that an alligator was seen on property during school operations with students present, we would contact FWC and maintenance, and depending on the vicinity, we could decide to keep children indoors."

Although many St. Johns County schools are located near or adjacent to retention ponds or wetlands, Langston added that such an event has never occurred in the district while school was

in session.

To avoid the dangers posed by nuisance alligators, Workman encouraged residents to remain aware of their surroundings.

"Just be vigilant and understand that there is wildlife out there and we're recreating on their land, most of the time," he said. "We want everyone to have a great time, but just be aware and watch out, especially for your smaller pets. Stay away from the water when you're walking home and be careful to swim in designated areas only during daylight times."

Per the FWC, an alligator may be considered a "nuisance" if it measures at least 4 feet in length and poses a potential threat to people, pets or property. To report a nuisance alligator, Florida residents are encouraged to contact the FWC's Nuisance Alligator Hotline at (866) 392-4286.

Suddenly Single returns with Dr. Patrick Basile

The Suddenly Single series is returning Tuesday, Sept. 25 with a presentation by Dr. Patrick Basile.

To be held from 6 to 7 p.m. at the Ponte Vedra Recorder office, the event will feature a presentation by Basile on "Simple Surgery Steps to Looking Your Best." Basile will discuss the options of today's surgical and non-surgical techniques being offered today. Special gift bags will be given to all registered guests. Register today by calling Trudy Toche, Suddenly Single program coordinator, at (973) 819-6581.

The Suddenly Single series was started by Toche to provide monthly programs designed to provide support to those experiencing separation or divorce. The series, Toche said, provides attendees the opportunity to learn about topics that will help them positively move forward in their lives, such as finance, nutrition, parenting issues and more.

OBITUARIES

Frederick Deighan

Frederick Joseph Deighan, 80, of Jacksonville Beach, died Sept. 5, 2018. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Helen Lambert

Helen Louise Lambert, 99, of Ponte Vedra Beach, died Sept. 1, 2018. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Robert Makemson

Robert Wilson Makemson Jr., 84, of Ponte Vedra Beach, died Sept. 3, 2018. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

'Book Marketing Basics' to be discussed at upcoming FWA writers group meeting

Marketing guru Del Kiernan-Lewis will present "Book Marketing Basics" at the FWA Ponte Vedra Writers meeting on Saturday, Sept. 22 at 10:30 a.m. at the Ponte Vedra Library.

His presentation will walk writers through the most important steps to successfully market and promote their books to readers. Among the things they will learn are:

- How to produce a book cover that grabs the attention of genre readers
- Proven strategies to use social media,

your author website and a newsletter to boost your book's discoverability

- Where to advertise for cost-effectiveness and best results

Kiernan-Lewis, PhD, is the publisher and editor of San Marco Press, whose lead author's Amazon sales rank among the top indie book sales worldwide. As an indie publishing expert, he works with authors on business development and strategy, marketing, editing, promotions and book placement and sales on Amazon, Barnes & Noble, iBooks, Kobo and Google. He's

also the director of marketing and promotions for the books of Susan Kiernan-Lewis, whose books the past five years have sold or downloaded over a million copies.

The Ponte Vedra Writers group is part of the Florida Writers Association, a statewide, nonprofit organization with nearly 1,500 members dedicated to the support of both aspiring and published writers in any genre. The Sept. 22 meeting is free and open to members and non-members alike. For information on FWA, visit www.floridawriters.net.



Del Kiernan-Lewis

GTM Research Reserve promotes research, stewardship and education

By Benjamin Naim

A community hot spot for locals to learn about their surrounding habitat and enjoy outdoor activities, the Guana Tolomato Matanzas (GTM) National Estuarine Research Reserve in Ponte Vedra Beach hosted a guided tour of the property for the Recorder on Monday, Sept. 10 to showcase its offerings and highlight its impact on St. Johns County.

Ellen Leroy-Reed, executive director of the Friends of the GTM Research Reserve, hosted the tour. Among several topics, she discussed the Reserve's educational component and the classrooms available for students to learn about the ecosystem with a hands-on approach — by examining the elements both indoors and outside. The classrooms are offered to the community completely free of charge.

“The education team has built really strong relationships here with the teachers, especially in the science programs” Ellen Leroy-Reed said. “It’s not an official formal relationship, but it is open to anyone in the community.”

Leroy-Reed also noted that research gathered from the GTM Reserve is often used by local politicians to help them make informed decisions on environmental issues. During the tour, the executive director said the venue is offered for weddings, businesses and social groups. She also touted GTM's enthusiastic group of volunteers, its housing of fish and wildlife, the Environmental Education Center and more.

According to the GTM Reserve's official website, the local attraction welcomes over 200,000 visitors per year from around the globe. The result of a collaboration between Florida's Department of Environmental Protec-



Ellen Leroy-Reed, executive director of the Friends of GTM Research Reserve, hosted a guided tour of the facility for the Recorder on Monday, Sept. 10.



Photos by Benjamin Naim

A chart at the GTM Research Reserve displays other National Estuarine Research Reserves in the United States.

tion and the National Oceanic and Atmospheric Administration, the GTM Reserve covers 74,000 acres of coastal lands in Northeast Florida from Ponte Vedra Beach to Palm Coast. It is one of 29 National Estuarine Research Reserves in America that focuses on research, stewardship and education.

The GTM Reserve's various trails allow visitors to hike through the tranquil ecosystem and observe nature in a quiet space. Trails vary in length and accommodate long hikes and short walks.

“I think what’s nice about our trail system is that there’s a trail for every level,” Leroy-Reed said. “For those that love to hike, you can walk seven or eight miles and go through the various habitats and look at the types of ecology that is in our backyard.”

The executive director added that the GTM Reserve offers a space for birdwatching, photography and seining.

“The birding is extraordinary,” she said. “We have birders out there every morning at 6 a.m. taking photos. If that’s something that you’re really passionate about, spending time in rustic nature, we have a trail for you.”

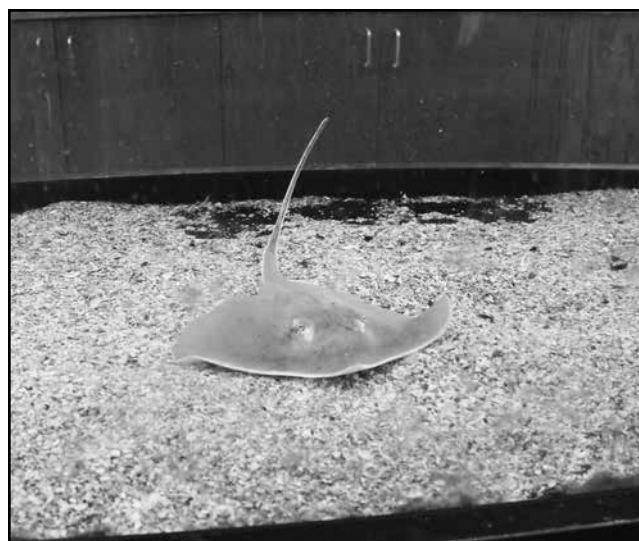
Leroy-Reed said GTM offers free services through the hard work of the Friends of the GTM Reserve, a 501(c)(3) organization comprised of private citizens. The group utilizes community partnerships, volunteerism, financial support and outreach to support the Reserve's mission.

The nonprofit's biggest fundraising event of the year, Oceanwise: An Evening for the Estuaries, will take place on Saturday, Sept. 29 at the Reserve.

“All of the money we raise goes back into the research, education and stewardship,” Leroy-Reed revealed. “If we can raise the money that we need to keep our researchers monitoring, our rangers out there protecting (the Reserve) and making sure it’s clean and usable for our guests, that’s a good thing for all of us.”

Tickets for the gala cost \$65. Leroy-Reed said the event sold out last year, and those who would like to attend should sign up early.

For more information on the GTM Research Reserve, or to become a Friends member, visit www.gtmnerr.org.



The GTM Research Reserve houses several fish and wildlife in its facility for preservation and research purposes.



Visitors can enjoy exhibits at the GTM Reserve's Environmental Education Center, located at 505 Guana River Road in Ponte Vedra Beach.

Heroes on the Homefront

St. Augustine community remembers victims of 9/11

Retired FDNY firefighter reflects on his experiences that day

By Jon Blauvelt

John Westfield's life changed forever at 8:46 a.m. on Sept. 11, 2001, when he learned of the terrorist attacks on the World Trade Center and was summoned to respond to the tragedy.

"We grabbed all the tools we thought we would need to fight a 104-story monster," said Westfield, a current St. Augustine resident and retired FDNY (Fire Department of the City of New York) firefighter. "As we marched toward the one still standing tower, we knew we had our jobs to do. But of course, I was thinking of my family."



Photo by Jon Blauvelt

The St. Augustine Police Department Honor Guard completes a presentation of the colors at a special ceremony held Tuesday, Sept. 11, in St. Augustine.

ST. AUGUSTINE continues on Page 12



ABOVE: The flag is lowered to half-staff as part of the 9/11 remembrance ceremony held by K9s For Warriors in Ponte Veda on Tuesday, Sept. 11.



LEFT: K9s For Warriors staff handwrite notes to include in care packages for deployed troops following the ceremony.

Photos by Samantha Logue

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Victims of 9/11 honored by K9s For Warriors

By Samantha Logue

K9s For Warriors hosted a remembrance ceremony Tuesday at Camp K9 in Ponte Veda in honor of the nearly 3,000 victims of the terrorist attacks that shook the world on Sept. 11, 2001.

Held at 8:46 a.m., the ceremony took place at the exact time American Airlines Flight 11 crashed into the North Tower of

the World Trade Center.

"This morning we remember and honor all the lives that were lost at Ground Zero, all of the lives that were lost at the Pentagon," K9s For Warriors CEO Rory Diamond said. "We remember and honor the passengers and crew of Flight 93, who were the very first to start fighting back

K9S FOR WARRIORS continues on Page 11



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MESSAGE FROM THE EDITOR



Jon Blauvelt
Editor

Thank a Police Officer Day will be observed this Saturday, Sept. 15, and on behalf of the Recorder, I would like to express our gratitude to our local deputies and law enforcement personnel for their service to the community.

We know your jobs aren't easy, and we cannot pretend to understand the sacrifices you make to protect the public and maintain order. We can, however, acknowledge your dedication and hard work and encourage others to do the same. As a result, I encourage everyone reading this message to say hello to a deputy or other law enforcement employee if you see one on Saturday, or any day really, and thank them for what they do. (This message doesn't just apply to police officers; all local first responders should be thanked for their service too!)

In recognition of our local law enforcement, here is a list of the deputies and other law enforcement personnel serving in the Northeast District for the St. Johns County Sheriff's Office, which includes Ponte Vedra and its surrounding communities. The district is led by Commander

Brian Harrington, who has been nothing but helpful, polite and patient with me in my time as editor. The same is true with everyone on his team I've interacted with so far. Thank you, all!

Lt. Chris Wensil
Lt. Shawn Lee
Sgt. David Garns
Sgt. Mike Hartsell
Sgt. Scott Yeoman
Sgt. Thomas Marmo
Sgt. Charles Brantley
Cpl. Al Dela Porta
Cpl. Justus Self-Medlin
Cpl. Dan Sorrells
Cpl. Zach Cooke
Cpl. Bryan Richmond

Deputies

Jeneane Judge
James Hayward
Nathan Datsko
Wesley Grizzard
Lauren Schneider
Jeremy Banks
Stacy Ettel
Clayton Mayerlen
Lauren Ledoux
Richard Michaux
Melanie Merritt
Paul Beasley
Samuel Hall

Patrick Angst
Ian Dwyer
John Newman
Jesse Howell
Patrick Warwin
Aaron Braddock
Kenny Carver
Nick Conerson
Craig Carson
Todd Davis
Joseph Antonetti
Gabe Bacolor
Kevin Greene
Von Mckenzie
Steven Lay
Cameron Coward
Kurt Hannon
Larry Dixon
Mitch Watson
Kimberly Peluso
Lenny Fontenot
Chad Hallman
Dennis Camden
John Tedder
Dwayne Cieslik
Keith Schiffer
Tony Clark

**Note: This list was provided by the Sheriff's Office and does not include all personnel working for SJSO, only those in the Northeast District.*

K9s for Warriors

Continued from 10

that morning. We remember all the first responders who ran into burning buildings to save lives, many of whom would never come out, and we remember the millions of American men and women who serve and served in our armed forces and fought two wars so an attack like that would never happen on American soil again.

"Many of those men and women

were deployed; many of them would never come home," Diamond continued. "Here at K9s For Warriors, where we are dedicated and serve our lives to help the heroes of those wars recover from wounds of those wars, we say with conviction this morning: We will never forget."

Diamond's remarks were followed by the lowering of the American flag to half-staff and a moment of silence to honor the fallen. "Taps" was then played to close out the ceremony, after which staff prepared gifts for deployed troops.

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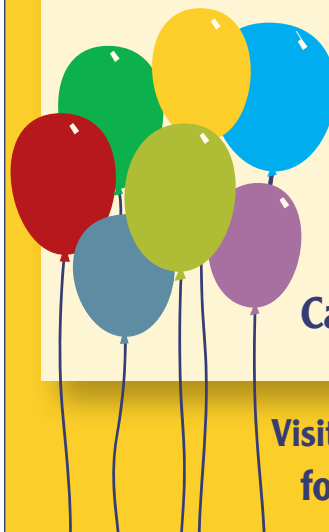
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- Wine Tasting

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ABOVE: Members of First Congregation Sons of Israel in St. Augustine participate in a ribbon cutting ceremony on Aug. 24 in celebration of the reopening of its sanctuary after 22 months of repairs following Hurricanes Matthew and Irma.

RIGHT: Rabbi Joel Fox leads the congregation in song.

Photos by Jon Blauvelt



First Congregation Sons of Israel in St. Augustine reopens sanctuary

By Jon Blauvelt

After 22 months of restoration efforts following Hurricanes Matthew and Irma, the historic St. Augustine synagogue, First Congregation Sons of Israel, recently reopened its sanctuary back to the community.

“It’s a lot of joy,” congregation president Les Stern said. “We’re just glad that all this hard work is coming to an end. We’re again in the sanctuary and it’s filled with happy voices and singing voices. It’s just great.”

The congregation celebrated the reopening with a ribbon cutting ceremony on Aug. 24 that was followed by wine and cheese and tours, and an evening service. The ensuing weekend featured an array of activities in the sanctuary, including services, tours, silent auctions, music and more. The reopening of the sanctuary and ensuring services provided for the first Sabbath service held there since Oct. 7, 2016.

“I get chills now thinking about it,” longtime congregation member Rene Naughton said. “The only thing that was the only constant was the synagogue, and then it was gone. ... It’s good to be back.”

Renovations to the sanctuary included the

installation of a new roof and ceiling, restoration of the original wood floors, installation of a replica of the original front doors, restoration and reinstallation of the vintage seating and other repairs. The restoration and repairs were financed with assistance from the Jewish Federation of Jacksonville, the Northeast Florida United Way, the generosity of many members and friends of the congregation and disaster assistance from the U.S. Small Business Administration.

Jerry Dixon served as the design architect, while Jeremy Marquis completed the exterior architecture. Mike Derring of Beachside Builders served as the builder, and a handful of Flagler College students helped with the design and painting of the Star of David that is placed on the ceiling. Flagler students also helped design the invites for the reopening event and redesign the website.

The congregation is currently accepting donations for further enhancements of the synagogue, including its social hall, spaces for classes, bathroom and kitchen. Visit first-congregation-sons-of-israel.org for more information. First Congregation Sons of Israel is located at 161 Cordova Street.

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St. Augustine

Continued from 10

Westfield delivered these remarks as part of a special ceremony on Tuesday, Sept. 11 at the St. Augustine Fire Department’s main station on Malaga Street to remember those who were lost. The firefighter said he had just returned from a visit to the Gettysburg battlefield two days before the Sept. 11 attacks.

“Two days earlier, I had thought what those men had to have been thinking that day 138 years ago, as they marched toward what they knew had to be certain death,” Westfield said. “In all likelihood,



Photo by Jon Blauvelt

John Westfield (left), a retired FDNY firefighter who responded to the 9/11 attacks, gathers with his family after speaking at a special ceremony held Tuesday in St. Augustine to remember those lost 17 years ago. Westfield and his family now live in St. Augustine.

in my opinion, they were thinking of their families.

“I cannot pretend to know what my fellow 343 brothers were thinking at that moment, but I imagine they were thinking of their families also as they achieved the greatest rescue in history but paid the greatest price,” Westfield added.

In addition’s to Westfield’s remarks, the ceremony included a presentation of the colors by the St. Augustine Police Department Honor Guard; an invocation by Father Tom Willis, rector of the Cathedral Basilica of St Augustine; musical presen-

tations by St. Augustine Firefighter Engineer Ed Purtill; and additional remarks by St. Augustine Fire Chief Carlos Aviles.

The ceremony also featured a minute of silence at 8:45am, timed to coincide with the time the first plane hit the first tower of the World Trade Center in 2001. In conclusion, the Fire Department conducted the “Striking the Four 5’s” by ringing its historic 1900 Fire Bell in four intervals of five rings each, to honor the firefighters, law enforcement officers, military personnel and civilians who died on 9/11.

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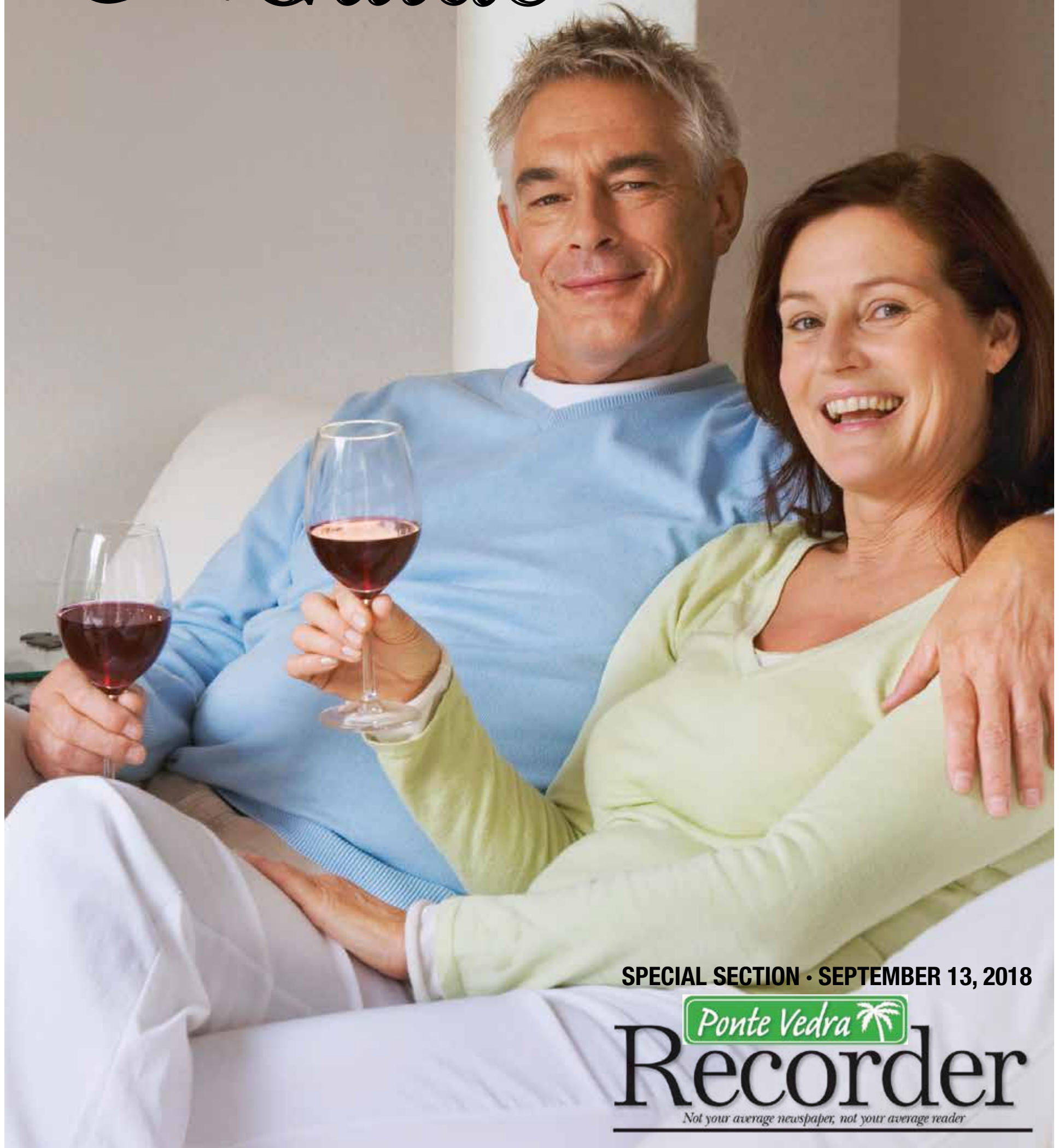
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SENIOR LIVING Guide



SPECIAL SECTION · SEPTEMBER 13, 2018



Recorder

Not your average newspaper, not your average reader

30 YEARS OF VICAR'S LANDING

Longtime resident, CEO reflect on community's transformation, impact and future

By Jon Blauvelt

Vicar's Landing is celebrating its 30th anniversary this year.

The upscale retirement community opened in 1988 and has since become one of the most reputable institutions of Ponte Vedra Beach. With hundreds of independent living residences, a skilled nursing facility and an assisted living facility, Vicar's is now home to 364 seniors and has a waiting list that could more than refill the campus.

Cynthia Prince was one of the first people to move into the community 30 years ago. When she arrived from Washington D.C., Vicar's was in its infancy.

"It wasn't completely built," she said. "So those of us who made the choice looked at the bare bones of whatever we were going to live in. People complain (now) about they can't see this, or they can't see that. My gosh. We couldn't see anything."

The campus, however, "grew the right way," said Prince, pointing to the continued development and improvement of the community's activities and volunteer opportunities. For instance, Prince led a volunteer program called Readers Aloud for 20 years that sent Vicar's residents and others in the community to PVPV-Rawlins Elementary School to read to students.

Prince also highlighted the community's dining options and proximity to other attractions and amenities in Ponte Vedra, such as Sawgrass Village and the Ponte Vedra Inn & Club, as benefits of living at Vicar's. Add in a strong staff and the fact that several of her friends joined her at the retirement community, and Prince, now 95, is convinced moving to Vicar's was the best decision she's ever made in her life.

"Everything I want is here," she said. "I can't say anything negative because there isn't anything."

Because of testimonies like that, CEO Bruce Jones said Vicar's Landing "has become a part of Ponte Vedra" over the past 30 years, noting that an expectation exists for people living in the area to one day end up at the retirement community.

"It's neat to be part of the culture, the expectation of what Ponte Vedra is," he said.

Jones added that the impact of Vicar's on the greater Northeast Florida area has been significant due to the retirement community's scholarship program. Since it was launched in 1994, Vicar's has awarded more than \$4 million to its employees in scholarships.

Jones, who became CEO in November 2012 after previously serving as director of health services, has seen tremendous growth within both the retirement community and in Northeast Florida over the 12

years he's worked at Vicar's.

When reflecting on the community's anniversary, Jones said the most significant changes for Vicar's took place just three or four years ago when the community completed exterior renovations across the entire campus to windows, doors, siding, sidewalks and landscaping. The project, Jones said, also provided Vicar's with the opportunity to plan for the future, adding more activity and fitness space.

As for the future, Jones said he and his team are starting to see the generational change in their residents as baby boomers are beginning to retire. For example, he said the younger residents of Vicar's are coming from a more business casual environment, so they want less formality in the dining room and more fitness, exercise and wellness programs offered in the retirement community. With this new generation in mind, Jones said Vicar's is currently "on a big push" to upgrade technology infrastructure and is pursuing opportunities to expand due to continued demand.

One such opportunity is with Alta Mar Holdings LLC, the owner of the Oak Bridge Club at Sawgrass. Vicar's has been in talks with Alta Mar to purchase a parcel of the Oak Bridge golf course to expand its campus there. A vote by the St. Johns County Commission in May to approve Alta Mar's sale and development plans, however, has led to the filing of a lawsuit against Alta Mar and St. Johns County by businesses and residents that abut the land in question. As a result, Jones said Vicar's has made it clear to Alta Mar that the retirement community will not enter into a purchase and sale agreement until that issue is resolved.

"We're not interested in being part of that lawsuit," Jones said.

The Vicar's Landing CEO said the retirement community's expansion plans would include the addition of one-story duplex homes with garages, a "product" that is not currently part of their portfolio. The plans would also include additional independent living apartments over parking, additional assisted living, a dedicated memory care center and more community amenities.

"We think that what we're going to add is attractive and beneficial to the community," Jones said. "Not everyone will see it that way. As they (Alta Mar) resolve their issues, we continue our communications. We have an agreement on what our price and terms would be right now. We're going to continue to evaluate that as this moves forward."

As that situation continues to unfold, Vicar's will reflect on the past and celebrate its 30th anniversary on Oct. 17 with a private dinner and dancing event. For more information on the retirement community, visit vicarslanding.com.



Photos courtesy of Vicar's Landing

Longtime Vicar's Landing resident Cynthia Prince and Vicar's Landing CEO Bruce Jones stand in front of a banner celebrating the retirement community's 30th anniversary.



Vicar's Landing is located within the Sawgrass Players Club in Ponte Vedra Beach.

A closer look at age-related macular degeneration



By Dr. McGregor N. Lott

*Ophthalmologist at Florida Eye Specialists
Special to the Recorder*

Dr. McGregor N. Lott
Guest Columnist

September is National Healthy Aging® Month — an end-of-summer occasion for seniors

to revisit and refresh their personal health goals. While many may assess their diet and exercise regimens, it's important to take a closer look at an aspect of senior health that is becoming increasingly problematic: age-related macular degeneration.

Defining the Disease

Age-related macular degeneration, or AMD, is an incurable eye disease that affects more than 10 million people in the U.S. The American Macular Degeneration Foundation reports that it is the leading cause of vision loss and afflicts more Americans than glaucoma and cataracts

combined.

The disease has three main stages — all of which center around the macula, the middle portion of the retina in the back of the eye. As the macula deteriorates, those dealing with the disease begin to lose their central vision function. Since the macula controls the eyeball's ability to see colors, faces and fine details, everyday activities like reading and driving may eventually become impossible.

Throughout the first two stages of AMD, most patients will not experience any vision loss, making the disease tougher to spot in a basic eye exam. Therefore, even if you are not currently experiencing any vision problems, it is still important to request a comprehensive eye exam to check for inward symptoms of AMD. This is especially true if you have one or more of the risk factors associated with the disease.

Understanding your risk

There is still no conclusive ruling on the specific causes of AMD. Experts have identified certain genetic and environmental risk factors, however, to look out for.

The most notable risk factor for AMD is age. Adults over 55 years old are at the highest risk of being diagnosed with AMD, and this risk increases as individuals get older. Due to their generally longer lifespan, females are more likely than males to be impaired with AMD.

Other uncontrollable risk factors include your eye color and your genetic history. Light-colored irises and cases of AMD in your family can both add to your likelihood of being afflicted with the condition.

Preventing AMD

While you may not have control over the aforementioned risk factors, there are steps you can take to help prevent the disease.

Smoking is a universally acknowledged risk factor for AMD that you can mitigate. Quitting the unhealthy habit can lessen the progression of the disease or help to prevent it altogether.

In addition, being overweight and having uncontrolled high blood pressure can all contribute to your chances of receiving an AMD diagnosis. Living a healthy, active lifestyle is a simple way to put

yourself on the path to prevention.

Another especially relevant risk factor that may affect Floridians is UV exposure. Although the link between UV light exposure and AMD is controversial, long-term exposure to sunlight without eye protection may increase your risk of developing the condition. It's always good practice to use sunglasses that offer complete UV protection.

The future of AMD is unclear as doctors and scientists work to find causes and cures. Naturally, as the substantial population of baby boomers enters seniority, cases of the disease are expected to rise dramatically.

This month, as you take stock of your physical health, don't overlook your eyes. Your eyesight is paramount to your physical well-being, so remember to incorporate proactive healthy decisions for your vision today.

Dr. McGregor N. Lott is an ophthalmologist with Florida Eye Specialists. He is fellowship-trained in medical retina and has been practicing ophthalmology for nearly 15 years. For more information, visit FloridaEyeSpecialists.com.

STARLING AT NOCATEE RESIDENT CELEBRATES 101ST BIRTHDAY



Photo courtesy of Starling at Nocatee

Residents and staff at the Starling at Nocatee sing happy birthday to Betty, a resident who recently turned 101 years old.

How seniors can safely stay behind the wheel

A greater sense of independence is often cited as the reason so many young people anxiously await the day they earn their drivers' licenses. But the connection between driving and independence is not lost on seniors, either.


Aging can take its toll on drivers, prompting such drivers' families to feel as if their loved ones' ability to safely operate motor vehicles has been compromised. However, many seniors can still safely operate motor vehicles, and those who do can take steps to ensure they're as safe as possible behind the wheel.

- Avoid driving on days when aches and pains are strong. Aches and pains are common side effects of aging, and seniors know that some days are better than others. Seniors' ability to control their vehicles may be compromised on days when stiffness, aches or pains seem particularly strong, so it's best to avoid driving during these times. Fatigue may set in on days when aches and pains require extra effort to perform relatively simple tasks, and drivers of all ages should avoid driving while tired.

- Don't skip medical checkups. Few seniors may look forward to their medical checkups, but visits to the doctor can reveal issues that can


help seniors be safer on the road. Schedule routine vision exams so eyeglass prescriptions are always up-to-date. In addition, seniors should discuss hearing screenings with their physicians so they can ensure they can always hear sirens and other motorists while on the road. Great strides have been made in regard to helping people with fading hearing hear better, and seniors would be wise to take advantage of such advancements, which include hearing aids that can be connected to smartphones.

- Familiarize yourself with medication side effects. Whether they do so temporarily or permanently, many seniors take medications, and every medication comes with side effects. When filling a new prescription, carefully read the dosage and description label to ensure that it's safe to drive while taking the medicine. Make note of how you feel when taking a new prescription, avoiding driving if the medication makes you feel fatigued or drowsy or affects your motor functions. If the side effects of a new prescription are making it difficult to safely operate a vehicle, discuss potential alternatives with your physician.





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UNF instructor tapped for exclusive Parkinson's Foundation program

Dr. Dawn Saracino, physical therapy associate instructor in the Department of Clinical and Applied Movement Sciences at the University of North Florida's Brooks College of Health, recently completed the Parkinson's Foundation Physical Therapy Faculty Program.

The intensive course is open to only 12 select physical therapy faculty per year, which allows educators to fully immerse themselves in the latest Parkinson's research and care. Saracino, an Atlantic Beach resident and senior physical therapist at Brooks Rehabilitation Hospital, attended the program at Oregon Health and Sciences University in late August.

"We're so proud that Dr. Saracino has been chosen to participate in this prestigious program," said Dr. Beven Livingston, UNF physical therapy program director. "Dawn will bring the most current evidence-based rehabilitation research on Parkinson's back home to UNF. This is a wonderful opportunity for our program and one of our most qualified and passionate educators."



Dr. Dawn Saracino

Saracino was invited to apply to the program due to her past training and participation with the Parkinson's Foundation. She has participated in several local roundtable events, including one with Mayo Clinic, discussing evidence for the effects of exercise on Parkinson's patients and their caregivers. Additionally, she has contributed to several scholarly research activities, including studying gait and balance in the neurological and older-adult populations.

The competitive train-the-trainer program teaches faculty leaders across the U.S. so they can, in turn, educate physical therapy students with the latest cutting-edge research. Saracino, a longstanding

SARACINO continues on **Page 17**

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FirstLight Home Care expanding to St. Augustine

Company announces new location to serve St. Augustine, Beaches and Jacksonville areas

FirstLight Home Care, an award-winning provider of non-medical home care, recently announced it will open a new location in the Northeast Florida area in the fall. The office will be owned and operated by business partners Brandi Stone and Eric Friedrich II and will serve areas including St. Augustine, Ponte Vedra Beach, Jacksonville Beach and Jacksonville.

FirstLight Home Care of The Beaches will meet increasing demand for home care in Florida as baby boomers choose to age at home. FirstLight serves seniors, adults with disabili-

ties, new mothers, veterans, those recovering from surgery and other adults in need of assistance. Their caregivers help with many needs — from personal hygiene and household duties such as cooking, cleaning and running errands to mobility assistance and dementia care.

“The need for quality, non-medical home care services has never been greater,” said Jeff Bevis, FirstLight Home Care co-founder and CEO. “We are eager to extend FirstLight’s culture of care to meet this growing need and help improve the well-being of members of the community.”

Since opening its first franchise location in 2010, FirstLight Home Care is now operating more than 250 locations in 34 states throughout the U.S.



Photo courtesy of metrocreativeconnection.com

Driving

Continued from 15

■ Avoid driving in certain conditions. Driving in inclement weather, during rush hour and at night makes many drivers uncomfortable, regardless of their age. But such conditions can be especially dangerous for aging drivers whose vision and reaction times might be fading. Seniors who avoid driving in harsh conditions and heavy traffic may be more comfortable behind the wheel, thereby reducing their risk of accident or injury.

Saracino

Continued from 16

UNF physical therapy faculty member, has taught several graduate-level courses on campus in neurology, spinal cord injury/prosthetics and therapeutic medicine. In addition to being licensed as a physical therapist, she is also certified as a neurological specialist.

Saracino is organizing and serving on the committee for two Parkinson’s Foundation events happening this fall at UNF. An interactive patient education program, “Managing Parkinson’s Through Rehabilitative Therapies” will take place Saturday, Sept. 15, at UNF’s Student Union; registration and information for the free event is available at www3.parkinson.org. This event will precede a Moving Day Jacksonville fundraising walk event, Saturday, Nov. 10, at UNF’s Coxwell Amphitheater.

Saracino is a member of numerous professional organizations, including the American Physical Therapy Association, Florida Physical Therapy Association, International Society of Gait and the Posture Research, Neurology Section of APTA. She earned her transitional doctoral degree in physical therapy from Shenandoah University, a Master of Health Science from University of Florida and a bachelor’s degree in physical therapy from State University of New York.

The Parkinson’s Foundation makes life better for people with Parkinson’s disease by improving care and advancing research toward a cure. The foundation builds on the energy, experience and passion of the global Parkinson’s community. Affecting nearly 1 million Americans and 10 million worldwide, Parkinson’s disease is the second-most common neurodegenerative disease after Alzheimer’s and is the 14th-leading cause of death in the United States.

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Magazines’* “Top 250 advisors” in the US, and one of Forbes* “Best in State Wealth Advisors” for Florida. His advice has been featured in the Wall Street Journal for years, and he’s been quoted as a financial expert in the national press for decades. Barron’s* has called advisors like Jeff “the best people in the business” and “truly great financial advisors” and says that they are “accepted in the industry” as the “top 1%” who set “the highest standards of their profession.” Forbes says it “scours... financial services industry” and has “uncovered great advisors” like Camarda “that are leading the way” and apply “best practices” to deliver a “high-quality experience for clients.” Camarda’s completed the CFP®, ChFC®, CLU®, CFS® and BCM™ designations**, and currently holds the CFA® investments expert and EA tax expert designations, as well as graduate degrees in financial planning, including a PhD in Financial and Retirement Planning. Dr. Camarda has written hundreds of articles and dozens of financial reports, whitepapers, and guides, and founded Wealth Education Radio. He is also an award-winning academic researcher into advisor competence and ethics. Camarda Wealth is A+ rated by the Better Business Bureau and has offices in Ponte Vedra Beach and Fleming Island.

Dr. Camarda’s Weekly Wealth Nugget TAX REDUCTION ADVICE

‘Taxes saved, is wealth earned.’ Tax control is much more powerful than many investors may realize, often because the actual cost can go unnoticed. This can be compounded by the complexity of the tax code, and the fact that many tax advisors can be unfamiliar with planning opportunities that big tax savers are missed.

Tax preparers can have a “nothing you can do about taxes” attitude that can blind them to tax reduction methods that are well accepted.

Perhaps more than in any other financial planning discipline, getting taxes right makes a dramatic difference in how rich you get, and stay. It can have a greater impact in strongly moving the wealth needle.

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If you’re successful, odds are you’re in the small percentage paying the majority of all U.S. income taxes...and that probably won’t change much even with “tax reform.” If you’re like many successful taxpayers, you could be overpaying by hundreds of thousands or even millions in legitimately avoidable tax each year, using long-accepted mainstream techniques.

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The difference in compound wealth growth without the drag of excessive taxation can be extraordinary. How much richer would your family get if some or most of what you pay each year in taxes went to investments instead?

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Well-advised families have saved literally tens of millions in avoidable taxation, using mainstream, accepted, time-honored techniques. Such techniques are well-known at the “best practices” level, but often completely unknown to tax advisors of even wealthy families.

If you suspect you may be paying more than your legal share, give us a call, we’ll be happy to help find ways to cut your taxes. Often, we’ll be able to quickly determine potential opportunities, and the right strategy to explore them.

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Alzheimer's support groups offer healing, help

The Palms at Ponte Vedra hosts monthly meetings where caregivers can learn facts, share stories about devastating disease

By Paris Moulden

An estimated 5.7 million Americans of all ages are living with Alzheimer's and the numbers are climbing fast, according to the Alzheimer's Association.

Those numbers don't include the millions of others affected by Alzheimer's — the family members and loved ones of those suffering from the heartbreaking disease. Learning what to expect, having a shoulder to lean on and receiving advice from others who have been there, can be a lifeline for those who love someone with Alzheimer's, so support groups are increasingly important.

"I think support groups are really critical," said Cari Eyre, associate director of programs for the Alzheimer's Association, Central & North Florida Chapter. "They are an opportunity for family members to not only get the emotional support that they need, and maybe some validation for the feelings that they're going through, but also a good place for them to get some practical tips and support and learn the ins and outs of this disease."

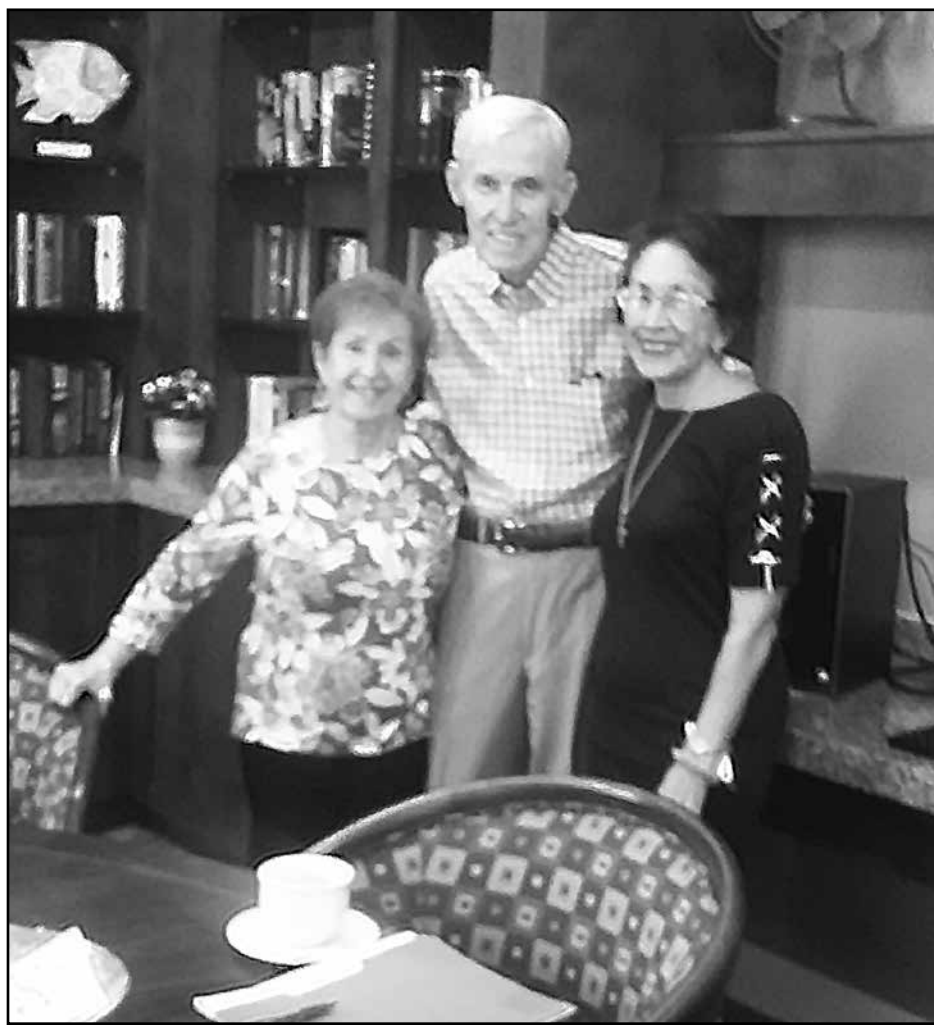
In the Ponte Vedra area, The Palms at Ponte Vedra holds an Alzheimer's support group meeting the first Wednesday of every month from noon to 1 p.m. that is facilitated by Eyre. The meetings, which have been held at The Palms for a little more than two years, have been invaluable to members of the group, especially those who are new to the program, such as Dr. Stephen Carney, whose wife, Mary Jane, became a full-time resident at The Palms just over two weeks ago.

Carney said he noticed his wife was having some cognitive difficulties, and he thought he could handle the caregiving duties himself. But, he said, with guidance from their children, he eventually had to accept that he couldn't do it alone.

He found The Palms, which he said made his decision a little easier. The community allowed Carney to bring his wife to the facility on a three-day-a-week basis to get used to the facility. She was able to participate in activities and get to know the staff before she became a live-in resident.

He also said it's important having the support of people who understand, like group member Ruth Phelan, a Palms at Ponte Vedra resident whose husband died from complications of Alzheimer's.

"We usually answer questions as thoroughly as we can," Phelan said of the support group. "We share our experiences and tell them what they can expect."



Ruth Phelan (from left), Dr. Stephen Carney and Lou Miller are members of the Alzheimer's Association Support Group, which meets the first Wednesday of each month at The Palms at Ponte Vedra.

Photo by Paris Moulden

LEFT: The Palms at Ponte Vedra hosts a monthly Alzheimer's support group on the first Wednesday of each month.

Photo courtesy of The Palms at Ponte Vedra

Phelan said her husband thought he had Alzheimer's in the early stages. She watched the disease progress to the point that he didn't recognize her any more.

"Before we brought him here, he didn't know me," Phelan said. "He claimed that I was an imposter, and I was not his wife."

After moving to the Palms, she didn't see him for the first month, giving him time to get used to his new environment.

"They wouldn't adjust to be away from their mate if they were with them all the time," Phelan said. "So, it has to be that they get adjusted to being alone without them and mixing with the group and eating and sleeping and waking up (in the new environment). So, it does take time for a major adjustment."

Carney hasn't seen Mary Jane since she moved into The Palms a little over two weeks ago but said The Palms has been diligent about keeping him informed of

her daily activities.

"I'm ready when they call," Carney said. "It's just they thought my coming in too soon would set us back to where we were when she first came."

"Overall, I look at it now, with all the activities she's getting to do," he added. "She's so much happier during the day. Everybody's been so wonderful."

Support group member Lou Miller said her husband, who currently resides at The Palms, noticed some of the early signs himself. He read a lot of material on Alzheimer's when he began struggling with a primary early symptom.

"His long term-memory he can remember very visually, and discuss anything that's happened," Miller said. "It's his short-term memory that he struggles with. You can ask him if he had breakfast, and he'll say, 'I don't know.'"

The Alzheimer's Association has a 10-symptom checklist that breaks down

the top 10 warning signs and symptoms.

"It's important to keep in mind that Alzheimer's disease creates a very unique picture for everybody who experiences it," Eyre said. "If you've met one person with Alzheimer's, you just met that one person. Support groups are definitely a way to provide support and insight."

Coming to the conclusion that help is needed can be a relief for the person living with the disease, and their loved ones.

"After a while, you say to yourself that's not the way she should have to live, that's not the way I should have to live," Carney said. "We can do better."

Miller said trying to go through it alone can be isolating to the caregiver, who often puts self-care on hold.

"For me, it was very confusing," she said. "Because I knew he was going to get worse, and I was still healthy, and I felt like I was being pushed into seclusion. All the care becomes his care."

Carney's biggest concern was worrying about if something happened to him. The Carneys' children live up North, so the thought of something happening to him if he was his wife's sole caregiver prompted him to act.

Eyre applauded Carney's approach to dealing with his wife's condition and the importance of seeking help.

"Dr. Carney is such a wonderful example, because he is that completely devoted and caring husband," Eyre said. "And his medical background may make it seem that he's the ideal person to be a caregiver, so, obviously, if he knows the importance of turning to other people to support him, then we all need to see it. Because he's doing everything just right."

And it's a decision more and more people may be having to make. Diagnosis of Alzheimer's cases is growing at an alarming rate. Eyre said more than 5 million Americans are currently living with Alzheimer's, and the number is expected to triple by 2050.

"So, if you don't know somebody with Alzheimer's Disease today, odds are that you will," she said.

Some of the reasons for the growing numbers are that people are living longer and people are more likely to get an accurate diagnosis of the disease than they were 20 or 30 years ago, Eyre said. There is also significant research being done to try and curb those numbers, including a recent clinical trial exploring the effects of the absence of amyloid from brain and cognitive functioning, and a recent study showing significant reductions in the risk of mild cognitive impairment through aggressive lowering of systolic blood pressure. For more information on these studies and others, visit www.alz.org/aaic/overview.asp. The Alzheimer's Association also offers educational programs to cover this material.

Help St. Johns County COA by dining at any Columbia Restaurant in September

Patrons of any of the seven Columbia Restaurant locations in Florida throughout the month of September will have the opportunity to donate to the St. Johns County Council on Aging as part of the restaurant's 21st annual Community Harvest program.

Through this program, The Columbia donates 5 percent of all guests' September lunch and dinner checks to the charitable organizations chosen by their customers. This year, the list of organizations will include the St. Johns County Council on Aging. The Columbia Community Harvest takes place in all of the Columbia locations, including downtown St. Augustine.

"We started this program in 1998 as a way to help many of the worthy non-profit groups that are so important to

our communities," Columbia Restaurant President and fourth-generation family member Richard Gonzmart said. "We thought the best way to do this was by letting our customers get involved in selecting the organizations. The process is simple. They just put a check mark next to one of the charitable organizations listed on a form we provide. They turn it in to their server. We do the rest and donate 5 percent to the charity."

Over the past 20 years, the Columbia Restaurant Community Harvest has donated more than \$2.2 million to nonprofit organizations throughout Florida.

All Columbia locations are open seven days a week for lunch and dinner. Visit www.ColumbiaRestaurant.com for more information.



Photo courtesy of Columbia Restaurant Group

Columbia Restaurant in St. Augustine is one of seven locations in Florida where patrons can donate to the St. Johns County Council on Aging as part of the restaurant's 21st annual Community Harvest program in September.

COUNCIL ON AGING UPCOMING EVENTS & ACTIVITIES

Here's a look at the upcoming events taking place at the St. Johns County Council on Aging at the River House, which is located at 179 Marine St. in St. Augustine. Hours of operation for River House are from 8:30 a.m. to 4:30 p.m., Monday to Thursday, and 8:30 a.m. to noon on Friday.

Flagler College Tech Help

Technology savvy Flagler College students will offer complimentary help at River House on Mondays from 3 to 4 p.m. starting Oct. 1. Bring your laptop, smartphone, iPhone, iPad or tablet, and a student will work with you one-on-one to answer questions and help with technology needs. Call (904) 209-3655 to schedule a reservation.

Dinner and a Movie

Join moviegoers the third Thursday of each month (Oct. 18, Nov. 15, Dec. 20) at River House. The movie begins promptly at 4:30 p.m. Cost is \$15 for River House members and \$20 for non-members. In addition to dinner, guests will receive a soft drink and popcorn. Beer and wine are available at an additional cost. Advanced payment and registration are required. Call (904) 209-3655 to reserve a seat.

Wellness Wednesdays

Wellness Wednesday is from 11 a.m. to noon Oct. 3. Florida Health Care Plans will be discussing various health and wellness topics in addition to giving away a ticket to the River House's Dinner and a Movie event. For reservations, call (904) 209-3655.

Senior Singles Group

Join local seniors for fabulous food and fun conversation the first Tuesday of each month at various restaurants. Call (904) 209-3655 for reservations. Upcoming meetups are 11 a.m., Oct. 2, at Hurricane Patty's, 69 Lewis Blvd. in St. Augustine; and 11 a.m., Nov. 6 at Gypsy Cab, 828 Anastasia Blvd. in St. Augustin.

Flu and pneumonia shots (New)

CVS Pharmacy will be offering flu and pneumonia shots at River House from 10 a.m. to noon on Wednesday, Oct. 17. Bring your Medicare card or insurance card. Walk-ins are welcome; no appointment necessary. For more information, call (904) 209-3655.

Learn to speak Italian

In this class, you will learn conversational Italian as well as the customs. Classes will be at River House beginning Oct. 1. Cost to River House members is \$30 for the six-week session and \$35 to non-members. Call (904) 209-3655 for advanced payment and registration.

Level 1: Mondays, Oct. 1, 8, 15, 22, 29 and Nov. 5, from noon to 1 p.m.

Level 2: Mondays, Oct. 1, 8, 15, 22, 29 and Nov. 5, from 1 p.m. to 2 p.m.

Level 3: Mondays, Oct. 1, 8, 15, 22, 29 and Nov. 5, from 2 p.m. to 3 p.m.

Level 4: Mondays, Oct. 1, 8, 15, 22, 29 and Nov. 5, from 3 p.m. to 4 p.m.

Level 5: Thursdays, Oct. 4, 11, 18, 25 and Nov. 1, 8, from 9:30 a.m. to 10:30 a.m.

Level 6: Thursdays, Oct. 4, 11, 18, 25 and Nov. 1, 8, from 10:45 a.m. to 11:45 a.m.

French Level 1 class (New)

Discover France and the French language with this interactive six-week course, which will help you learn basic French language skills and understand French culture through role-playing, storytelling and a situational real-life learning environment. This language and culture class will be taught by native French instructor, Denise Baudinet, who has traveled worldwide and strengthened her interest in expanding multicultural communications and understanding. Classes are held on Thursdays from 1 p.m. to 2 p.m. beginning Oct. 4. Call (904) 209-3655 to register for the six-week session. The fee is \$30 for River House members and \$35 for non-members.

Spanish Level 1 (New)

This six-week session will be held on Thursdays, beginning Oct. 4, from 2:30 p.m. to 3:30 p.m. to learn the basics of Spanish. Participants will also enjoy learning about Spanish culture in the fun and interactive class. The cost is \$30 members/\$35 non-members. Call (904) 209-3655 to register.

River House Chorus

Enjoy the many fantastic mental, physical, and spiritual benefits of group singing on Tuesdays, beginning Oct. 9, from 2 p.m. to 3:30 p.m., with instructor Diana Milesko. New members are always welcomed (reading music is helpful, but not necessary). This group performs for COA events and locally in the community. For more information, call (904) 209-3655. This is complimentary to River House members; \$4 for non-members.

Honoring Choices/Advance Care Planning (New)

Do you have a plan in place if an unexpected event or serious illness left you unable to communicate your healthcare decisions? Come to the River House on Wednesday, Oct. 10 from 11 a.m. to noon to discuss advance care planning and choosing a health care decision-maker. Call (904) 209-3655 to reserve a spot in the complimentary event.

Author appreciation event: RG Head (New)

Meet retired Brigadier General and author, RG Head, on Friday, Oct. 19, at 9:30 a.m. He will be discussing his book, "Oswald Boelcke: Germany's First Fighter Ace and Father of Air Combat." Appealing to military and aviation enthusiasts, this biography explores why Oswald deserves consideration as the most important fighter pilot of the 20th century. The cost for attendance is \$3 for members/\$4 for non-members. Call (904) 209-3655 to reserve a seat.

Essential oils (New)

Learn about the health benefits of pure essential oils. Instructor Jayne Moon will show how to incorporate essential oils into everyday life and how to use them to create a business. This four-session class will be held from 1 p.m. to 2 p.m. on Mondays and Wednesdays (Oct. 22, 24, 29 and 31). The cost is \$20 for members/\$25 for non-members. Call (904) 209-3655 to reserve a seat.

Music simplified (New)

If you've ever been interested in learning how to play guitar, ukulele, banjo, or dulcimer, come to the River House on Tuesday, Oct. 23 from 10 a.m. to 12:30 p.m. Learn how to play any song by learning all major and minor chords in one easy lesson. The follow-up class will be Tuesday, Oct. 30 from 10 a.m. to 12:30 p.m. Go to GuitarSimplified.com for a short video demonstration of the Guitar Barre in action. The cost is \$25 for members and \$30 for non-members per session. Enrollment is limited so call (904) 209-3655 to make a reservation.

Jewelry beading class (New)

Want to get in tune with your creative side? Fulfill the need to be creative by designing jewelry. Join Shirley Nacey to make bracelets and necklaces with unique and intriguing beads to enhance your style or make a gift for a friend. The class will begin with basic stringing with beading wire and attaching clasps/crimps, then will advance to off-loom stitching such as peyote, square stitch, netting, etc. This four-week series class will take place on Wednesdays, Nov. 7, 14, 28, and Dec. 5 from 1:30 p.m.-3:30 p.m. Cost is \$40 for members and \$45 non-members and includes all supplies. Space is limited, so call (904) 209-3655 to register.



Photo courtesy of The Palms at Ponte Vedra

The Palms at Ponte Vedra offers different types of residences depending on the need of the resident as well as an upscale dining facility, an ice cream parlor and a theatre room (above).

Alzheimer's

Continued from 18

For caregivers who are unable to attend meetings, the Alzheimer's Association allows people across the country to connect through a support group via Skype, held on the third Tuesday of every month at 7:30 p.m. For more information on the area Alzheimer's Association chapter, go to www.alz.org/cnfl.

Eyre said it's important for people deal-

ing with loved ones who may have the disease to be proactive.

"I would just encourage family members who are concerned about a loved one, don't go with the wait-and-see or say there's nothing we can do," Eyre said. "I know it's a scary and uncomfortable time but connecting to support groups and getting the information about what we can do to build a successful care plan are some of things we can do to help loved ones with this diagnosis live better and live longer."

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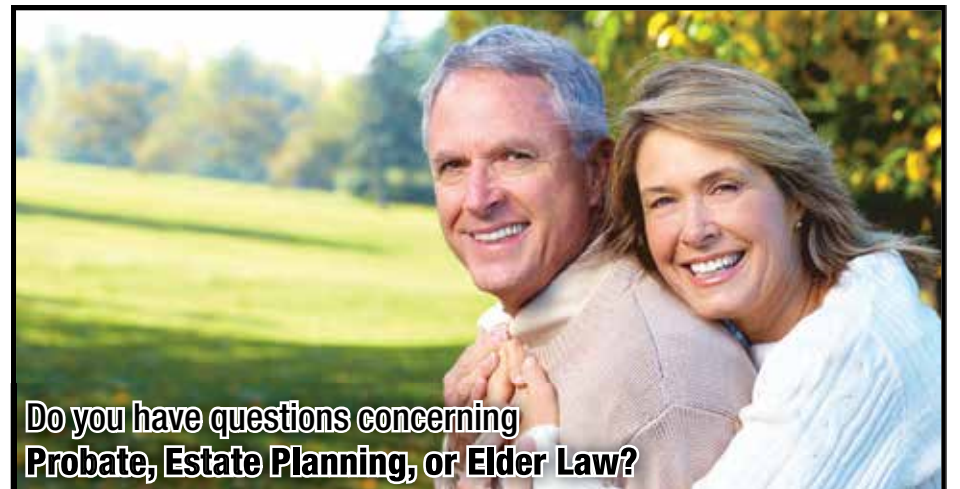
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COA Events

Continued from 19

Author appreciation event: Jewel Grutman (New)

Meet retired attorney and local author, Jewel Grutman, as she discusses her book "Redfish Oak" at the River House on Friday, Nov. 9, at 10 a.m. Based on documented factual events, the book is full of action, mystery and a bit of romance. Books will be available for purchase at additional cost. The cost for attendance is \$3 for members/\$4 for non-members. Call (904) 209-3655 to reserve a seat.

Tech Tuesdays for iPhone and iPad (New)

Tech Tuesdays, which begins Nov. 13, will focus exclusively on iPhones and iPads with instructor Kai Long. Classes will be held at River House from 1 p.m. to 2 p.m. every Tuesday. Bring your iPhone/iPad. The cost is \$8 for members/\$10 nonmembers per session. For reservations, call (904) 209-3655.

Nov. 13: iPhone/iPad Basics

Nov. 20: iPhone/iPad camera and photo app

Nov. 27: iPhone/iPad editing photos and videos

Dec. 4: Using maps/GPS

Dec. 11: Using contact folder

Dec. 18: Using Safari (search internet/bookmarks/reader view)

Jan. 8: Using Siri and ways to save battery life

Mindfulness meditation (New)

Experience the time-honored practice of mindfulness meditation that has been used as a path toward peace for more than 2,500 years. Examine the philosophy and psychology in which it is rooted. Students are asked to commit to all four classes and a daily home practice of 10 minutes during the four weeks. Wear comfortable

clothing and bring a yoga mat. Beginning Jan. 8, classes will be held on Tuesdays (Jan. 8, Jan. 15, Jan. 22, Jan. 29) from 10 a.m. to noon. To reserve your place, call (904) 209-3655. The cost is \$25 for members and \$30 for nonmembers.

Wellness Wednesday event (New)

Learn how to prevent and reverse chronic disease by making the right food choices on Wednesdays, Jan 16 and Jan. 23, from 1 p.m. to 3 p.m. During the first session, presenters Bob and Fran German will have a viewing and discussion of the movie "What the Health." The next session will require a notepad for the workshop, packed with practical tips and ideas about healthy foods, transitioning to a healthier diet, shopping tips, recipes and more. The cost is \$3 for members/\$5 for nonmembers. Seating is limited, so call (904) 209-3655 to make a reservation.

OTHER COA EVENTS/ACTIVITIES

Integrative Memory Enhancement Program at Riverview Club in the Shores

The COA Integrative Memory Enhancement Program at the Fruit Cove Baptist Church in St. Johns has openings for enrollment. The class size is limited to 10 participants. The fee for service with subsidies is available for those who qualify. Call Michele Sanchez at (904) 729-9535 for more information or visit imeprogram.com.

Free Caregiver Class "Understanding Dementia"

This class for family caregivers caring for a loved one with dementia will be held on Tuesday, Sept. 18, from 2 to 4 p.m. at the Coastal Community Center, 180 Marine St. in St. Augustine. For more information about classes, call Paulette Kozlowski at (904) 209-3674.



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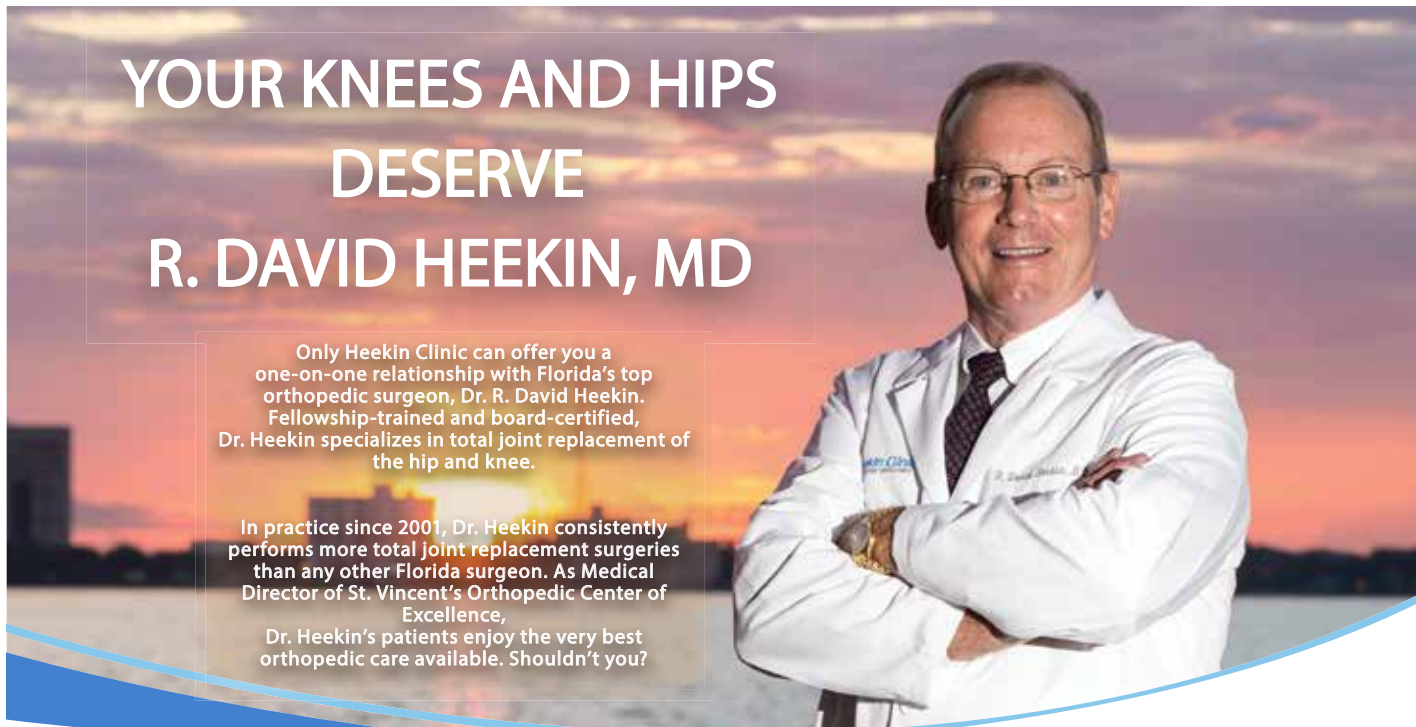
- Volunteer drivers needed to deliver Meals on Wheels to homebound seniors.

- Volunteers needed to help with preparation of Meals on Wheels and congregate meals.

- Volunteers needed for Veteran's Recognition Program: Nov. 7 (9 a.m. to 1 p.m.)

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ORTHOPEdic EXCELLENCE

Thursday, Sept. 13	Friday, Sept. 14	Saturday, Sept. 15	Sunday, Sept. 16
<p>Jed Katzman performance Jed Katzman will sing classic tunes Sept. 13 at 11 a.m. at THE PLAYERS Community Senior Center, located at 175 Landrum Lane in Ponte Vedra Beach. The event will also feature a 50/50 raffle and a birthday cake sponsored by The Palms. For more information, contact Danielle Johnson at (904) 280-3233 or email djohnson@stjohnscoa.com.</p> <p>Florida Agricultural Museum farmer's market The Florida Agricultural Museum will host a farmer's market each Thursday from 8 a.m. to noon through May. The market features fruit, vegetables, local artisans, farm animals, local honey, flea market items and more. For more information, visit www.floridaagmuseum.org. This farmer's market will take place at the Florida Agricultural Museum, located at 7900 Old Kings Road N. in Palm Coast.</p> <p>'The Road to Wellness' "The Road to Wellness" is a six-part series to encourage participants to take a deeper look at their well-being and live a more balanced life. The first session will take place at the Ponte Vedra Y Healthy Living Center Sept. 13 from 9:30 to 10:30 a.m. The \$30 program will include the "Road to Wellness" workbook, a focus on stress management, physical activity, creating boundaries and more. The Y Healthy Living Center is located at 170 Landrum Lane in Ponte Vedra Beach.</p> <p>Early Literacy for Happy Babies class Lapsit babies and their caregivers are invited to join the Ponte Vedra Library's Youth Services Staff for stories, singing, and movement to help build early literacy skills and develop a love of reading. This event will be held Sept. 13 from 11:30 a.m. to noon. The Ponte Vedra Beach Branch Library is located at 101 Library Blvd.</p> <p>First Coast Newcomers Club meeting The First Coast Newcomers Club will meet Sept. 13 in St. Augustine at 7 p.m. for a Sharks & Rays program. The group is designed to help people meet friends in the community. For venue information and more, call (904) 829-0643.</p>	<p>'Between Truth and Illusion' exhibition The general public is invited to an exhibition, entitled "Between Truth and Illusion," in the Scene Room at the Cultural Center at Ponte Vedra, located at 50 Executive Way. The exhibit is presented by the Society of Mixed Media Arts (SoMMA). It will run through Sept. 22.</p> <p>Palencia Market street event Come out and get to know Palencia residents in this block party-like event. To be held Sept. 14, this event will offer locals a chance to make connections and enjoy the outdoors. Call (904) 429-7861 for more information.</p> <p>Moonlight Movies: 'Beauty and the Beast' Moonlight Movies, presented by the City of Jacksonville Beach and others, will host a showing of "Beauty and the Beast" Sept. 14 at 8 p.m. This event, which is free and open to the public, will take place at the Seawalk Pavilion located at 1 St. N. in Jacksonville Beach.</p> <p>Evian Championship Week at the Hall of Fame Visit the World Golf Hall of Fame during the women's last Major Championship of the year, the Evian Championship, and enjoy learning about Hall of Fame members who are past champions. The broadcast will be shown throughout the museum during the week. For more information, visit www.worldgolfhalloffame.org. The World Golf Hall of Fame is located at 1 World Golf Place in St. Augustine.</p> <p>Florida Heritage Book Festival and Writers Conference The Florida Heritage Book Festival and Writers Conference will take place Sept. 13-15 for budding authors who are seeking to hone their skills. The Thursday workshop starts at 10 a.m. and costs \$80. The Friday workshop starts at 9 a.m. and costs \$105. Both workshops will take place at the Renaissance World Golf Village Resort, located at 500 S. Legacy Trail in St. Augustine. On Saturday at the Flagler College Bookstore, the event will offer presentations by 20 featured authors highlighting Florida's rich literary culture. For more information, visit www.floridaheritagebookfestival.com.</p>	<p>St. Augustine Amphitheatre Farmers Market The St. Augustine Amphitheatre Farmers Market will take place every Saturday morning from 8:30 a.m. to 12:30 p.m. The market features more than 100 tents with local produce, flowers, baked goods, handmade arts and crafts and more. The St. Augustine Amphitheatre Farmers Market is located at 1340 A1A S. in St. Augustine.</p> <p>Sea turtle awareness event Whiskey Jax will host an art exhibit and sea turtle awareness event Sept. 15 from 2 to 6 p.m. featuring Marie Lyon Carney. The event will feature music from Incognito. For more information on Carney's art, visit www.marielyoncarney.com. Whiskey Jax is located at 950 Marsh Landing Pkwy ste 370 in Jacksonville Beach.</p> <p>Archaeological Institute of America event The Archaeological Institute of America-Jacksonville Society will meet Sept. 15 at noon in Building 51 at the University of North Florida. Doctors Callaghan and Kovacevich from the University of Central Florida will host a lecture entitled "The Naked and the Dead: Ritual and Warfare at the Dawn of Maya Civilization in Hol-tun, Guatemala." The University of North Florida is located at 1 UNF Drive in Jacksonville.</p> <p>Society of Mixed Media Artists meeting The public is invited to attend the Society of Mixed Media Artists (SoMMA) meeting Sept. 15 at the Cultural Center at Ponte Vedra Beach, located at 50 Executive Way. The meeting will begin at 10:30 a.m. and will feature a presentation by artist Kathy Plante entitled "Learn the History and Uses of Polymer Clay." Polymer clay is known for its versatility, pliability and its simplicity. The demonstration will explore some of the more creative techniques for polymer clay that can prove useful for adding texture and other elements to mixed media art. For more information, contact Barbara Milon at milonbarbara3@yahoo.com.</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>'Urban Spaces, Open Skies' exhibition The newest exhibition at the Cummer Museum of Art & Gardens, entitled "Urban Spaces, Open Skies: 20th-Century American Landscape," will be on display through Feb. 3, 2019. Drawn from the Cummer Museum's extensive collection of works on paper, this presentation will feature more than 30 prints celebrating modern cities and the timeless charms of the country. Visitors can admire how artists have captured the changing landscape of cities like Chicago and New York. For more information, contact Amber Sesnack at (904) 899-6034 or asesnack@cummuseum.org.</p> <p>Sing Out Loud Festival The Sing Out Loud Music Festival, one of Florida's largest free music festivals taking place over the course of four weekends in St. Augustine, features more than 200 performers and 19 participating venues. Visit www.singoutloud-festival.com for venue information and more.</p> <p>Salt Air Farmers Market The Salt Air Farmers Market will feature home-grown produce, local art and more. This event will take place Sept. 16 from 10 a.m. to 2 p.m. at 9505 Oceanshore Blvd. in St. Augustine. For more information, visit www.saltairfarmers-market.com.</p> <p>National Back to Church Sunday The general public is invited to National Back to Church Sunday on Sept. 16 from 8 to 11:30 a.m. at Victory Lutheran Church. The morning will feature worship, Bible reading and a chance to connect with members of the community. Visit www.victorylutheran.org for details or call (904) 642-8900. Victory Lutheran Church is located at 4651 Kernan Blvd. S. in Jacksonville.</p>

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Monday, Sept. 17	Tuesday, Sept. 18	Wednesday, Sept. 19	Thursday, Sept. 20
<p>Senior Pilates Enjoy this Senior Pilates class Mondays from 10 a.m. to 11:30 a.m. and Wednesdays from 10:30 a.m. to noon at River House, located at 179 Marine St. in St. Augustine. Admission costs \$4 for members or \$5 for non-members. Students will need to bring a yoga mat and straps. Call (904) 209-3655 to register. Pilates is a form of exercise that results in an improved core of stability, flexibility, strength and energy.</p> <p>MOSH Mondays The Museum of Science and History's MOSH Mondays feature discounts including buy-one-get-one-half-off admission for adults, 10 percent off MOSH-branded items in the museum shop, 10 percent off memberships when signing up in-person and 10 percent off birthday packages when signing up in-person. MOSH Mondays also feature rotating weekly programs. MOSH is located at 1025 Museum Circle in Jacksonville. Visit www.themosh.org for more information.</p> <p>Florida Master Naturalist Program This Florida Master Naturalist Program is for adults who want to learn more about Florida's environment. Individuals, educators and those in the eco-tourism business can benefit. Classes, which will be held at THE PLAYERS Community Senior Center, start Sept. 17 at 8:30 a.m. For more information, call Carol Wyninger at (904) 220-0232 or Kelly Ussia at (904) 209-0335. The Players Community Senior Center is located at 175 Landrum Ave. in Ponte Vedra.</p> <p>UF/IFAS Nassau Extension Plant Clinic Rebecca Jordi, extension director/horticulture agent, will conduct a series of Plant Clinics starting Sept. 17 from 10 a.m. to 2 p.m. All county residents are invited to bring plant samples showing landscape problems. At the meeting, issues will be discussed and solutions will be provided. There is no fee to attend. For more information, call (904) 530-6353. This event will take place at the UF/IFAS Nassau Extension Yulee office, located at 86026 Pages Dairy Road in Yulee.</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>First Coast Card Club meeting The First Coast Card Club will meet at the Ponte Vedra Beach Branch Library Sept. 18 at 1 p.m. Join the group to meet card players and connect with the community. For more information, call (904) 829-0643. The Ponte Vedra Library is located at 101 Library Blvd.</p> <p>Bookmobile A Bookmobile can be found Sept. 18 from 1:30 to 3:30 p.m. at the Publix at Nocatee Town Center, located at 120 Marketside Ave. in Ponte Vedra Beach. Visitors can check out books, movies, music and more.</p> <p>Watercolor painting class with Elaine Bergstrom Join Elaine Bergstrom for this watercolor painting class Sept. 18 from 10 a.m. to noon at the Cultural Center at Ponte Vedra Beach. Participants will learn a variety of watercolor techniques by using only six colors, explore the differences between glazing and mixing the colors and develop a realistic application with different brush strokes. The Cultural Center at Ponte Vedra Beach is located at 50 Executive Way.</p> <p>Craft Ladies: Fall Door Decor Join the Craft Ladies Sept. 18 from 2 to 3:30 p.m. at the Ponte Vedra Beach Branch Library to create autumn-inspired door decorations. Patrons must be 18 years of age and older and have a valid library card. Space is limited. Call (904) 827-6950 to register. The Ponte Vedra Beach Library is located at 101 Library Blvd.</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 the church Grab a mat and enjoy a weekly yoga session at St. Paul's by-the-Sea Episcopal Church each Wednesday at 11:30 a.m. All ages and skill levels are welcome. St. Paul's by-the-Sea Episcopal Church is located at 465 11th Ave. N. in Jacksonville. Call (904) 249-4091 Ext. 103 for more information.</p> <p>Wednesday Market at St. Augustine Beach The St. Augustine Beach Wednesday Market offers oceanfront shopping at the St. Johns County Pier Park every Wednesday starting at 8 a.m. Approximately 60 to 80 vendors can be found at the market selling locally grown produce, baked goods, prepared foods, arts, crafts and more. Visit www.sabca.org for more information.</p> <p>Healthy Eating Every Day The Healthy Eating Every Day program, taking place Wednesdays at THE PLAYERS Community Senior Center from 1 to 2 p.m. through Dec. 5, will teach participants how to balance calories and reach a healthy weight. For registration and additional information, contact Sherri at Northeast Florida AHEC at (904) 482-0189. THE PLAYERS Community Senior Center is located at 175 Landrum Lane in Ponte Vedra Beach.</p> <p>Alzheimer's Support Group Cypress Village will host an Alzheimer's Support Group on the third Wednesday of each month at 3 p.m. Call (904) 807-6222 to RSVP. Cypress Village is located at 4600 Middleton Park Cir. E. in Jacksonville.</p>	<p>Yoga for Survivors The Y Healthy Living Center at the Ponte Vedra YMCA will host a Yoga for Survivors class Sept. 20 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>Grief Support Group St. Paul's Catholic Church will host a Grief Support Group on the third Thursday of each month at 7 p.m. at the Family Life Center, located at 578 1st Ave. N. in Jacksonville Beach. The group is for men and women who are grieving the death of a family member or friend. For more information, contact Kathy at (904) 553-8933 or Catherine at (904) 247-0665.</p> <p>2nd Infantry Divison Reunion Veterans of the U.S. Army's renowned 2nd Infantry Division, The Warriors, will hold their 97th Annual Reunion at the Crowne Plaza Airport Hotel in Jacksonville from Sept. 19 through 23. The reunion will be conducted by the division's veterans' organization, the Second Indianhead Division Association. Highlights will include an Early Bird Dinner with keynote speaker Colonel Karen Lloyd, a Muster Dinner with keynote speaker Colonel David Hunt, a grand banquet and more. To attend, contact Bob Haynes at (224) 225-1202, email 2idahq@comcast.net or visit www.2ida.org.</p> <p>Ask the Expert: Patty Carroscia Join certified Healing Touch practitioner, Patty Carroscia, RN, HN-BC, Sept. 20 at 10:30 a.m. as she explains the basics of the relaxing and nurturing adjunct therapy that supports the body's natural ability to heal. This event will take place at the Mandarin Y Healthy Living Center, located at 10415 San Jose Blvd. in Jacksonville.</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 or call (904) 686-3939.</p>

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THE PLAYERS COMMUNITY SENIOR CENTER MEMBERS GET LESSON ON CBD OIL



Photo courtesy of St. Johns County Council on Aging

Anna Moyer, pharmacist and co-owner of Bluebird Pharmacy in Ponte Vedra Beach, recently presented a lecture about cannabidiol (CBD) oil at THE PLAYERS Community Senior Center. Members of the center learned about the uses, health effects and risks of the natural remedy that is used for common ailments, such as sleep disorders and pain relief.



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What do we do with Social Security?



By Ric Schilling

Ric Schilling
Columnist

I have written often about the perils of keeping the Social Security (SS) system metrics the same as they are now, and a recent report by the trustees of the system merely confirms those concerns.

The trustees' report indicates that, if nothing is changed regarding the system's parameters, the SS trust fund will be exhausted by 2032 (plus or minus a couple years) and either the federal government will have to subsidize benefits to maintain them or see benefits cut by more than 20 percent. The only way the federal government can subsidize the system is by raising taxes on everyone, a very politically unpopular option although cutting benefits isn't exactly a "vote-getter" either. Every time a new report is published with recom-

mendations on how to change the system to avoid these potential disasters, Congress runs for cover since tinkering with Social Security is seen as a political time bomb.

So, do we just wait until 2032 and face the music then, or do we summon the courage to change things now? Well, there may be a third choice and its unlikely author is none other than Donald Trump. President Trump has stated repeatedly that he will not support changes to the Social Security system, so pushing that agenda isn't going to get much traction as long as he is in office. He has suggested another way, however, to avoid the looming crisis and doing so will benefit everyone rather than penalizing them. It's called growing the economy and it actually could work if we can sustain it.

Here's the idea: The Social Security system derives revenue from three sources: payroll taxes paid by employers and employees, income taxes on benefits paid to SS recipients and interest earned on the SS trust funds. If the economy's annual

growth rate moves from 2 percent to 4 percent sustainably, more people will be working, thus increasing SS payroll tax collections. And, wages will likely rise, also increasing tax collections. A growing economy will, in all probability, result in higher interest rates (to keep inflation in check), which in turn increase the income earned on SS trust fund investments. And, if more people choose to work longer due to a stronger economy, payroll tax collections will increase, and benefit payouts will decrease.

Everyone benefits, in one way or another, from a stronger economy, so this strategy has little downside in my humble opinion. And, if we cannot summon the political courage to make changes to the system, then bailing it out via economic growth isn't a bad second choice. I realize that many people don't care for President Trump (obviously, many DO as well), but it's hard to argue with his logic on this issue, particularly if it helps avoid a crisis no one wants to address. We can disagree

on many political fronts, but I think most Americans hope for a strong, thriving U.S. economy.

Frederic "Ric" Schilling is a Florida native, born in Jacksonville, FL. Ric is President of Senior Guardians of America, a local North Florida firm specializing in tax reduction, long term illness planning, asset protection, probate avoidance and life income planning. Ric is a National Speaker and Advocate on Senior Issues and has been featured by the Florida Times Union and WJXT, TV-4 in Jacksonville as an authority on Estate Planning and Retirement Issues. Senior Guardians has an A+ rating with the Better Business Bureau and is a member in excellent standing with the National Ethics Association. Contact Frederic: 904-371-3302 or 888-891-3381. Please visit: www.seniorguardian.com

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ABOVE: Cypress Village resident and Coast Guard veteran Tom Sharrit gathers with Betty Kolkedy after reflecting on his honor flight and in celebration of the Coast Guard's 228th birthday.

RIGHT: Cypress Village residents enjoy cake at the Coast Guard birthday celebration.

Photos courtesy of Cypress Village



Cypress Village resident reflects on Honor Flight

Community celebrates 228th birthday of U.S. Coast Guard

Cypress Village resident and Coast Guard veteran Tom Sharrit recently hosted a presentation to share his experience taking the Honor Flight to Washington D.C. Following his presentation, residents celebrated the 228th Birthday of the Coast Guard with a special cake and video.

Sharrit spoke of his adventure with his son on the Honor Flight earlier in the year, in which he and several other Florida veterans were commemorated for their accomplishments and service to the na-

tion. The senior veterans were flown into Washington D.C. and had a police escort as they toured the capital and reveled in the emotions evoked at each memorial. Laughter mixed with tears at the Tomb of the Unknown Soldier, Arlington National Cemetery and the World War II Memorial. Visits to the Women in Service, Iwo Jima, Air Force and Korean War memorials humbled those in attendance who were a part of the conflicts. The day was highlighted by the Mail Call provided by the Honor Flight Network to recognize veterans for their dedication, and well wishes were sent from friends, relatives and citizens from all around the United States.

CYPRESS continues on Page 27



ABOVE: A retired Coast Guard lifesaver was presented to Sharrit before his honor flight began.

LEFT: Cypress Village resident and veteran Herb Seubert



Photo by Benjamin Naim

Vicar's Landing residents Joseph O'Gara, 100, Paul Snyder, 100, and Barbara West, 102

Vicar's Landing centenarians share insight on staying happy, healthy

By Benjamin Naim

Vicar's Landing residents Joseph O'Gara, 100, Paul Snyder, 100, and Barbara West, 102, recently shared their thoughts on life at the local retirement community and how they've remained happy and healthy through their centennial years.

O'Gara, who was in the real estate business in New York City, came to Florida to retire and play golf and tennis. He has been living at Vicar's Landing for over two decades and has enjoyed every year at the facility. West, a writer, has been living at Vicar's for 23 years. Snyder, another longtime resident, had a career of 38 years at an oil company working in at least six different cities across the country. He also served in the Navy.

When asked if they feel any different after hitting triple digits, each resident echoed the same sentiment.

"I don't feel any differently than when I was 75," West revealed.

None of the residents said they've done anything differently throughout their lives to make it to age 100 and beyond.

"No, I drank, what did I do?" O'Gara said. "I did what everybody else did. I played sports, I played a lot of tennis, played squash."

O'Gara noted that he didn't pick up golf until he was 75 years old.

"We were all into sports," West said. "I think that was part of what kept us healthy because we were active. I still make an effort to be active, I swim every day."

As a real estate broker in New York, O'Gara said he walked a great deal through the city to various properties around town. Meanwhile, Snyder was

interested in sailing.

"I sailed a lot all my life," he said. "I don't know if that helped my health or not."

Snyder also played lacrosse and football in his younger years.

As for Vicar's, all three residents said they are loving life there and would recommend it to anyone interested in moving to a retirement community.

"It's wonderful," O'Gara asserted. "One of the best moves that my wife and I made was moving here."

Snyder agreed, saying that he came to Vicar's at the request of his late wife and it was a perfect fit. West added that her favorite part about the resort is its tight-

knit community.

"It's wonderful to live in a place where everybody is so happy," she said.

O'Gara also noted that he has made close friends in the community.

"You meet such wonderful people here," he said, "with few exceptions."

"Why don't you like me Joe?" Snyder asked in jest, before the three laughed together.

The residents went on to commend Vicar's for its living conditions, the activities offered at the community and its dining options.

For more information on Vicar's Landing, visit www.vicarslanding.com.

Cypress

Continued from 26

As Sharrit recounted his experiences among friends at Cypress Village and the program drew to a close with the cutting of the cake, a true feeling of community and kinship overtook those in attendance.

"Mission accomplished ... the war might have ended for these veterans from Florida more than seven decades ago, but the respect and emotions shared on that Honor Flight will live on," Sharrit said. "It was simply a 24-hour adventure of re-connecting with fellow veterans, and rekindling memories from a former life that brought them together. For these veterans, they were united with their brothers in arms for a final mission ... and for them it was the greatest day ever."

Cypress Village is celebrating the 71st birthday of the U.S. Air Force on Sept. 18. The retirement community has over 150 veterans from various branches of the military service.



Photo courtesy of Cypress Village
Coast Guard veteran Tom Sharrit (right) with Cypress Village resident and Veterans Committee member Jim Jandreau

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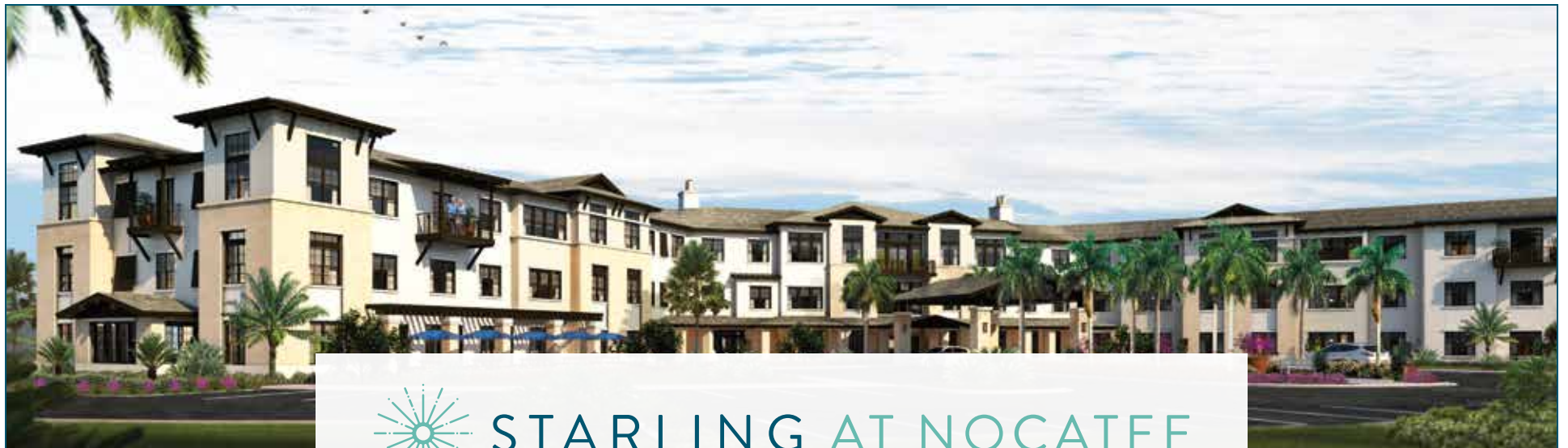
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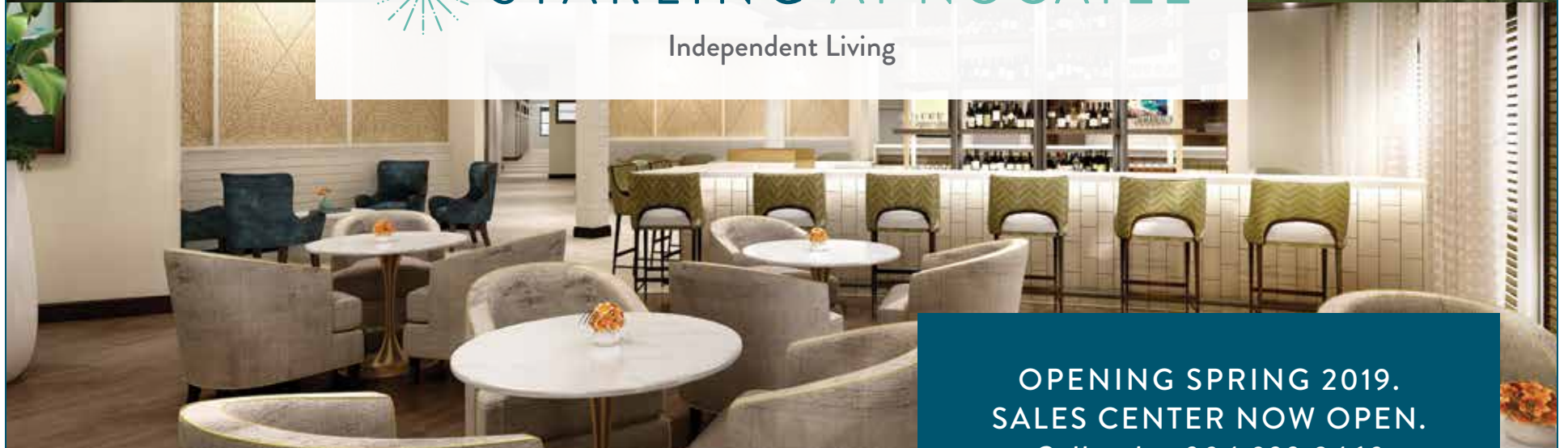
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Business Weekly

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Legacy Trust relocates its headquarters

CEO and Chairman Kristin McLauchlan recently opened the doors of Legacy Trust Family Wealth Offices' new headquarters at 4200 Marsh Landing Blvd. in Jacksonville Beach.

After more than 16 years of sharing a headquarters with other clients in the Veranda building on A1A in Ponte Veda Beach, Legacy Trust now has a building bearing its name. Dictated by growth, the move to the newly-named Legacy Trust building affords the company a larger office footprint with room to add staff — and easier highway access to accommodate clients, existing and new.

"We have and always will be committed to the Beaches area," McLauchlan said. "We wanted a place of our own that offers ease of access for our clients. We were in our former space for 16 years, and during that time we went from three families to more than 75 families. We simply ran out of ways to reconfigure it for our internal growth and now that our clients come from all over the region, giving them easier access is simply a logical business decision."

McLauchlan and COO Kristi Quick embarked on a nearly one-year search for real estate that took them from south Ponte Veda to Atlantic Beach, before settling on its new building in Jacksonville Beach.

"We were only going to move if it felt right," Quick said. "Having the entire first floor of this building with



Photo courtesy of Mark Berman

Legacy Trust Family Wealth Offices has a new headquarters at 4200 Marsh Landing Blvd. in Jacksonville Beach.

access to Butler, and the space to grow internally and externally, made it love at first site. Our name being on the building was icing on the cake — something we always wanted, but couldn't really justify given all the other logos fighting for attention on A1A. The location of the building and our name on it make a statement that our company, our staff and our clients are significant to our area."

McLauchlan opened Legacy Trust in 2002 after years as a financial manager for SunTrust. She felt there was a better way to manage the assets of wealthy families in the Jacksonville area, a model that relied as much on being a family's financial concierge as it did on being its investment counselor.

"Maybe more today as ever before, our clients are seeking ways to get their arms around what has become a very complex landscape," McLauchlan said. "We're like the family CFO, making sure all the parts work together — the attorneys, insurance brokers, accountants and other asset managers," she added. "We simplify their financial lives."

In addition to its new office, Legacy Trust also has a new website at www.LegacyTrustCompany.com.

Advice to investors: Beware of the futurists and carry some salt



Harry Pappas
Columnist

By Harry Pappas

Every day, highly credentialed professionals are either predicting a stock market crash or boom. How can two respected market forecasters with the same information arrive at completely different conclusions? Welcome to the world of stock market predictions.

Of course, I have no idea who is right, nor do I give a flip! Both are just futurists who arguably are trying

to garner attention for self-serving reasons. I have been a financial advisor for 33 years, and I cannot predict with any degree of certainty about the direction of the stock market and what I have going for me is that nobody else can either!

Therefore, my advice to you is not to read, listen to or consume stock market prophecies regardless of how compelling the story. I cannot begin to tell you how many professional market forecasters have gotten it wrong and I mean really wrong with their doom and gloom forecasts, as well as the ones with their dreamland predictions.

Nevertheless, a few weeks ago, I got in touch with the all-knowing Google to inquire about some of the biggest blunders regarding stock market predictions. What follows is incredibly fascinating, at least to me, and should underscore my position that your guess on the direction of the

PAPPAS continues on Page 32

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Lon Grundy named GM of golf operations at the King & Bear and Slammer & Squire golf courses

Lon Grundy has been named general manager of golf operations at the King & Bear and Slammer & Squire golf courses in World Golf Village in St. Augustine, which are managed by Honours Golf, a division of Troon.

Grundy brings 28 years of club operations experience to the area. He is a 20-year Class A member of the PGA of America and has served as general manager at several world-class properties, including Troon North Golf Club in Scottsdale, Arizona; PGA West La Quinta Resort & Club in California; and Reynolds Lake Oconee in Greensboro, Georgia. Additionally, Grundy served for five years as a regional director at Troon's corporate headquarters in Scottsdale, where he oversaw properties in multiple states and five Caribbean islands.

"We are delighted to have Lon heading up our World Golf Village team," said Bob Barrett, CEO of Honours Golf. "With his 28 years in hospitality and varied property experiences, Lon brings an exciting and



Lon Grundy

bright future to the club."

As the official golf courses of the World Golf Hall of Fame, the King & Bear and Slammer & Squire at World Golf Village are award-winning championship courses designed to offer both enjoyment and challenge. The King & Bear is the only golf course in the world to be co-designed by Arnold Palmer and Jack Nicklaus. The Slammer & Squire course was designed by architect Bobby Weed in conjunction with Hall of Fame Members Sam Snead (the "Slammer") and Gene Sarazen (the "Squire").

For more information on the King & Bear and Slammer & Squire Golf Courses, visit www.golfgwv.com or call (904) 940-6088. Visit www.worldgolfvillage.com for information on World Golf Village.

ROTARIANS, FRIENDS NETWORK AT 'ROTARY MEANS BUSINESS'



Shelley Morgan and Nonie Larson gather at a "Rotary Means Business" networking event held Aug. 30 at Montoya & Associates in Jacksonville. The next event in the series will take place Nov. 28 at DiscoverTec, which is located at 4887 Belfort Road, Suite 400, in Jacksonville. The events are networking and fellowship opportunities for Rotarians in District 6970 and their friends. The cost is \$15 at the door. Visit www.RMB6970.org for more information and to RSVP.

Photo courtesy of Carol Maurer



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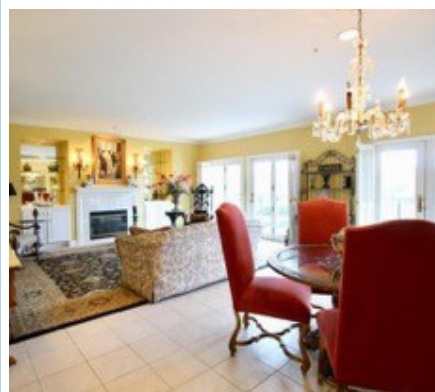
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Pappas

Continued from 30

stock market is as good as anyone. However, one thing we know with certainty is that in spite of the incredible volatility, the stock market moves higher over time. So, without further ado, here are some of the biggest stock market prediction blunders:

1. "Dow 30,000 by 2008: Why It's Different This Time." This was written in 2008 by a respected and successful stock manager. Not only did the Dow not hit 30,000, but, as we know, 2008 began the worst financial crisis since the Great Depression.

2. The internet will have no impact on investing: In 1988, this Nobel Prize-winning economist thought the internet would have no greater economic impact than the fax machine. The internet has revolutionized the investing industry and become incredibly significant in technological developments for the financial arena.

3. "Dow 36,000:" Yikes! Another huge miss! This is a book that was written in November 2000, not too long before the early 2000s recession. Eighteen years later and we are still waiting for the magical Dow 36,000.

4. Dow to Crash in 2013: In 2011, this well-known economist grabbed headlines

when he predicted that in 2011, the Dow would have a difficult 2012 and eventually crash to 3,000 in 2013. Nope. That is not a typo; 3,000 was his Dow number!

5. "The Great Depression of 1990:" This highly respected economist garnered a lot of attention with his frightening prediction that the United States would face the Great Depression of 1990. His forecast looks silly in retrospect, but his book reached No. 1 on The New York Times bestseller list!

Folks, opinions are the cheapest commodities on earth. Everyone has a flock of beliefs ready to be wished upon anyone who will accept them. I put forth that we do not need gypsies with crystal balls, soothsayers wearing wizard hats, palm readers and stock market pundits with sketchy records of accomplishment to help us become successful investors.

Moreover, I argue that if you want to stack the odds in your favor, then you should tune out all the noise from the talking heads. Frankly, I don't expect you to jump on my bandwagon, as I am just a financial advisor and not some well-known market forecaster. However, you might find it more compelling to heed the words of wisdom from arguably the most successful investor in our lifetime, the Forest Gump of Wall Street, Warren Buffett.

"Forming macro opinions or listening to the macro or market predictions of others is a waste of time," Buffett said in his 2013 annual letter. "Indeed, it is dangerous because it may blur your vision of the facts that are truly important. When I hear TV commentators glibly opine on what the market will do next, I am reminded of Mickey Mantle's scathing comment: 'You don't know how easy this game is until you get into that broadcasting booth.'"

In closing, please allow me to comment on my column title regarding "carry some salt," as some of you may wonder what the heck salt has to do with futurists. Take a look at Leonardo da Vinci's painting, "The Last Supper," and notice that Judas (second from the right) knocked over a salt shaker with his elbow. As we know from the New Testament, Judas betrayed Jesus, so people began associating salt with lies and disloyalty. Therefore, as it is told, throwing salt over the left shoulder blinds the devil, which is waiting to force us into acts of bad behavior.

Therefore, the next time you read or listen to a stock market prediction, you might want to throw a little salt over your shoulder to help keep you from falling prey to the devil's opinion ... oops, I mean the forecaster's opinion! Just saying!

Harry Pappas Jr. CFP®
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ACROSS

- Rodeo garb
- Prefix for prior
- a.k.a. leaf cabbage
- Conversation starter
- "_____ the land of the free ..."
- Drunks
- Tree in Latin
- Exec's degree
- Full of emotion, in slang
- *Meeting at Appomattox Court House
- *Major Civil War issue
- Sun in Mexico
- Recover
- *It was split during the Civil War
- _____book
- Be in the right place
- Botticelli's Venus, e.g.
- Soccer _____, pl.
- Excessive sternness
- Orthodox artwork
- Homeless cat's home
- Presented at customs
- Galactic path
- Desperate
- Like never-losing Steven
- Vital
- Grannies
- "C'_____ la vie!"
- "At _____, soldier"
- Casual attire
- *Spielberg's 2012 movie

- *"American Nightingale"
- Remote in manner
- Between Florida and Mississippi
- IRS' threat
- Middle Eastern rice dish
- Hi-_____ graphics
- Part of a whole
- _____ Mall, in London
- Cry of horror in comics
- Ruhr's industrial center

DOWN

- Repeated Cuban dance step
- Flavor-giving plant
- "Fantastic Four" star
- Land chunks
- Somewhat
- Fleshy fruit
- *Johnny's other nickname
- Clear the chalkboard
- Chicken _____
- Initial stake
- Displeasure on one's face
- Grammy of sports
- Melville's "Pequod," e.g.
- "Is Your Mama a _____?"
- Dr. Frankenstein's workplace
- Bottom of a dress
- *Divided, it cannot stand
- Sugar in Paris
- PDF reader

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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.

- *"_____ Mountain," Charles Frazier's novel
- Like SNL
- Nose of a missile
- Olfactory organs
- *General and post-Civil War President
- Children's author _____ Blyton
- "Will be" in Doris Day song
- Busybody, in Yiddish
- Start a hole
- Indian restaurant staple
- Colorful Mexican wrap
- Animal catcher
- Lady's pocketbooks
- Nordic native
- Pelvic parts
- Steelers' Chuck
- *_____ Torpedo, used by Confederacy against steam engines
- Lounge, like in the sun
- Words from Wordsworth
- French Riviera city
- *Commander of the Confederate States Army
- Base of the decimal system

A Bowie Celebration: The David Bowie Alumni Tour to perform at Ponte Vedra Concert Hall

A Bowie Celebration: The David Bowie Alumni Tour featuring Mike Garson and fellow key alumni musicians of David Bowie's bands from across the decades has announced a 32-date North American winter tour for 2019 that includes a performance at the Ponte Vedra Concert Hall on Friday, March 15, 2019. Tickets for A Bowie Celebration live at the Ponte Vedra Concert Hall will go on sale Friday, September 14 at 10 a.m.

A Bowie Celebration features alumni band members Mike Garson, Earl Slick, Gerry Leonard and Carmine Rojas, along with vocalists such as Bernard Fowler and Corey Glover, among others, and drummer Lee John performing a mix of Bowie's hits and deep-cuts.

Kicking off Feb. 6 in Mesa, Arizona, A Bowie Celebration then stops in Los Angeles Feb. 7 at the Orpheum Theatre before making its way across the country and into Canada. The critically acclaimed show will stop in San Francisco, Seattle, Vancouver, Denver, Chicago, Detroit, Cleveland, Toronto, Montreal, Boston, New York City, Philadelphia, Louisville, Nashville, Ponte Vedra Beach, Fort Lauderdale, Houston and Austin, among many other cities, before wrapping March 22 in Dallas.

Keyboardist and band leader Mike Garson, the longest-standing member of Bowie's bands, performed with Bowie



Photo courtesy of Ponte Vedra Concert Hall

A Bowie Celebration: The David Bowie Alumni Tour, featuring Mike Garson and fellow key alumni musicians of David Bowie's bands from across the decades, will perform at the Ponte Vedra Concert Hall March 15.

at his first and last concerts in the United States as well as 1,000 concerts together around the globe in between. The band also features guitarist Earl Slick, who worked on landmark Bowie albums such as "Diamond Dogs" and "Young Americans and Reality;" Bowie guitarist and band leader Gerry Leonard ("A Reality"

Tour); and Bowie's "Let's Dance/Serious Moonlight" Tour bassist Carmine Rojas. Between them, they have over 30 years' experience of recording, writing and playing live with Bowie.

General admission standing room only tickets for A Bowie Celebration go on sale Friday, Sept. 14 at 10 a.m. Tickets, which

are \$42 ahead of the show and \$44 the day of the show, will be available for purchase at the Ponte Vedra Concert Hall and St. Augustine Amphitheatre Box Offices, online at www.ticketmaster.com and by phone at (800) 745-3000. Doors for the show open at 7 p.m. on March 15. The show starts at 8 p.m.



Photo courtesy of St. Augustine Amphitheatre

The Michael Franti & Spearhead concert on Saturday, Oct. 27, 2018 has been moved from the Backyard Stage to the Main Stage at the St. Augustine Amphitheatre, to accommodate more fans.

Michael Franti & Spearhead concert moved to main stage at St. Augustine Amphitheatre

Due to high demand and to accommodate more fans, the Michael Franti & Spearhead concert on Saturday, Oct. 27, 2018 has been moved to the Main Stage at the St. Augustine Amphitheatre.

Tickets for the show are currently on sale. Tickets previously purchased for the Backyard Stage performance will be honored.

The Michael Franti & Spearhead "Stay Human" Tour comes in anticipation of Franti's new album "Stay Human 2," due out soon. The forthcoming record is influenced by Franti's new self-directed documentary "Stay Human," which has won an array of awards while on the festival circuit, including the RWJ Barnabas Health Award at the 2018 Asbury Park Music & Film Festival, the Audience Award at the 2018 Nashville Film Festival, the Audience Award and the Voice for Humanity Award at the 2018 ILLUMINATE Film Festival and the Soul in Cinema Award at the 2018 Maui Film Festival. The film will continue to screen at film festivals this winter, including upcoming public screenings at

Woodstock Film Festival in Woodstock, New York, and Mill Valley Film Festival in San Rafael, California.

"I've traveled the globe making music and throughout the years I've always hoped that it could inspire small steps towards making the world a better place," Franti said. "Struggling with the challenges of the world I began filming my new documentary, 'Stay Human,' telling the stories of heroic everyday people who helped me to discover more deeply what it means to be and STAY HUMAN."

Franti began writing music to process both the political landscape of the late 1980s and the unique sounds and ideas of his Bay Area upbringing. In 1994, Franti formed Michael Franti & Spearhead. The band released its seminal "Stay Human" album in 2000, reflecting on the "unjust" nature of the death penalty among other themes.

Michael Franti & Spearhead continues to foster the community both on and off stage and with Michael and his wife Sara's foundation Do It For The Love, a

wish-granting nonprofit that brings those with life threatening illnesses, veterans and children with severe challenges to concerts. His recent musical projects have included the Billboard No. 1 single "The Sound of Sunshine" (2010) and full-length releases "All the People" and "SOULROCKER," which topped the Billboard rock album charts at No. 4 and No. 5, respectively.

Tickets for the show in St. Augustine (\$39.50 — Level 100 and Level 200) are available at the St. Augustine Amphitheatre and Ponte Vedra Concert Hall Box Offices. Tickets are also available at ticketmaster.com or by phone at 800-745-3000.

Franti will offer fans his new VIP Experience including a Q&A, acoustic performance, photo with him and an autographed VIP item. Additionally, each pair of tickets purchased via ticketmaster.com will include a download of Franti's upcoming record, "Stay Human 2," once available.

Doors for the Oct. 27 show will open at 5:30 p.m. The show starts at 6 p.m.

St. Augustine Amphitheatre nominated for 'Amphitheater of the Year' by International Entertainment Buyers Association

Adding to a growing list of 2018 accolades, the St. Augustine Amphitheatre was recently nominated as 2018's "Amphitheater of the Year" by the International Entertainment Buyers Association (IEBA), the leading not-for-profit trade organization for live entertainment industry professionals. This nomination marks the first time the Amphitheatre has been nominated by IEBA for this award.

Others nominated include Merriweather Post Pavilion (Columbia, Maryland), Filene Center at Wolf Trap (Vienna, Virginia), The Greek Theatre (Los Angeles),

the Hollywood Bowl (Los Angeles), Vina Robles Amphitheatre (Paso Robles, California), the Austin360 Amphitheater (Austin, Texas) and The Pavilion at Toyota Music Factory (Irving, Texas). The winner will be announced during IEBA's 48th Annual Conference Honors & Awards Ceremony on Tuesday, Oct. 2, in Nashville, Tennessee.

"It truly is an honor to be recognized by our industry peers and to be nominated among additional outstanding venues like Merriweather Post Pavilion and the Filene Center at Wolf Trap," Director

of the St. Augustine Amphitheatre Ryan Murphy said. "This nomination reflects the Amphitheatre's growing reputation of ensuring the best possible experience for our industry partners, the artists that perform here and the music fans that choose the Amphitheatre as the place to see their favorite acts. I am exceptionally proud."

Founded in 1970, IEBA provides networking opportunities and continuing education to its members to strengthen relationships, foster growth and increase revenue for the live entertainment industry.

The nomination process begins with

IEBA's 1,500 members who are sent a write-in ballot with 17 award categories including Amphitheater of the Year, Club of the Year, Arena of the Year, Festival of the Year and more. Member suggestions are tabulated and given to sub-committees of IEBA's board of directors, who add and subtract names. These proposed ballots are then presented to industry experts who help to further refine the ballots.

For IEBA's full list of 2018 Industry Award nominees, go to www.ieba.org/ieba-announces-2018-industry-award-nominees.

Jacksonville Symphony to kick off 2018-19 season with Branford Marsalis

The Jacksonville Symphony will begin its 2018-19 season with "Fanfare! Opening Night" featuring Grammy Award-winning saxophonist Branford Marsalis on Saturday, Sept. 15 at 8 p.m. at the Times-Union Center for the Performing Arts' Jacoby Symphony Hall.

Guests can walk the red carpet at 7 p.m. to a festive celebration of the upcoming season. The concert begins at 8 p.m. with Hector Berlioz's "Béatrice and Bénédicte" before the Symphony is joined by Branford

Marsalis for two works by John Williams and Heitor Villa-Lobos. The concert will end with Piotr Tchaikovsky's fateful and slightly bombastic Fourth Symphony.

"This program has something for every audience member," Music Director Courtney Lewis said. "'Opening Night' is about celebrating the season to come with world-class soloists and inspirational music."

Marsalis grew up in the rich environment of New Orleans as the oldest son of pianist and educator Ellis Marsalis. Marsalis was

drawn to music along with siblings Wynton, Delfeayo and Jason. His first instrument, the clarinet, gave way to the alto and the tenor and soprano saxophones when the teenage Marsalis began working in local bands. The saxophonist experienced a growing fascination with jazz as he entered college, which gave him the basic tools to obtain his first major job with trumpet legend Clark Terry and Wynton in Art Blakey's legendary Jazz Messengers.

Marsalis formed his own quartet in 1986

and, with a few minor interruptions in the early years, has sustained the unit as his primary means of expression. According to the Jacksonville Symphony, the Branford Marsalis Quartet has long been recognized as the standard to which other ensembles of its kind must be measured.

Marsalis has not confined his music to the quartet context; classical music inhabits a growing portion of his musical universe.

SYMPHONY continues on **Page 35**



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Florida Heritage Book Festival and Writers Conference to be held Sept. 13-15

The 11th annual Florida Heritage Book Festival and Writers Conference is taking place Sept. 13-15 in St. Augustine.

Each year, the Florida Heritage Book Festival showcases Florida's rich and diverse literary legacy, welcoming writers and enthusiasts to the Ancient City. This year, there will be events honoring a large slate of writers, with the opportunity to work with some of them at an intimate level.

The schedule of the three-day event is as follows:

- The festivities begin Thursday, Sept. 13, with "How to Turn Your Idea Into a Novel," with young adult author Janice Hardy. To be held at the Renaissance World Golf Village Resort from 10 a.m. to 4 p.m., this hands-on workshop will guide you through the novel-planning process and help you find the plot and story within your idea. Hardy is the award-winning author of "The Healing Wars" trilogy, the "Grace

Harper" series and multiple books on writing. She is also the founder of Fiction University, a site dedicated to helping writers improve their craft. \$80 includes lunch and the "Plotting Your Novel Workbook."

- The events continue Friday, Sept. 14 at the Renaissance World Golf Village from 9 a.m. to 5:30 p.m. with the following seven writers sharing various tips and stories during the Writer's Workshop:

- "Story, Story, Story: Creating Compelling Narrative Structure" with Laura Lee Smith

- "Stories About Some Interesting Floridians" with Florida Book Award winning author Jeff Klinkenberg

- Luncheon Keynote address "Enjoy the Ride: How to Stay Organized & Productive Without Forgetting the Fun Factor" with Robert Macomber, who has won the top regional, state and national literary awards in his genre of historical literary fiction

- "Dialogue: It Isn't Just About Talk" with Rod Martinez

- "Agents, Editors & Publishers: What You Can Do To Increase Your Chances" with James O. Born

- "Ten Things Writers Need to Know About Being Noticed and Marketing" with Taylor and Seale Publishing representative Mary Custereri

- "Adaptation: From Book to Screenplay" with award-winning screenwriter Allan Marcil and Sohrab Homi Fracis, author of "Go Home"

- On Friday evening, the annual Literary Legend Reception will take place, recognizing bestselling author Tim Dorsey. The reception also gives all attendees a chance

to mingle with the Festival writers.

- On Saturday, Sept. 15, the free Florida Heritage Book Festival will offer presentations by 20 featured authors highlighting Florida's rich and diverse literary culture.

The list of authors can be found at fhbookfest.com. The Festival Marketplace will include the official bookseller, Flagler College Bookstore, plus over 30 vendors of books and book-related materials, and book-signings. All activities take place in and around Flagler College's Ringhaver Student Center. Old Town Trolley will provide free transportation from the City Parking Garage to the Ringhaver Center.

For a full list of authors and to register for events visit fhbookfest.com.

Symphony

Continued from 34

A frequent soloist with classical ensembles, Marsalis has become increasingly sought after as a featured soloist with acclaimed orchestras such as the Chicago, Detroit, Düsseldorf and North Carolina Symphonies.

Making his first appearance with the

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Tickets for this event can be purchased at www.jaxsymphony.org/ or by contacting the Ticket Office at (904) 354-5547.

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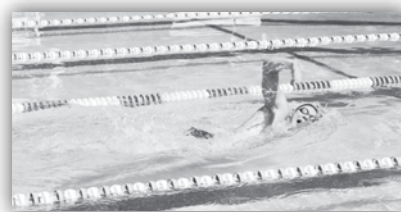


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Sports

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Olympian Ryan Murphy visits Ponte Vedra YMCA

PAGE 38

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Sharks stop St. Augustine 21-14



Photo by Jerry Norton

Ponte Vedra quarterback Jack Murrah hands off to running back Campbell Parker in the Sharks' 21-14 win over St. Augustine.

By Jerry Norton

Special to the Recorder

The short bus trip to St Augustine High School for last Friday's football game took Ponte Vedra about 30 minutes. That was a lot longer than it took the Sharks to score their first touchdown in their 21-14 win against the Yellow Jackets.

The Sharks came off the bus fired up and ready to play. Quarterback Jack Murrah engineered a nine-play, 63-yard opening drive that ended with a seven-yard screen pass to Campbell Parker. Key in the drive was an 18-yard reception by Reese Russi.

After the teams traded punts, the Jackets tied matters at 7-7. Moments later, Ponte Vedra came up with the play of the game. St Augustine had the ball at the Ponte Vedra 10-yard line and threatened to take the lead when Jack Thomas picked off an errant pass and returned it 45 yards to midfield. Russi's second long reception gave the Sharks a first

down at the Jackets' 40-yard line. Murrah then handed off to Parker, who broke free down the right side for a 37-yard touchdown and a 14-7 advantage. With the Sharks' hard driving running back Mark Calvin injured and not dressed, Parker assumed most of the run duties, carrying 17 times for 62 yards.

A breakdown in the Sharks' secondary allowed the Jackets to score the tying touchdown seconds before the half ended.

Ponte Vedra's defense used the halftime break to make some key adjustments, and the changes defensive coach Mannie Wellington put in made a dramatic difference in the final 24 minutes. The Sharks' front seven, led by Emory Kingry, Peter Merlini, Will Frank, Garrett Griffin, Shane Bloss, Aiden Dunnigan and Josiah Haygood, took turns pressuring the young St Augustine quarterback.

The Sharks mounted the winning touchdown drive with minutes left in the third quarter.

SHARKS continues on Page 38

Panthers aim to bounce back after loss to BK, open district play Friday

By Paris Moulden

Nease is trying to regroup heading into district play after a rash of injuries and a defensive battle against Bishop Kenny last Friday ended in a disappointing 9-6 loss for the Panthers.

Senior quarterback Preston Staples missed his second game in a row with an injury against the Crusaders and won't be playing in the district opener against White on Friday night.

"Preston will be out for at least a few more weeks," Nease coach Tim Krause said in an email. "The timetable is uncertain at this point, but he is doing everything he can to return this season."

Backup quarterback Joseph Nieves replaced Staples and has shown his versatility with an impressive running game, rushing for 130 yards against Bishop Kenny.

"Joseph ran the football well on Friday and played a very physical game for us,"

Krause said. "Any time you have a running quarterback it presents a number of different issues for a defense. I know that he will continue to grow and mature as a quarterback with more experience."

The Panthers (0-3) will try to turn things around in the Class 6A District 4 opener against the Commanders (1-2), who are coming off a 48-6 loss to Raines.

"As we start district play with Ed White we know that we need to perform better and play much better situational football," Krause said. "We have shown glimpses of being the team that we want to be and our goal this week is to harness that and consistently perform at a high level. Injuries have forced a number of players into different roles and we know that in order to get where we want to go we will need some of those younger or more inexperienced players to step up for us."

Nease takes on White at 7 p.m. Friday at Nease High School.



ABOVE: Nease's Nicholas Bunkosky (19) and DeQuan Thompson tackle a Bishop Kenny runner in last Friday's game.

LEFT: Nease quarterback Joseph Nieves makes a cut on a carry against Bishop Kenny.

Photos by Chris Norton

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Olympic gold medalist Ryan Murphy returns to Ponte Vedra roots

By Samantha Logue

Ponte Vedra native Ryan Murphy may be a three-time Olympic gold medalist and a world record-holder, but he hasn't forgotten his roots. As a favor to his first ever swim coaches, Jennifer Salles-Cunha and daughter Monique Salles-Cunha, the 23-year-old swimmer and Bolles graduate stopped by the Ponte Vedra YMCA last Friday, Sept. 7 to share some valuable tips with the First Coast Flyers swim team.

"Embrace the racing," Murphy encouraged the young group of swimmers. "That's what I always loved about the sport."

After performing a demonstration of proper form and technique for the team, Murphy fielded questions on how he mentally and physically prepares for a race.

"I'll figure out my race plan like three months before my big meet," he said. "And I don't expect you guys to be able to do it — you're still really young, so everything is moving around so fast for you — but for me, that's what I do. I like to

plan it out so far in advance so that I can put it in the training."

Murphy also added that his typical pre-race routine includes eating a peanut butter and jelly sandwich, a cup of Chobani yogurt and a banana, as well as listening to music to help him get in the right mindset.

And that method seems to have worked well for Murphy. In August, he came close to breaking his own world record of 51.85 seconds in the 100-meter backstroke at the 2018 Pan Pacific Swimming Championships in Tokyo, clocking in at 51.94 seconds and breaking the meet record for the event. His time also tied that of the previous record-holder, Aaron Peirsol, whom Murphy said he had always looked up to as a young swimmer.

"I just liked his vibe," he said. "Literally, the guy would walk out, and he'd sit down in the chair behind his box and he wouldn't have his cap or goggles on, and I thought that was just the coolest thing ever. He looked like he didn't care that he was about to swim in a minute."



ABOVE: Olympic gold medalist and Ponte Vedra native Ryan Murphy (back row) gathers with members of the First Coast Flyers swim team.



LEFT: Murphy (center) visited the Ponte Vedra YMCA Sept. 7 to speak with the First Coast Flyers swim team as a favor to his former coaches, Jennifer Salles-Cunha (left) and Monique Salles-Cunha.

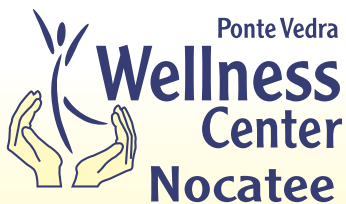
Photos by Samantha Logue

While Murphy's record-shattering success may have shocked the world, it was no surprise to his former coaches, who began training the future Olympian when he was just 4 years old. Now, having helped him to achieve his dream, they are just grateful to have been a part of it and to be able to help him share his wisdom with the next generation of Olympic hopefuls.

"He's doing this out of the kindness of his heart," said Jennifer Salles-Cunha, Ponte Vedra head coach for the First Coast Flyers. "And of course, for the kids, this is why they swim. They see somebody, and then that gives them the motivation to continue to work hard — because it's hard to work hard every day, but they see where they can go."

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Photo by Jerry Norton

Reese Russi catches a big pass during the Sharks' scoring drive against St. Augustine last Friday.

Sharks

Continued from 36

They started at their own 48-yard line with Jacobi Myers under center. Myers rushed first for 12 yards, then 36 more. A pair of passes to Logan Conway and another completion to Russi gave the Sharks a first-and-goal at the Jackets' 7-yard line. Two plays later, Murrah came on and found Nick Pirris all alone in the back of the end zone to give the Sharks a 21-14 lead.

St. Augustine couldn't deal with the hard charging, inspired, second-half Ponte Vedra defense. Play after play, the St Augustine QB was pressured or sacked.

Ponte Vedra's leading tacklers were Cole McCormick with 14 total tackles (solo and assisted), Bloss with 10 total, Max Schalit with eight and Kingry with six total. Frank had four hurries and Merlini had three.

The Sharks (2-0) return home to host Westside (0-3) on Friday for Senior night at 7 p.m.

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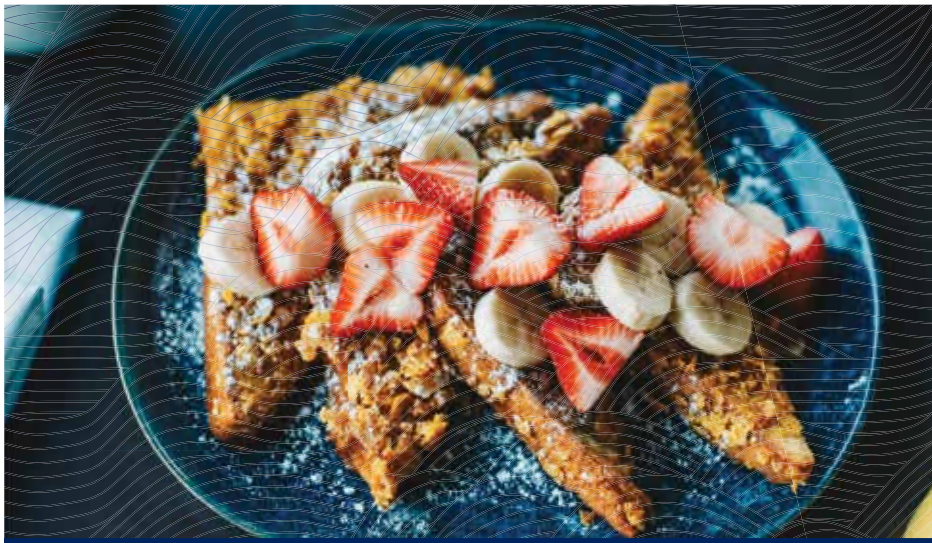
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