

Ponte Vedra Recorder



November 15, 2018
Volume 47, No. 97
75 cents

Not your average newspaper, not your average reader

PonteVedraRecorder.com

SALUTE TO SERVICE



A number of special events took place on the First Coast this past week honoring our veterans.

Find coverage on several of these events inside this edition of the Recorder.

Photos by Samantha Logue and Susan Griffin and courtesy of Wounded Warrior Project

Faces of Healthcare

Pages 15-26



Business Weekly featuring Fall Home Improvement

Pages 27-31

In the Arts • Pages 32-34



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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.

Visit our website at www.pontevedrarecorder.com



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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.

Six readers correctly identified last week's photo as the Cultural Center at Ponte Vedra Beach sign. The winner of the random drawing was **Danelle Kensbock**. Congratulations, Danelle — you may pick up your prize at the Recorder office during normal business hours.



ADOPT A PET

CAT OF THE WEEK

My name is Thackery, and I am a 1-year-old male cat who was brought to the Pet Center by my owners. I am looking for a new, loving family to take me home. Come visit me today here at the Pet Center! #45590



DOG OF THE WEEK

My name is Zeus, and I am a 2-year-old male Chihuahua mix who was brought to the Pet Center by my owners. I am a loving dog who likes to go on walks in the fall, snack by the pool and nap in the shade. Come visit me today here at the Pet Center! #45466



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

St. Johns County Pet Center

Cat adoptions are currently \$15 and are being sponsored by the Friends of the Pet Center! They are usually \$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 in St. Augustine, 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

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

Solutions correspond to last week's puzzles.

KIDS

Get in free!

CALLING ALL KIDS
AGES 3-12 GET IN FREE
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jacksonvillezoo.org

Valid only Nov. 1 - Nov. 30, 2018. Up to 5 children (ages 3-12) get in FREE with a general admission paying adult. Does not include value tickets nor can it be used for special events or combined with any other discounts/offers. No coupon necessary. This offer is not intended for schools, groups, organizations or associations.



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Most Desired Oceanfront Location in NE Florida
Las Mirandas / Oceanfront Condo
This first-floor unit was totally renovated with the finest finishes & craftsmanship. Includes an office, saturnia floors, mahogany doors & built-in custom cabinetry. **2 bedrooms & 2 bathrooms + powder room \$1,700,000**



The Perfect Beach Escape
Las Mirandas / Oceanfront Condo
Located between The Lodge and the Cabana Beach Club, this second-story condo gives elevated views of the beach while maintaining the unit's privacy and security. Includes a large covered balcony and ground floor storage. **3 bedrooms & 3 bathrooms \$1,625,000**



Rare Waterfront Opportunity on Roscoe
3 purchasing options: Combine lots to create One of the last opportunities to have 150' frontage on the Intracoastal! **\$1,399,000**. Or this beautiful 150 x 400 lot can be divided into 2 -75' lots. **\$699,000 each.**



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Council on Aging Integrative Memory Enhancement Program has openings

The Council on Aging (COA) Integrative Memory Enhancement Program at the Ponte Vedra Memory Care Center has openings for enrollment.

The program is designed to boost cognitive reserves and help maintain memory function. Class size is limited to 10 participants. A fee for service with subsidies is available for those who qualify. Call Michele Sanchez at (904) 729-9535 or visit www.coasjc.org for more information.

The Ponte Vedra Memory Care center is located at 1048 A1A North.

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\$525,000 | MLS 956096



SAWMILL LAKES

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Ponte Vedra Beach, FL
\$587,500 | MLS 949969



PABLO CREEK RESERVE

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Jacksonville, FL
\$1,940,000 | MLS 911589



ST. JOHNS

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\$2,600,000 | MLS 955409



Contact The Luxury Leaders Team for more information: **904.473.1515**



WATSON WELCOMES BACK CAROL LIGHT MANNING!

The Ponte Vedra Office is thrilled to welcome Carol back after a short relocation to Tampa with her husband, Robin. Carol is a part of The Luxury Leaders Team and has been with Watson since 2007. She has over 26 years of real estate experience and is ready to get back into selling homes in Northeast Florida.



Call our Ponte Vedra Office Today: **904.285.6300**
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Local educator inducted into Florida Foreign Language Association Hall of Fame

By Samantha Logue

In recognition of her work as director of operations for the Language Exploration Enrichment (LEE) Spanish program in St. Johns County schools, Cultural Center at Ponte Vedra Beach Executive Director Donna Guzzo was recently inducted into the Florida Foreign Language Association (FFLA) Hall of Fame at a conference held Oct. 18-20 in Orlando.

The Florida Foreign Language Association is a statewide nonprofit dedicated to the study and instruction of languages and cultures, and each year, the organization awards foreign language educators and students throughout the state of Florida for their achievements, with the highest distinction being induction into the FFLA Hall of Fame. To be selected, however, an educator must have already received the organization's Most Valued Teacher of the Year Award in five previous years.

A member of the FFLA since 2005, Guzzo had the privilege of being inducted alongside her co-director, Janet Robles, who serves as the director of curriculum for LEE.

"It's a great honor," Guzzo said, "and it was a lot of fun to be able to share that special moment with someone that I've been working with for so long. The two of us are the brains behind (LEE)."



Photo by Samantha Logue

Cultural Center at Ponte Vedra Beach Executive Director Donna Guzzo stands with a certificate recognizing her recent induction into the Florida Foreign Language Association Hall of Fame.

LEE, which Guzzo and Robles founded in 2003, is an after-school Spanish program for elementary school students that encourages the exploration of world languages and cultures through intensive language instruction. Currently, the program is offered in 18 elementary and K-8 schools in the St. Johns County School District.

"The program is open to all St. Johns County Schools," Guzzo said. "We're a nonprofit, and the main goal of the program — outside of teaching Spanish with culture included — is to donate money back to participating schools. Once I pay my teachers and do my supply budget, the rest of the money all goes to the schools, and we've given the school district, in the

last 15 years or so, over \$150,000 now."

Guzzo added that the success of LEE has been remarkable, as many of the program's former students have gone on to study Spanish and international relations at the collegiate level, and some have also received FFLA awards for their achievements, including current student Madison Mecca, who this year received the Scholar of the Year Award.

"Throughout the 16 years," Guzzo said, "one of the things that makes the program so great is the fact that a Scholar of the Year has always been part of Language Exploration Enrichment for 13 years of the 16. No one had ever won that award twice before, and here we are 13 years later, still bringing it home for St. Johns."

LEE teachers have also been singled out for their success, like Marielus Carrillo, who this year was named a Teacher of Promise.

"It's been a ride, with the 16 years, and there are so many people that you meet, so many instructors," Guzzo said. "And they stay — we don't have a turnover. Our average stay is about seven years, which is a lot nowadays, and a lot of them have gone into full-time teaching."

To learn more about Language Exploration Enrichment and to view a full list of schools where the program is offered, visit www.leestjohns.pbworks.com.

Starship reef established off coast of Ponte Vedra Beach

By Benjamin Naim

The largest reef in the permitted region was established last month off the coast of Ponte Vedra Beach, and it's called "Starship."

Joe Kistel, the project manager/regional coordinator who works for an organization called TISIRI (Think it, Sink it, Reef it), said the reef project was initiated by the Coastal Conservation Association (CCA).

"(CCA) wanted to do a project in Jacksonville," Kistel noted. "They got myself and my team involved in the project since we're familiar with it."

Kistel said the process began well over a year ago by finding the materials and picking and vetting a location. Today, the Starship reef sits 12 miles east of Ponte Vedra.

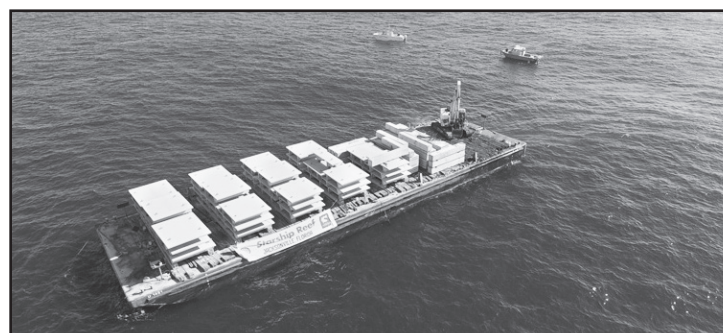
The two biggest benefits of the reef, Kistel noted, is that it creates an environment for recreational use and it positively impacts the surrounding natural habitat. The reef is a great spot for fishermen and scuba divers, Kistel asserted. Additionally, people can use the reef to catch fish, take photos and enjoy the oceanic environment.

"There's also a huge environmental part of it," the project manager explained. "By placing the reef offshore, it becomes incrustated with life forms that otherwise could not grow on a sandy substrate there. So, you get corals, sponges and algae, the species list goes on and on."

By placing the structure in the water and allotting a period of time for it to blossom into a full-fledged habitat, Kistel said it's possible for an underwater oasis to form that will provide resources for a diverse population of marine life. Starship, which is made from recycled material, provides a structure for a sustaining ecosystem and a home for organisms to grow and evolve.

"The organisms that grow and the fish that reside at these reefs, they breed as well," Kistel noted. "It's a pretty interesting thing that could be created just from using recycled material."

According to TISIRI's official website, the Starship project was made possible thanks to CCA, Shell, Lamb's Yacht Center, Gate Precast, Dames Point Workboat and other individuals. For more information on TISIRI, visit www.tisiri.org.



A ship deploys the concrete structures necessary to construct the Coastal Conservation Association/ Building Conservation Trust Starship reef project.

Photos courtesy of TISIRI

Local veterans celebrated at Council on Aging luncheon

By Samantha Logue

In honor of Veterans Day, the St. Johns County Council on Aging held a Veterans Day luncheon Tuesday, Nov. 13, at THE PLAYERS Community Senior Center in Ponte Vedra Beach.

Sponsored by the Rotary Club of Ponte Vedra Beach, the luncheon included a presentation from K9s For Warriors and food from Woody's Bar-B-Q.

The event was attended by several war veterans, including 98-year-old Ponte Vedra resident and former World War II fighter pilot Michael Spencer, who said he was there to “recognize other people who had been at war and contributed toward our safety and security.”

Rotarian and World War II veteran Don Blackburn, 91, was also on hand to show his appreciation for others who had served. He described himself as the “luckiest veteran of World War II.”

“On May 7, 1945, I turned 18 and the Selective Service board saw fit to let me finish high school. ... I wound up going to Japan in 1946 until spring of '47 as an occupational force with Gen. Douglas MacArthur's Far East Command in Tokyo — discharged on April 20, 1947.”

Others in attendance included St. Johns County Commissioner Jay Morris, a Vietnam War veteran himself, and Florida Rep. Cyndi Stevenson, who both helped to serve guests alongside local Rotarians.



Photos by Samantha Logue
St. Johns County Council on Aging board member and Rotarian Bruce Barber (from left) and COA Executive Director Becky Yanni gather with World War II veteran and Rotarian Don Blackburn at a Veterans Day luncheon at THE PLAYERS Community Senior Center in Ponte Vedra Beach on Nov. 13.



K9s For Warriors Volunteer Coordinator Elizabeth Reeger informs attendees of how her organization seeks to assist wounded warriors.



Members of the Rotary Club of Ponte Vedra Beach don aprons to serve lunch to guests at the Veterans Day luncheon.

COA continues on Page 11

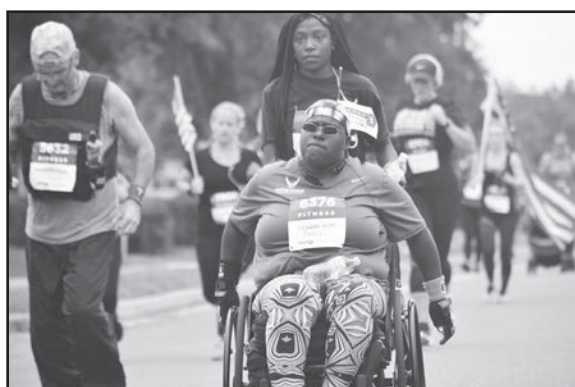
Wounded Warrior Project 5K fitness challenge held in Jacksonville

Wounded Warrior Project hosted its 5K fitness challenge, Carry Forward, in Jacksonville on Saturday, Nov. 10.

Delivered by CSX, the Jacksonville fundraiser has raised nearly \$140,000 for wounded warriors so far. Participants were challenged to either carry a flag or load up with weights during the run. Those who decided to attempt the ultimate fitness challenge traded off carrying squad members throughout the duration of the course.

The challenge previously took place in San Diego and Nashville in October. Those who were unable to attend any of the runs in person can register virtually, start a squad with friends and family and host a 5K on a day that works best for their schedule. Wounded Warrior Project is asking people to complete the challenge by Saturday, Dec. 15.

Visit carryforward.woundedwarrior-project.org for more information.



Participants of Wounded Warrior Project's Carry Forward 5K fitness challenge enjoy the race in Jacksonville on Nov. 10.

Photos courtesy of Wounded Warrior Project

First Coast YMCA locations made free to service members, veterans in November

Throughout Military Family Month in November, all First Coast YMCA locations will be free to active duty members of the armed forces (including National Guard and Reservists), veterans and their families.

Military Family Month is an opportunity for the Y to support local families in Northeast Florida. All month, interested individuals can visit their local Y to experience everything the branch has to offer. Military families can take advantage of the Y's diverse offerings such as indoor/heated swimming pools, basketball courts, strength and cardio equipment, childcare and hundreds of group exercise classes offered every week. Guests must check in at the front desk to sign a waiver to participate.

The First Coast YMCA became the first Florida affiliate of the Armed Services YMCA in summer 2018. Through this partnership, the First Coast YMCA provides service men and women, and their families, with affordable access to wellness solutions, special membership, free programs in Healthy Living Centers for the entire family and more. The First Coast YMCA also provides special rates for all honorably discharged service veterans and supports dependents of active duty personnel.

For more information about military month, visit firstcoastymca.org/join-the-y/armed_forces_veterans/.

Christy Waldenmaier is the executive vice president of First Choice Brokerage, a National Life Insurance Brokerage Firm with its home office located in Ponte Vedra Beach, where she works alongside her husband, Craig.

Christy Waldenmaier

Can you please briefly tell us about your background?

I grew up in Jacksonville as Christy Dickinson, and the Dickinson family was involved in business development of the Jacksonville Beaches area starting in the 1940s. I went to Sandalwood High School and graduated from Valdosta State University with a Bachelor of Business Administration in Finance. I was a collegiate cheerleader, lifetime member of the Zeta Tau Alpha sorority and a little sister of the Pi Kappa Phi fraternity. I am involved in two ZTA alumni chapters and the Beaches Museum of History. I have a very loving and supportive husband, Craig. We have three children. My daughter, Alden, is employed at FIS, right after college, and engaged to be married next summer; Reed has graduated from college and is starting his new career in Houston with Wrist Ship Supply; and Emily is a sophomore at Florida State University and is riding for the Equestrian Team.

What are your primary roles and responsibilities as executive vice president of First Choice Brokerage?

I am very active in the business development and management of our various insurance entities. I also bring my project management experience to the staff and clients to implement our products and services to a large variety of clients ranging from privately owned businesses to large public companies.

What do you enjoy most about your role?

I am passionate about my work and enjoy sharing the opportunities that we offer at First Choice Brokerage with our agents, agencies and clients. The world of insurance is extremely large and can be somewhat complex; however, we fulfill the needs to make this process seamless with the many carriers we represent combined with our very experienced staff and technology.

We understand you're very involved with Girl Scouts of Gateway Council. What's your involvement with the organization, and what makes it so important to you?

My parents were very instrumental in getting me involved and keeping me involved in Girl Scouting. Having the advantage of being born and raised in the Jacksonville area has provided me the great opportunity to have hands-on experience with our wonderful Gateway Council. I have been involved in Girl Scouts from the age of 7 years old to the present. Personally, I am a Gold Award recipient. After college, I extended my passion by being a troop leader ranging from the young 5-year-old girls as Daisies, to Brownies, Juniors, Cadettes and finally Seniors through high school. In the early 1990s, I served on the Board of Directors of the Gateway Girl Scouts Council for eight years. I am a lifetime member and recently was asked to come back to the Board of Directors last year. I love making people aware of the opportunities to get involved for such a powerful cause to help young girls learn about life and how to give back to our community and foster their own learning on how to gain courage, confidence and character. Contact our local Girl Scouts of Gateway Council by calling (904) 421-3484 or email TriciaRae Stancato at tstancato@girlscouts-gateway.org for more information.



Photo by Jon Blauvelt

What do you enjoy most about living in Ponte Vedra Beach?

Being active in the community! I have many personal and business relationships that make up a perfect paradise to enjoy life with my family and outside activities, such as the Gateway Council Girl Scouts, the Beaches Community Center and many other charitable activities.

What do you like to do in your free time?

I love mentoring young Girl Scouts and helping form

new troops in our community! Sharing the traditions of Girl Scouting really fills my love tank too. Craig and I enjoy spending time together. We travel a lot on business and make time to have fun as well. I love the beach, and my favorite pastime is playing golf. We entertain often and have a great social life with lots of friends. My family is extremely important to me, and I really enjoy our time being together.

Edited by Jon Blauvelt

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

Ponte Vedra's Jerry Wilson elected to Board of Trustees for Mercer University

Mercer University's Board of Trustees elected Ponte Vedra resident Jerry S. Wilson to serve a five-year term on the governing body at its annual homecoming meeting on Nov. 2.

The CEO and founder of JSW Business Consulting, LLC in Ponte Vedra Beach, Wilson is a 1986 graduate of Mercer's School of Business and Economics. With more than 8,700 students enrolled in 12 schools and colleges, on major campuses in Macon and Atlanta, with medical school sites in Macon, Savannah and Columbus and at regional academic centers in Henry and Douglas counties in Georgia, Mercer is ranked among the top tier of national research universities by U.S. News & World Report. Visit www.mercer.edu for more information.

Wilson's JSW Consulting, LLC helps clients clarify, establish and execute strategic business growth priorities. Wilson founded the firm in 2005 while still serving as a senior executive with The Coca-Cola Company. After 24 years with The Coca-Cola Company, Wilson retired to devote more time to his



Jerry Wilson

consulting firm. According to Wilson's website, this choice has allowed him to expand his sphere of influence, share his business knowledge and collaborate with a broader range of interesting people and dynamic organizations. He has developed JSW Consulting, LLC into an independent advisement firm with executive engagements in consumer goods, telecommunications, healthcare and online gaming clients.

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Thursday, Nov. 15	Friday, Nov. 16	Saturday, Nov. 17	Sunday, Nov. 18
<p>Grief support group A grief support group will meet on the third Thursday of every month at St. Paul's Catholic Church in Room 102 of 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. The next meeting will be Nov. 15 at 7 p.m. For more information, call Kathy at (904) 553-8933 or Catherine at (904) 247-0665.</p> <p>'Fantastic Beasts: The Crimes of Grindelwald' in IMAX In the second installment of the "Fantastic Beasts" series set in J.K. Rowling's Wizarding World, Magizoologist Newt Scamander joins forces with young Albus Dumbledore to prevent the devious Gellert Grindelwald from raising pure-blood wizards to rule over all non-magical beings. This film is showing Nov. 15 at the IMAX at World Golf Hall of Fame. For showtimes and tickets, visit www.worldgolfimax.com.</p> <p>Megan Wall law class Megan Wall will host a class on how to handle legal issues involving children Nov. 15 at 11 a.m. For more information, contact Danielle Johnson at (904) 280-3233 or email djohnson@stjohnscoa.com. This event will be held at the Council on Aging, located at 175 Landrum Lane in Ponte Vedra beach.</p> <p>Dinner and a movie (Council on Aging) Join moviegoers Nov. 15 at River House, located at 179 Marine St. in St. Augustine, for a dinner and a movie event. The film will begin at 4:30 p.m. Advanced payment and registration are required, call (904) 209-3655 to reserve a spot.</p> <p>An Evening of Luxury To be held Nov. 15 at 6 p.m. at LASH, this special pre-holiday mixer will feature expert travel packing tips, demonstrations and raffles that will get the community through the holidays and beyond. The event will also feature travel recommendations for 2019, tips on how to host the perfect holiday party and more. Drinks, snacks and sweets will be available. LASH is located at 1500 Beach Blvd., Suite 114 in Jacksonville Beach.</p>	<p>Volunteers needed at St. Johns County Council on Aging A volunteer manicurist is needed at the Coastal Community Senior Center, a volunteer is needed to help with a scrapbooking project, a volunteer is needed to deliver food to home-bound seniors through the Meals on Wheels program, a volunteer is needed to help with Medicare and Medicaid clients and volunteers are needed at THE PLAYERS Community Senior Center to help set up-serve and clean up for holiday parties. Call (904) 209-3686 or email aleach@stjohnscoa.com for more information on these opportunities.</p> <p>Fall show opening reception The Jacksonville Coalition of Visual Artists will hold an opening reception for its fall show Nov. 16 from 5 to 7 p.m. at the Cultural Center at Ponte Vedra Beach, located at 50 Executive Way. For more information, visit www.ccpvb.org or call (904) 280-0614.</p> <p>Designer Bag Bingo Special Olympics Florida – Duval County will host its first ever Designer Bag Bingo event Nov. 16 at 7 p.m. The public is invited to come play eight rounds of Bingo for a chance to win designer handbags, jewelry and perfumes. All funds from the event will go directly to purchasing new uniforms for Special Olympics Florida basketball athletes and covering costs for their travel to regional games in Daytona Beach in January. For more information on ticket prices, call Jessica Ray at (904) 307-4221 or email jessicaray@sofl.org.</p> <p>Marie Lyon Carney reception Atlantic Beach native and nationally renowned artist Marie Lyon Carney will host an opening reception for her gallery/studio Nov. 16 from 5 to 9 p.m. at her new space, located at 1171 Beach Blvd. in Jacksonville Beach. After a long career representing other artists at galleries, Carney has decided to operate her own gallery. For more information or to view Carney's art, visit www.marielyoncarney.com.</p>	<p>Love Me True Rescue Love Me True Rescue, located at 5150 Palm Valley Road #403, will hold adoption events every Saturday between 11 a.m. and 3 p.m. For more information, visit www.lovemetruerescue.com. The rescue is also looking for volunteers (18+), interested suitors can contact Peggy Hatfield at peggyhatfield63@comcast.net.</p> <p>Meet the artists The general public is invited to meet local artists, view the studios and buy some art Nov. 17 from noon to 8 p.m. at the Cultural Center at Ponte Vedra Beach - located at 50 Executive Way. For more information, visit www.ccpvb.org or call (904) 280-0614.</p> <p>Fall Open Studios event CoRK Arts District will host its annual fall Open Studios event Nov. 17 from noon to 8 p.m. All artist studios and personal work spaces will be open to the public and visitors will be welcome to enjoy a self-guided tour. Visitors will also have the chance to walk and explore the district facilities, interact with the artists, watch them create during demonstrations, purchase original artwork and get a behind-the-scenes look at the CoRK artists and their practice. CoRK Arts District is located at 2689 Rosselle St. in Jacksonville.</p> <p>On the Town luncheon and fashion show The Harmony Music Club, will sponsor a luncheon/fashion show Nov. 17 from 1 to 3 p.m. at the Aqua Grill in Sawgrass Village in Ponte Vedra. The event will feature a piano/violin concert, a silent auction and more. Tickets cost \$45 and can be purchased at www.signupgenius.com/go/9040d4aafab2ea64-onthetown.</p> <p>SoMMA meeting The next Society of Mixed Media Artists (SoMMA) meeting, set for Nov. 17 at 10:30 a.m., will feature award-winning artist Linda F. Hawkins. The meeting will take place at the Cultural Center at Ponte Vedra Beach, located at 50 Executive Way. Contact milonbarbara3@yahoo.com for more information.</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>Anything Goes opening reception The public is invited to the opening reception for an exhibition presented by the Society of Mixed Media Artists (SoMMA). To be held Nov. 18 from 10 a.m. to 1 p.m., the reception for the Anything Goes exhibit will take place in the atrium at Anthem Lakes Retirement Community in Atlantic Beach. The exhibition will run through Feb. 1, 2019.</p> <p>St. Andrews Day celebration St. Paul's by-the-Sea Episcopal Church will celebrate St. Andrews Day with bagpipes, drums, highland dancers and Scottish tartans Nov. 18 at 10 a.m. The church is located at 465 11 Ave. N. in Jacksonville Beach. For more information, visit www.spbts.net.</p> <p>Cannon Firing Demonstration at Castillo de San Marcos National Parks Service volunteers and personnel demonstrate a cannon firing at the Castillo de San Marcos museum / monument every Friday, Saturday and Sunday at 10:30 a.m., 11:30 a.m., 1:30 p.m., 2:30 p.m. and 3:30 p.m. Rangers and volunteers demonstrate the weapons and relate the experiences of the colonial Spanish soldier of 1740s St. Augustine. Firing times are subject to change depending on weather conditions and staff availability. Castillo de San Marcos is located at 1 S. Castillo Drive in St. Augustine.</p> <p>Florida Tiny House Music Festival The United Tiny House Association will feature a large assortment of tiny houses and micro homes, workshops, presentations, vendors, entertainment, youth activities, music and more at the St. Johns County Fairgrounds Nov. 16 at 5 p.m. and Nov. 17 and 18 at 9 a.m. For more information, visit www.unitedtinyhouse.com. This event will take place at 5840 State Road 207 in Elkton.</p>

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Monday, Nov. 19	Tuesday, Nov. 20	Wednesday, Nov. 21	Thursday, Nov. 22
<p>Kids Free November at World Golf Hall of Fame Kids under 12 can visit the World Golf Hall of Fame & Museum for free during the month of November (offer valid for up to five children) with a general admission paying adult. No coupon necessary. The museum is open Monday through Saturday 10 a.m. to 6 p.m. and Sunday noon to 6 p.m. The World Golf Hall of Fame & Museum is located at 1 World Golf Place in St. Augustine.</p> <p>Holy Yoga Join Integrative health coach and certified Holy Yoga instructor Cheryl Olson for a hatha-based yoga practice combined with breathwork and a mindful intention on God's Word on Mondays at 6:30 p.m. and Tuesdays at 9 a.m. through the month of November. This yoga session, which will be held at various locations in Ponte Vedra, promises to nourish the heart, mind, body and soul. For more information on class locations and to register, visit www.transformandradiate.com.</p> <p>Tech help at the River House Technology savvy Flagler College students will be offering complimentary help at the River House, located at 179 Marine St. in St. Augustine, on Mondays from 3 to 4 p.m. Guests should bring a laptop, smartphone, iPhone, iPad or tablet for one-on-one instruction. Call (904) 209-3655 to make a reservation.</p> <p>Prettie Lashes Classic Seminar This seminar will offer information on lash lines and application techniques, along with a discussion on business strategies and obtaining clientele. Upon completion of the seminar, participants will receive a certificate and unlimited access to a lash support group. This seminar will take place Nov. 19 at 1 p.m. in Jacksonville. Call (904) 524.7087 for venue information.</p> <p>Crafty Women Join the Bartram Trail Branch Library Nov. 19 at 10:30 a.m. for the Crafty Women event where attendees can make their own library tote bag. Space is limited, call (904) 827-6960 to register. The library is located at 60 Davis Pont Blvd. in Fruit Cove.</p>	<p>Thanksgiving open house Cypress Village Assisted Living will host a Thanksgiving open house Nov. 20 and 21 to celebrate the holiday. Guests will receive a free pie and bottle of wine for attending. Call Lisha Harris at (904) 807-6236 to schedule a time to visit the community. Cypress Village is located at 4600 Middleton Park Cir. E. in Jacksonville.</p> <p>Family storytime and crafting Join Mr. Andy and Mrs. Marcia in The Randolph Caldecott Children's Room at the Main Library every Tuesday at 11 a.m. for Family Storytime. The group will be singing songs, reading stories and more. This program is open to children of all ages. Classes run through Nov. 27. The Main Branch Library is located at 1960 N. Ponce De Leon Blvd. in St. Augustine.</p> <p>Sunset Night of Lights sail Enjoy the Nights of Lights aboard the Schooner Freedom as it sails through St. Augustine's Matanzas Bay. This sailing excursion departs at 4:15 p.m. daily during Nights of Lights from the St. Augustine Municipal Marina. Complimentary beer, soda and wine are included in the \$50 ticket. Visit www.schoonerfreedom.com for more information.</p> <p>Service Industry Night Dahlia's Pour House will host a Service Industry Night for those working in the service industry Nov. 20 at 7 p.m. Guests must show a bartender a proof of employment in the industry to receive \$25 off their entire tab. Dahlia's Pour House is located at 2695 Post St. in Jacksonville.</p> <p>Manheim Steamroller Christmas Grammy Award winner Chip Davis' show, Mannheim Steamroller Christmas, features Christmas classics along with a selection of compositions from Davis' groundbreaking Fresh Aire series. Catch this show at the Times Union Center for the Performing Arts in Jacksonville Nov. 20 at 7:30 p.m. Visit https://go.evnt.com/302480-0?pid=6049 to purchase tickets.</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>Dementia and Alzheimer's support group Cypress Village will host a free Dementia and Alzheimer's support group Nov. 21 at 3 p.m. Refreshments will be served. Cypress Village is located at 4600 Middleton Park Cir. E. in Jacksonville. Call (904) 807-6236 for more information.</p> <p>Discovery marsh walk Explore the Anastasia Marsh Trail at Anastasia State Park with a park ranger and learn about the importance of estuarine systems that surround the inshore sides of barrier islands Nov. 21 from 12:30 to 1:30 p.m. Hikers will travel through the maritime hammock and tidal salt marsh while discovering the plant and animal life found in these natural communities. Suggested items to bring are binoculars, comfortable walking shoes, a camera, drinking water, bug spray and sunscreen. Meet at Anastasia Watersports within the park.</p> <p>Baking History Presents: The Three Sisters This event, scheduled for kids in grades 1 to 8 Nov. 21 at 4 p.m. at the Bartram Trail Branch Library in Fruit Cove., will feature a retelling of the Native American legend of the three sisters. Call (904) 827-6960 to register.</p>	<p>Yoga for Survivors The Y Healthy Living Center at the Ponte Vedra YMCA will host a Yoga for Survivors class Nov. 22 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>Tonys Turkey Trot for Brain Injury Awareness The fourth annual Tonys Turkey Trot for Brain Injury Awareness is a 5K and 1 mile fun run scheduled for Nov. 22 at 8 a.m. at 1 Ocean Blvd. in Atlantic Beach. The event will feature a pumpkin pie eating contest, facepainting, a photo booth, local food vendors and more. Sign-up online at www.tonysturkeytrot.com.</p> <p>Thanksgiving buffet at TPC Sawgrass TPC Sawgrass will host a traditional Thanksgiving buffet from noon to 7 p.m. Admission costs \$78 for adults and \$39 for youth ages 5 to 11. Call (904) 543-5105 to make a reservation. TPC Sawgrass is located at 110 Championship Way in Ponte Vedra Beach.</p> <p>Ripley's Red Trains Nights of Lights Tours Take an enchanting trip through St. Augustine's Night of Lights aboard one of Ripley's festive red trains with holiday carols and free magic-viewing glasses included. The Red Train departs from Ripley's Believe It or Not! from 6 to 8 p.m. Sunday through Thursday and 6 to 10 p.m. Friday and Saturday. For more information and to purchase tickets, visit www.ripleys.com/RedTrains.</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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Starling at Nocatee Executive Director Megan Kennedy (left) addresses attendees of the facility's Veterans Day event on Nov. 12 and discusses certificates and pins that were presented to veterans and spouses.

Starling at Nocatee honors veterans with special ceremony



Photos by Susan Griffin
 Rev. W.O. Hesse, Sr., (right) and Starling resident John Scalandre dedicate a bench at the facility's new Reflection Garden.

The Starling at Nocatee Assisted Living & Memory Care hosted a special ceremony on Monday, Nov. 12 in honor of Veterans Day.

The ceremony began by the flag pole with a presentation of the colors. Then, the facility honored its veterans with the dedication of its new Reflection Garden. After dedicating a bench in the garden, veterans and their spouses were recognized with certificates, pins and flowers.

The event concluded with a lunch prepared by the Starling's chef. For more information on the Starling at Nocatee, visit starlingliving.com/nocatee.

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BOLLES PVB CAMPUS STUDENTS PARTICIPATE IN VETERANS DAY EVENT



Photo courtesy of the Bolles School

Students at the Bolles Lower School Ponte Vedra Beach Campus gather on Friday, Nov. 9, for a special flag ceremony honoring Veterans Day. Students and faculty brought photos of loved ones — past and present — who served in the military for a patriotic table display in front of Ponte Vedra Hall. During the flag ceremony, students celebrated veterans with beautiful music — including a ukulele ensemble and two songs written by fifth-grade students and performed on their own. Veterans who could attend were honored onstage and regaled with a campus-wide signing and singing piece from students.



Photo by Samantha Logue

Rotarian and COA board member Bruce Barber (left) thanks 98-year-old World War II veteran Michael Spencer for his service.

COA

Continued from 5

“It’s a real privilege to be here to celebrate Veterans Day and to hear about K9s For Warriors,” Stevenson said. “I’m also really proud to serve with Commissioner Morris and I want to honor his service in the military. I know he was a pilot.

“People who serve in the military know how tough things can be,” Stevenson continued. “Sometimes in political life, you think it’s a little tough, and then when I hear about their stories, I think it’s a walk in the cool, green grass compared to that. So, thank you for your service to our country.”

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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 THE INVESTMENTS PATH FORWARD (PART 4 OF 4)

To summarize Camarda's outlook:

- The US economy is in overdrive, but the Fed is actively trying to cool it, and rising rates and other drags will eventually tip it into recession, but not for a period measured in years, not months.
 - The stock market tends to be a leading indicator. It goes up before the economy really gets moving, and goes down before the economy falters.
 - On average US stock values are widely viewed as overpriced – stock earnings power doesn't justify share prices.
 - The US economy is increasingly the economic engine of the world. Recent trade and tax policy should on the whole propel profits, and offset – at least for a time – the drag of higher interest rates and higher goods costs from tariffs and a strong dollar.
 - Interest rates are going up. While we still think bonds are a bad place to be – a belief we've held for years now – this will change as yields become attractive again, which we expect in late 2019 or in 2020.
 - Non-US economies and stock markets are still well behind the US curve. This will eventually change as the US enters recession and a stock market correction, and other bright spots appear around the globe.
- This outlook shapes our investment strategy. For the next year or two, here are the strategic principles we will use to shape our portfolios:
- US stocks should still make up a majority of equity allocations, but dividend-paying value stocks should be favored.
 - Non-US stocks should represent significant equity allocations, with established economies like Europe and Japan overweight relative to emerging economies like China and South America.
 - It's still early for bonds, but yields are finally getting more attractive.

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Hey Kids ... Send your letters to Santa



Santa has asked the Ponte Vedra Beach Division of the St. Johns County Chamber to put special mailboxes in Ponte Vedra Beach so he receives letters from all the children.

Dear Santa,



**Mailboxes
are in place
until Dec. 15.
After that, Santa
will be busy!**



Sincerely,

NAME: _____ **AGE:** _____



BE SURE TO INCLUDE YOUR RETURN ADDRESS SO SANTA CAN WRITE YOU BACK:

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215 Tourside Drive
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(inside)
1102 A1A N., Unit 108
Ponte Vedra Beach, FL 32082



Recorder file photo

A mailbox for letters to Santa will be located near Nona Blue in Sawgrass Village. Letters mailed between Nov. 15 and Dec. 15 will receive a response from Saint Nick.

Santa's mailbox to accept letters at Sawgrass Village and Recorder office

Letters mailed to Saint Nick will receive responses

First Coast children seeking to send their Christmas lists to Santa Claus may drop them off at Santa's mailbox located near Nona Blue in Sawgrass Village and at the Ponte Vedra Recorder office (1102 A1A N., Unit 108, Ponte Vedra Beach).

Letters mailed between Nov. 15 and Dec. 15 will receive a response from Santa thanks to a special arrangement the Ponte Vedra Beach Division of the St. Johns County Chamber of Com-

merce made with the North Pole.

"I have asked the St. Johns County Chamber of Commerce to help me out by collecting your letters in this special mailbox," Saint Nick said. "No need for a stamp, but if you would like me to respond to your letter, please include your return address on the envelope.

"The nice folks at the Chamber will be collecting letters for me up until Dec. 15," Santa added. "After that, I will be too busy to respond because I will be preparing for my busy night on Christmas Eve. I look forward to reading your letters!"

St. Johns County Parks and Recreation to facilitate phone calls from Santa

St. Johns County Parks and Recreation is once again helping families make the holiday season brighter for their children this year.

Parents with children under the age of 8 that live in St. Johns County can sign up to have Santa call their child at home this holiday season. Registration is open now until 5 p.m. on Friday, Dec. 7. Visit www.sjcf.us/Recreation/index.aspx to submit a request or download the form and drop it off at the St. Johns County Parks and Recreation Department.

For more information, contact Ashley Brown at (904) 209-0379 or abrown@sjcf.us.

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DECEMBER 17

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2019

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FLORIDA CHAMBER MUSIC PROJECT PRESENTS
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JAN 15 **LAKE STREET DIVE**
w/ MIKAELA DAVIS

JAN 20 **AN EVENING WITH COMEDIAN ROBERT KLEIN**

JAN 24 **RECKLESS KELLY & NIKKI LANE**

JAN 25 **THE OUTLAWS**

JAN 26 **OLD 97'S & SHOOTER JENNINGS**

JAN 28 **CRASH TEST DUMMIES**
CELEBRATE THE 25TH ANNIV. OF "GOD SHUFFLED HIS FEET"

JAN 31 **NEKO CASE**
w/ KIMYA DAWSON

FEB 2 **UNDER THE STREETLAMP**
"ROCKIN' AROUND THE CLOCK"

FEB 5 **GAELIC STORM**

FEB 7 **THE MAGPIE SALUTE**

FEB 9 **INDIGO GIRLS SOLD OUT**

FEB 10 **ALAN DOYLE**
w/ WHITNEY ROSE

FEB 14 **KEIKO MATSUI**
CELEBRATING 30 YEARS IN MUSIC

FEB 15 **AN EVENING WITH TOM RUSH**
ACCOMPANIED BY MATT NAKOA

FEB 17 **DAVE MASON & STEVE CROPPER**
ROCK & SOUL REVUE
INTRODUCING GRETCHEN RHODES

FEB 19 **LOS LOBOS**

FEB 20 **THE ZOMBIES**

FEB 21 **KASEY CHAMBERS & THE FIRESIDE DISCIPLES**
w/ CARLY BURRUSS

FEB 22 **LP**

FEB 27 **CHRISTOPHER CROSS**

MAR 9 **10,000 MANIACS**

MAR 10 **FLORIDA CHAMBER MUSIC PROJECT PRESENTS SCHUMANN**

MAR 15 **A BOWIE CELEBRATION: THE DAVID BOWIE ALUMNI TOUR**

MAR 16 **ROGER MCGUINN**

MAR 21 **JOAN OSBORNE**
SINGS THE SONGS OF BOB DYLAN

MAR 29 **AN ACOUSTIC EVENING WITH SHAWN COLVIN**

APR 12 **DAVE ALVIN & JIMMIE DALE GILMORE**
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The NIGHTS OF LIGHTS and the park and ride shuttle are produced by the City of St. Augustine with funding assistance from the St. Johns County Tourist Development Council, but the success of the NIGHTS OF LIGHTS would not be possible without the wide participation of the St. Augustine community.



Rotary, Recorder seek nominations for 27th Annual Local Heroes Awards

The Rotary Club of Ponte Vedra Beach and the Ponte Vedra Recorder are seeking nominations for the 27th Annual Local Heroes Awards.

Presented each year, the Local Heroes Awards recognize individuals who give back to the community and reflect the spirit of the Rotary Club's motto, "Service Above Self." From volunteering with local charities to giving back through the arts, education, environmental protection activities and more, the

Rotary Club of Ponte Vedra Beach and Recorder seek to recognize the "unsung heroes" who make Ponte Vedra such a special place to live, work and raise a family.

Residents who know of an individual they believe is deserving of recognition as a Local Hero are encouraged to complete the nomination form on this page and email it to Rotarian Ken Smith at lk-smith59@yahoo.com. Nomination forms may also be

mailed to: Local Heroes Awards Committee, Rotary Club of Ponte Vedra Beach, PO Box 70, Ponte Vedra Beach, FL 32004. The deadline for submission of nominations is Friday, Dec. 14.

Award recipients will be recognized at the Local Heroes Awards reception to be held Thursday, Feb. 7, 2019, at Marsh Landing Country Club.

For more information, contact Rotarian Ken Smith at (904) 710-7702 or lksmith59@yahoo.com.



The Rotary Club of Ponte Vedra Beach

in cooperation with The Ponte Vedra Recorder

2019 Local Heroes Awards *Nomination Form*

Nominate your friend, neighbor or colleague for the Local Heroes Awards recognizing individuals who give back to the community!

Nominee Information:

Name: _____

Address: _____

Email address: _____ Telephone: _____

Nominee's contributions to the community (attach additional pages as needed):

Nomination Submitted By:

Name: _____

Address: _____

Email address: _____ Telephone: _____

Nomination Deadline: Friday, Dec. 14, 2018
 Email entries to: lksmith59@yahoo.com
 or mail to: Local Heroes Awards Committee Rotary Club of Ponte Vedra Beach
 P.O. Box 70, Ponte Vedra Beach, FL 32004

*Thank you
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 Awards to be presented
 Thursday, Feb. 7, 2019
 Marsh Landing Country Club*

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**NOVEMBER 15, 2018
SPECIAL SECTION**

Ponte Vedra 
Recorder
Not your average newspaper, not your average reader

Mayo Clinic elects Kent Thielen CEO of Florida operations

The Mayo Clinic Board of Trustees announced on Friday, Nov. 9, that it has elected Kent Thielen, M.D., vice president of Mayo Clinic and CEO of Mayo Clinic in Florida.

Dr. Thielen succeeds Gianrico Farrugia, M.D., who will become president and CEO of Mayo Clinic on Jan. 1, 2019. In the meantime, Dr. Farrugia will continue to serve in his role as vice president of Mayo Clinic and CEO of Mayo Clinic in Florida.

"Dr. Thielen is an exceptional and proven leader who brings a wealth of experience to the position and a steadfast commitment to Mayo Clinic's mission, values and culture," Mayo Clinic Board of Trustees Chair Samuel Di Piazza said. "He has a bold and strategic vision for the way Mayo Clinic will use innovation to further improve patient care and advance Mayo's leadership in medical education and research."

Thielen, a Minnesota native, first came to Mayo Clinic as a resident in radiology

in 1990. He has been a member of the Mayo Clinic staff since 1996 and serves in several leadership roles. As chair of the Midwest Department of Radiology, which encompasses leadership of Mayo Clinic Health System and Rochester Radiology operations, Thielen leads a staff of 260 physicians and physicists, 52 residents, 24 fellows and 1,500 allied health staff.

Since 2013, Thielen has led integration efforts between the Mayo Clinic Health System and Rochester practices to create the Midwest Department of Radiology. He expanded scholarship and research support infrastructure within the Department of Radiology. From 2013 to 2017, the Rochester Department of Radiology climbed from 19th to eighth in national rankings of National Institutes of Health awards to academic radiology departments.

Also, as chair of the Enterprise Radiology Specialty Council, Thielen leads the integration of radiology practices across Mayo Clinic. He also led the planning and implementation for the new health records



Photo courtesy of the Mayo Clinic

Dr. Kent Thielen is the newly elected vice president of Mayo Clinic and CEO of Mayo Clinic in Florida.

system throughout all radiology departments at Mayo. Thielen previously served as chair of the Division of Neuroradiology in the Department of Radiology from 2004 to 2013.

"I'm humbled, honored and excited to continue to build upon Dr. Farrugia's outstanding legacy, which includes his involvement and leadership in the Jacksonville community, and to accelerate Mayo's efforts in discovery and world-class innovation," Thielen said. "I'm looking forward to working collaboratively with my colleagues to ensure the Florida campus continues to grow its stellar reputation

as a leader in patient care, education and research."

Thielen received his bachelor's degree in engineering physics from South Dakota State University in 1986 and his doctor of medicine degree from the University of Minnesota in 1990. He then completed his residency training in diagnostic radiology at the Mayo Clinic School of Graduate Medical Education in Rochester, serving as chief resident from 1993 to 1994. He subsequently completed a three-year combined fellowship in diagnostic and

MAYO continues on Page 17



PAS

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Mayo

Continued from 16

interventional neuroradiology at the Mayo Clinic School of Graduate Medical Education in Rochester.

As leader of Mayo Clinic's Florida campus, Thielen will work with Christina Zorn, J.D., vice chair of administration and chief administrative officer of Mayo Clinic in Florida, to provide leadership and direction, define and implement Mayo Clinic's operational plan, and expand Mayo Clinic's leadership and reach in the Southeast.

"Mayo Clinic in Florida has seen tremendous growth under Dr. Farrugia's leadership and is well-positioned to serve as the destination medical center for the Southeast," Thielen said. "I look forward to working with Florida's leadership and staff, as well as our external partners, to continue to develop our capabilities in Florida and provide new solutions and world-class care for patients, ongoing innovative research and a range of excellent educational offerings."

Farrugia has been vice president of Mayo Clinic and CEO of Mayo Clinic in Florida since January 2015. In this role, he has led a staff of more than 6,400 staff members. During his tenure, Mayo Clinic's Florida campus has established itself as the premier destination medical center for the Southeast. There have been significant investments in people, technol-

ogy and facilities, including the opening of the new 190,000-square-foot Harry T. Mangurian Jr. Building for patients seeking cancer, neurology and neurosurgical care. Since 2016, Mayo Clinic has been named the best hospital in Florida in U.S. News & World Report's Best Hospitals rankings.

"Mayo Clinic's mission and values are at the forefront of everything we do, and that makes our incredible staff our greatest asset," Farrugia said. "With Dr. Thielen's deep grounding in Mayo's special culture and values, he will be a tremendous advocate for our employees and ensure the focus will continue to be on meeting the needs of the patients we serve."

The thorough search process to elect Thielen included a survey sent to Mayo Clinic voting staff, interviews with Mayo Clinic trustees and conversations with physician and administrative leaders at Mayo Clinic's Florida campus. Valuable input was obtained regarding potential candidates, the challenges facing Mayo Clinic and the leadership attributes needed for this position.

"Dr. Thielen is firmly committed to Mayo's mission, so I know that as CEO of Mayo Clinic in Florida, he will continue to push for the highest standards and quality of care, research and education, and that he will support and advance collaboration between our physicians, researchers and partners to find new solutions for patients," Farrugia said.

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Jeremy Mirabile, MD, ABAM, FASAM, FAAFP, is the Medical Director of Recovery Keys addiction treatment and recovery program. Board-certified in addiction medicine and family medicine, Dr. Mirabile oversees all patient care, including conducting patient evaluations, creating treatment plans and educating patients about the neurobiological impacts of addiction. He leads a multidisciplinary team dedicated to caring for patients' physical, mental, emotional and spiritual health during their recovery from substance abuse. He is one of only a few Geriatric Care Managers in Jacksonville that is both a Registered Nurse and Nationally Certified Case Manager. He wants to be your elder care healthcare resource.

Dr. Mirabile received his medical degree from the University of Florida College of Medicine in 2002. He then completed a residency in family medicine and began work in the field of mental health and substance use disorder treatment.

In 2009, Dr. Mirabile became one of the first physicians in the United States to be certified by the American Board of Addiction Medicine (ABAM), then a newly-formed medical specialty board focusing on the treatment of alcohol, tobacco, drug and prescription pain medication addiction. Now an ABMS accredited subspecialty, Dr. Mirabile is board-certified in Addiction Medicine through The American Board of Preventative Medicine (ABPM). He is also a Fellow of the American Society of Addiction Medicine and a Fellow of the American Academy of Family Physicians.

Dr. Mirabile has experience leading multidisciplinary teams in a variety of substance abuse, psychiatric and behavioral health treatment settings, including both outpatient and residential centers. He is committed to educating medical students, other health professionals and the public about the disease of addiction, including preventing substance abuse, identifying substance abuse and the most up-to-date, evidence-based treatment strategies.

A sought-after speaker and educator, he often presents to medical societies and during hospital grand rounds to fellow physicians, medical students and residents on the evaluation and treatment of addictive disorders. He is also dedicated to raising awareness about substance abuse among members of the community, and helping other healthcare and social services professionals better understand the disease and how to treat it. He frequently serves as a volunteer guest lecturer at other community-based substance use disorder treatment programs, assisting with patient education and staff development. He is often called on for consultations on diagnosing, evaluating and treating patients with substance use disorders.

Dr. Mirabile believes in a holistic approach to treatment that considers the impact of addiction on the whole person, as well as their family and loved ones. He views addiction as a disease, not a personal failing, and takes a treatment approach that heals the mind, body and spirit.

And all other information about the entire program can be found on the website at www.recoverykeys.org.



ABOVE: The Pink Ribbon Golf Classic presents a check for \$277,000 to Baptist Medical Center Beaches and Mayo Clinic-Jacksonville at Underwood Jewelers in Ponte Vedra Beach on Nov. 8. Pictured from left to right is Clayton Bromberg, Underwood Jewelers owner; Dr. Bobby Maxwell, division chair for the breast imaging department at Mayo Clinic-Jacksonville; Christy Bromberg, Underwood Jewelers owner; Nancy Morrison and Joanne Ghiloni, Pink Ribbon 2018 co-chairs; and Joseph Mitrick, the hospital president of Baptist Medical Center Beaches and president of Transitional Care for Baptist Health.



ABOVE: Allison McCallum, Linda Lago and Nancy Morrison



LEFT: Catherine Topol and Jennifer Malzacher

Photos by Jon Blauvelt

Pink Ribbon raises record total of \$277,000 for Baptist, Mayo Clinic

By Jon Blauvelt

The 12th annual Pink Ribbon Golf Classic and its associated events raised a record total of \$277,000 this year for breast cancer research and related services at Baptist Medical Center Beaches and Mayo Clinic-Jacksonville.

The Ponte Vedra Beach-based non-profit organization announced the total last Thursday, Nov. 8, at Underwood Jewelers. This year's total eclipsed last year's record-setting total of \$262,000. To date, the organization has raised nearly \$1,500,000.

Pink Ribbon 2018 Co-chairs Nancy Morrison and Joanne Ghiloni presented the check to Joseph Mitrick, the hospital president of Baptist Medical Center Beaches and president of Transitional Care for Baptist Health, and Dr. Bobby Maxwell, the division chair for the breast imaging department at Mayo Clinic-Jacksonville.

The funds will be used at Baptist Beaches to help purchase a PET/CT scanner for the Wilson Cancer Center.

"As you know, that's an incredibly important part of the breast cancer program," Mitrick said. "We're really pleased

to have that equipment at Baptist Beaches full-time. That will allow us to serve our patients and keep them here locally at the beach. It's so important, especially (with) patients that have breast cancer. We want to do everything possible to help them in that journey."

According to the Pink Ribbon website, PET scans are currently offered at Baptist Beaches only one day per week via a mobile unit. These scans, per Pink Ribbon, are helpful in "evaluating a patient's response to therapy, specifically, chemotherapy for locally advanced breast carcinoma and metastatic disease, reassessing breast cancer stages and problem solving when conventional imaging results are vague or ambiguous." Mitrick also thanked Pink Ribbon founder Susie Buckey for starting the organization.

Pink Ribbon's fundraising efforts will also continue to support the Jacoby Center for Breast Health at Mayo Clinic. The organization's support will help fill unmet needs and bring patients innovative and new therapies, support clinical trials and enhance the acupuncture and massage pilot study, among other services.

PINK RIBBON continues on **Page 24**

JDRF Miracles Gala hosts hundreds, raises hundreds of thousands for fight against type 1 diabetes

On Saturday, Nov. 3, the 18th annual JDRF Miracles Gala broke records hosting over 500 people at the Sawgrass Marriott Golf Resort & Spa and generating \$600,000 that will be used to advance JDRF's mission of improving lives and curing type 1 diabetes.

Featuring a theme of "One Night in Old Hollywood," the JDRF North Florida Chapter event was chaired by Kasey Repass of Jacksonville Beach and Kristina Greco of Ponte Vedra Beach. Former TPC Sawgrass General Manager Bill Hughes received the Living and Giving Award as this year's honoree. In addition, Michael Ward and Jennifer Glock, this year's Fund A Cure Champions, made a \$100,000 contribution

to JDRF, the largest single gift received by JDRF North Florida. The gift matched contributions by guests at the gala during a portion of the evening called Fund A Cure, in which guests raised bid paddles and made contributions to the research of type 1 diabetes.

In addition to this gift, the Van Zant family presented JDRF with a \$50,000 gift on behalf of the Lynyrd Skynyrd Foundation in honor of a family member that lives with type 1 diabetes. The Chris Thomas band helped guests celebrate with a full big band, and guests danced the night away.

Visit www.jdrf.org/northflorida for more information on the JDRF North Florida Chapter.

The Van Zant Family presented JDRF with a \$50,000 gift on behalf of the Lynyrd Skynyrd Foundation.



Photos courtesy of JDRF North Florida



Bill Hughes (left) was honored at the JDRF Miracles Gala on Nov. 3 at Sawgrass Marriott Golf Resort & Spa with the Living and Giving Award. Standing with Hughes is Stacy Ellison, JDRF board member and emcee; Emily Williams, JDRF ambassador of Ponte Vedra Beach; Brooks Biagini, executive director of JDRF North Florida; and Lucy Arnold with sons Noah, who has type 1 diabetes, and Jackson.

Ponte Vedra veteran opens mobile gym service in St. Johns County area

By Benjamin Naim

GYMGUYZ, a mobile fitness franchise that brings the gym to its clients, is now servicing the St. Johns County area.

Owner Anthony Zurisko, a Ponte Vedra resident and military veteran who runs the newest addition to the franchise, said he got involved with GYMGUYZ because he loves physical fitness and he didn't want to open an ordinary business.

"It was really years in the making," he said. "Two years ago, my wife and I started looking at viable businesses. We didn't want to open an ordinary business, we wanted to open a business to help people, to change people's lives. After searching for several years, we came across GYMGUYZ and it seemed like the perfect fit for us."

GYMGUYZ has over 200 locations worldwide. As for its owners, the company looks for those who are committed to their community, who have a passion for people and the skills necessary to run an unorthodox business with no brick-and-

mortar location.

"You have employees in multiple locations throughout the area," Zurisko noted. "So, you had to have the project management and people skills to manage that. We have a great relationship with the St. Johns and Ponte Vedra community."

As an army veteran, Zurisko said he has always had a commitment to fitness. Furthermore, Zurisko revealed that his wife loves to work out at the gym and shares his passion for physical fitness.

Regarding the GYMGUYZ concept, Zurisko explained that the franchise brings the gym to its clients through customized, convenient and creative workouts that take place wherever customers like.

"We have a professionally-customized van," he said. "It has 365 pieces with brand new state of the art fitness equipment in it."

GYMGUYZ allows clients to work out anywhere, from the beach to their own living rooms. To achieve this, the company uses a 15-passenger van packed

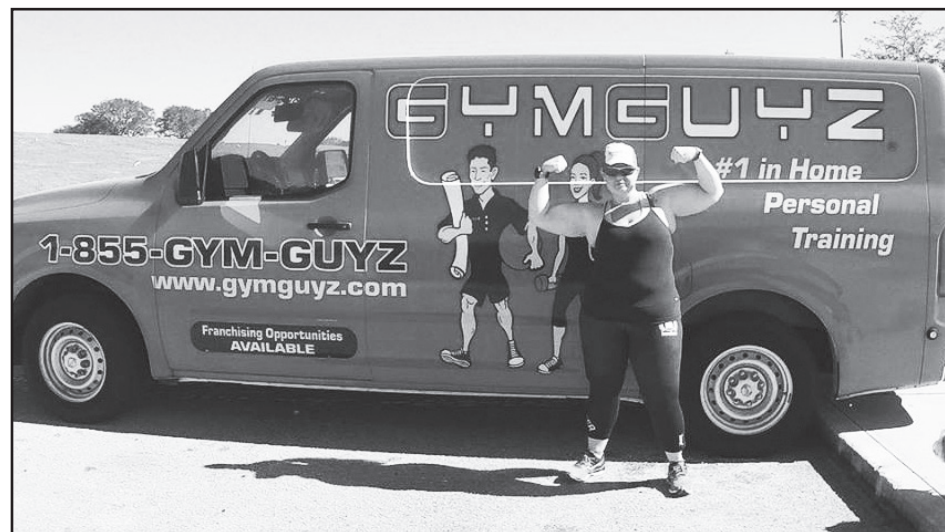


Photo courtesy of GYMGUYZ

GYMGUYZ brings the gym to its clients by using a 15-passenger van packed with 365 pieces of fitness equipment. Anthony Zurisko, a Ponte Vedra resident and military veteran, recently opened up a franchise servicing the St. Johns County area.

with 365 pieces of equipment for trainers to use, including kettlebells, weights, medicine balls, plyometric boxes, battle ropes and more.

In addition to the van, which is used to transport equipment to ensure clients have exactly what they need, Zurisko noted that GYMGUYZ employs nationally-certified coaches who understand what it takes to get in shape.

"Everything we do is one-on-one," he said. "The first step of the process is we do a free in-home assessment. We show up, we talk about their medical history, we talk about their nutrition and then we

get really specific about their goals and talk about where they would like to be. Then, we put together a customized plan."

Zurisko said the mobile gym concept helps keep clients accountable. When the workout session comes home, he asserted, it's much harder to skip out and get lazy. He also suggested that some people might not feel comfortable working at a public facility and would prefer to be in the privacy of their own home.

For more information on GYMGUYZ or to schedule an assessment, visit www.gymguyz.com or call Zurisko directly at (904) 512-0769.

FIS Tour de Cure to be held Dec. 1, proceeds to benefit American Diabetes Association

The annual FIS Tour de Cure is set to take place Saturday, Dec. 1 at World Golf Village in St. Augustine in support of the American Diabetes Association (ADA), and people of all ages and skill levels are invited to participate.

"We are so excited about this year's FIS Tour de Cure," said Shawn Dugan, a member of the ADA Community Leadership Board. "The reason I ride is due to a family history of Type 2 Diabetes. ... We always Ride for the Cure."

The holiday-themed event will include three bicycle races of 12, 40 and 65 miles, respectively, as well as a 5K run/walk. Participants are encouraged to wear holiday attire for the race to reflect the festive spirit of the season. Each rest stop will feature a unique holiday theme, including carolers, red and green refreshments, yuletide tattoos, Santa hats and more, and the fully supported cycling event includes a continental breakfast, sponsor giveaways, bike rentals and a family-friendly "Kid's Zone" with activities for all ages. Each participant will receive a free lunch from Mission BBQ as well as beverages provided by Cham-

pion Brands.

Athletes, families, fitness enthusiasts and people wishing to make a difference in the lives of those with Diabetes are encouraged to attend the Dec. 1 event, either as an individual or a team member. Virtual participation is also available for those unable to attend the event in person.

Participants can register for \$30 through Nov. 31, and then the fee will be raised to \$35 for participants registering day-of on Dec. 1. Fundraising minimums are \$200 for the ride and \$100 for the Run/Walk, and all proceeds will benefit the ADA, which protects the rights of people with diabetes and funds critical research to find a cure. In addition, funds raised will support community-based education programs such as Camp JADA.

Corporate and individual sponsorships are still available, as is vendor space. The start and finish line will be located at 305 WGV Blvd., just across the lake from the Renaissance World Golf Village Resort. Check in time is 7:30 a.m. and the cycling portion kicks off at 8:30 a.m.



Photos courtesy of Lauren Eastman

The annual FIS Tour De Cure will be held Saturday, Dec. 1 at World Golf Village in support of the American Diabetes Association.

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Volunteers in Medicine appoints Jennifer Ryan new CEO

The Volunteers in Medicine Board of Directors recently announced the appointment of Jennifer Ryan as its new CEO following the retirement of former CEO Mary Pat Corrigan.

In the role of chief executive officer, Ryan is responsible for providing leadership for the organization's medical operations, program development, staff and

volunteer management and fundraising. Ryan most recently served as the executive director of the Ponte Vedra YMCA — a branch of the First Coast YMCA — where she directed strategic planning efforts and fundraising campaigns and strengthened relationships for community development and collaboration. Previously, she held positions with the Cen-

ters for Disease Control, Duval County Health Department and Northeast Florida Healthy Start Coalition.

"Jennifer brings to Volunteers in Medicine all the attributes you could ask for in the organization's next president and CEO," Board of Directors Chari Michael Boylan said. "A wealth of experience in the health service industry, boundless energy and — like her predecessor — a great passion for the mission. We are at a critical moment in the growth of the organization as we implement our strategy to expand access for the low-income working uninsured."

Volunteers in Medicine is a full-service nonprofit clinic providing free medical services and programs to working uninsured individuals and families.

Boylan also touched on the retirement of Corrigan.

"The board and staff of Volunteers in Medicine as well as the patients we have served are greatly indebted to Mary Pat Corrigan for her incomparable leadership these past five years," Boylan said. "All have benefited from her dedication, tenacious effort and passion for the mission. It's been an honor for me and those involved, staff and volunteers alike, to work alongside her."

Corrigan said she felt lucky to serve in the role and is excited for Ryan's tenure.



Recently appointed Volunteers in Medicine CEO Jennifer Ryan

"It has been a privilege to serve with our tremendous staff and volunteers who care deeply about providing healthcare to our hardworking community members," Corrigan said. "I am looking forward to Jennifer's leadership in continuing to build both our patient and fundraising capacity."

Ryan's first day on the job was Monday, Oct. 1.

Visit www.volunteersinmedicine.org for more information on Volunteers in Medicine.



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Art with a Heart in Healthcare launches Giving Tuesday on Nov. 27

Art with a Heart in Healthcare (AWA-HIH) has launched its annual fundraiser, Giving Tuesday, for the holidays.

Giving Tuesday focuses on gifts that give back to children and a global day of donations demonstrating the power of social media and collaboration. Celebrated on the Tuesday following Thanksgiving, and this year on Tuesday, Nov. 27, the charitable initiative begins when many focus on holiday and end-of-year giving.

As a nonprofit organization, Art with a Heart in Healthcare relies on donor support to help provide high-quality art supplies and fine art experiences to young patients coping with cancer, trauma and adversity to heal through creative expression. Patients are from Palm Coast to St. Augustine to Jacksonville and Fernandina Beach, and beyond.

Programs and services with artists, volunteers and University of North Florida interns create individualized art sessions that meet the needs of patients, at their bed-sides and in groups. The nonprofit's team of artists and volunteers have served tens

of thousands of patients and their families in Northeast Florida at Wolfson Children's Hospital, Nemours Children's Specialty Clinic, St. Vincent's Medical Center and Mayo Clinic.

According to Ponte Vedra Beach resident Casey Andeer, her daughter Rue was fighting leukemia since the age of two, and now at five years old, Rue's disease is in remission.

"We credit Rue's fight for her life, health and wellbeing to Art with a Heart in Healthcare," Andeer said. "The program and artists at Wolfson Children's Hospital kept our daughter busy while she developed a creative talent that has stayed with her to this day. Rue was able to have fun with an artistic outlet as a painter during this terrible and painful time in her life. We are truly grateful and ask the community to give."

For more information and to donate, visit www.artwithaheart.info/fundraiser-wolfson-day-infusion. Visit the Facebook page at www.facebook.com/artwithaheartinhealthcare/?hc_ref=SEARCH&fref=nf.

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Tony Boselli continues to forge new path in healthcare industry

By Jon Blauvelt

Most people know Tony Boselli as the former Jacksonville Jaguars star offensive tackle who blocked for quarterback Mark Brunell and running back Fred Taylor in the heyday of the franchise in the 1990s. What they might not know, however, is that the Ponte Vedra Beach resident is now making a name for himself in the healthcare community.

Boselli previously founded a company called Healthy Schools that provided flu shots, immunizations and physicals to kids in schools in Florida and Texas. Over a year ago, the former NFL player sold Healthy Schools to a company called CareDox, where he is now a partner and president.

CareDox (<https://caredox.com/>) works to improve children's health with technology that connects schools, families and healthcare providers. The company provides a digital healthcare platform that helps school nurses and parents better manage everything from routine sickness

to chronic diseases (such as asthma and diabetes).

By allowing school nurses, administrators and parents to post updates online, CareDox reduces time spent managing aspects of a student's healthcare, including managing medications, updating immunization records, capturing details of visits to the school nurse and providing quicker access to a student's emergency medical information. The CareDox technology and services are used by 7,100 schools serving 4.6 million students across multiple states around the country.

One of the company's biggest programs is focused around the nation's annual battle with influenza and providing flu shots to as many kids as possible. CareDox is expecting to administer 600,000 flu shots across eight states at no cost to students and their families, which is more flu shots than any other provider in the nation. CareDox is able to offer flu shots at no cost through reimbursement contracts with Medicaid and other insurance providers.

"The program has grown quite a bit,"

Boselli said. "One of the things that I learned when I started this company years ago is that the flu shot is something that everyone should get every year. ... It's the best way to protect oneself from the flu ... we want to make sure every kid has the opportunity to get that."

In explaining the process, Boselli said CareDox has agreements with the school districts to provide the platform in the schools so parents can sign up digitally (or via paper if they can't digitally). Parents provide their child's medical history and insurance information to make sure the child qualifies. If they don't have insurance, Boselli said the company will administer the flu shot at no cost.

CareDox then manages the workflow and scheduling, sends nurses to the individual states to provide the vaccine, which is recorded on the company's platform, and bills services for those individuals who have insurance. The company then shares the immunization information with state registries to ensure records are updated.



Former Jacksonville Jaguars player and now CareDox Partner and President Tony Boselli

"We think this is how people want to be communicated with," Boselli said. "We want to make sure, with not only flu shots, but that every child has access to good healthcare and has equal opportunity to get the healthcare they need."

Locally, CareDox operates in Duval, Clay and other surrounding counties. The company does not have a contract with St. Johns County, however.

Moving forward, Boselli said the goal for the company is to grow and make sure every kid gets the flu shot, but also to move into other areas of healthcare.

"There are programs that we'll continue to look at and launch and try to provide a comprehensive, pediatric healthcare platform to partner with schools to make sure every kid has equal opportunity to the healthcare they need," he said.



Photo by Susan Griffin

Dr. Lexie and Thomas Romero pose for a photo before the ribbon is cut at their Optimal You Brain Centers (OYBC) open house event in Ponte Vedra Beach.

Optimal You Brain Centers opens in Ponte Vedra Beach

Optimal You Brain Centers (OYBC), a new chiropractic neurology practice, hosted a special open house and ribbon-cutting event on Thursday, Nov. 8, to celebrate the opening of its office in Ponte Vedra Beach.

The open house featured light hors d'oeuvres and refreshments, a meet and greet with OYBC physicians Drs. Thomas and Lexie Romero, a tour of the new Ponte Vedra Beach office, demonstrations of OYBC's state-of-the-art

equipment and more.

In addition to chiropractic care, OYBC offers personalized, drug-free treatment plans for ADD/ADHD, brain injuries, natural pregnancy, development disorders and memory care.

For additional information on OYBC or to book an appointment, visit www.oybc.com. The practice is located at 151 Sawgrass Corners Drive, Suite 102, in Ponte Vedra Beach.

PALM VALLEY PRIMARY CARE HOSTS DR. CHRISTINE YASTREZEMSKI



Photo by Susan Griffin

Palm Valley Primary's Dr. Jennifer Serotta hosts local acupuncture physician Dr. Christine Yastrezemski (bottom left) and guests for a recent event at her offices at 1106 A1A North, Suite 100A, in Ponte Vedra Beach.

Local physical therapist invents sleep aid for those suffering from pain or discomfort

By Benjamin Naim

A Jacksonville-based physical therapist and expert in the musculoskeletal and neuromuscular systems has invented a sleep aid to help people with all types of pain get a comfortable night's sleep.

The aid, called SleepAlign, was developed by Andrea Brogden in 2016. She came up with the idea after recommending to her patients to sleep with a pillow between their legs as a form of treatment.

"Every time I would say to do that, (patients) would give a complaint that it was too difficult to sleep with a pillow between their knees," she said, "because they have to keep repositioning it and the pillow doesn't stay."

As a result, Brogden came up with SleepAlign, which is essentially a pair of pants with specially designed cushions that help keep the body in alignment.

"It's versatile," Brogden asserted. "It helps when you're sleeping and then once you take the cushions out, you can wear



Photo courtesy of Andrew Brogden

SleepAlign, the sleep aid created by Jacksonville resident Andrea Brogden, alleviates pressure off the knees, hips and ankles and keeps them in a neutral position with special cushions inside the leggings.

the pants out on your everyday activities."

Brogden said the reason she came up with SleepAlign was to help her patients.

"That was my main goal," she added. "And then once I created SleepAlign, I realized that not only can I help my patients,

but I can help many more people, both male and female."

The sleeping aid is designed to help those with acute, sub-acute, chronic or any type of back pain, hip pain or knee pain, Brogden said. She also noted that

those who've recently suffered any type of injury can benefit from the aid, as well as women in all stages of pregnancy.

The product works by alleviating pressure off the knees, hips and ankles and keeping them in a neutral position. The foam cushions inside SleepAlign leggings are designed to provide an uninterrupted night's sleep for anyone struggling to sleep through the night.

So far, Brogden said she has had success with every person who has used her product.

"I had one girl who was five months pregnant that was complaining of low back pain," she said. "She started SleepAlign at five months and all through nine months and postpartum and she had no back pain all the way up to delivery."

Another customer purchased SleepAlign to help treat severe hip pain after suffering a stroke, Brogden added, and his pain went away.

For more information about the product, visit www.freelifeapparel.com/about.

Palencia Dental donates to Palencia Women's Golf Association fundraiser and the Woman's Exchange of St. Augustine

Stephanie Kinsey, DDS, owner and founder of Palencia Dental in St. Augustine, recently served as a sponsor for Palencia Women's Golf Association and the annual member guest Coquina Classic golf tournament at The Palencia Club Nov. 2-3.



Dr. Stephanie Kinsey

Dr. Kinsey donated to the fundraiser as a hole sponsor for \$200 to help support the Woman's Exchange of St. Augustine and the organization's scholarship program, which assists women with funding as they retool their skills for the workplace. Throughout the year, Kinsey and the Women's Golf Association participate in a variety of activities that help women and families in need through the Exchange.

Founded in 1892, the Woman's Exchange of St. Augustine is a non-profit organization and part of the National Federation of Woman's Exchanges. Federation members follow in the footsteps of women in the 19th century who began Woman's Exchanges to help other women who had fallen on hard times. As members, women discretely place their handmade items and home-cooked food in Exchanges for those in need. Some of the original Woman's Exchanges are still in business today and are members of the Federation, including the historic Peña-Peck House, one of St. Augustine's historic downtown properties.

Kinsey played in the recent golf tournament to support her mission to give back to the community along with year-round activities to help individuals and families in St. Johns County, and beyond.

Palencia Dental announces 4th annual Filling the Gap fundraising event

Kinsey, along with support from patients, sponsors, friends and family, will hold the fourth annual "Filling the Gap" fundraising event on Saturday, March 2, 2019 from 7 to 10 p.m. at The Carriage House (formerly) Pioneer Barn at Old Florida Museum at 259 San Marco Ave. in St. Augustine.

The event cost is \$75 per person in advance and \$100 per person at the door and includes drinks, hors d'oeuvres and a silent auction. Corporate and private sponsorships are available along with a request for silent auction items. Donations and sponsorships are tax deductible on behalf of Filling the Gap, a 501(c)(3) nonprofit organization.

This year's party will feature live music by Hit Parade, a high-energy dance band. The fundraising efforts will benefit the ALS Association (Lou Gehrig's disease) and Wildflower Healthcare, which provides free medical and dental care to needy individuals and families in St. Johns County. Last year, Filling the Gap helped to fund the nonprofits with more than \$20,000 in donations. In 2019, the goal is to raise more than \$35,000, with all proceeds donated to the charities.

Kinsey is an American Academy of Dental Sleep Medicine (AADSM) Qualified Dentist and has been practicing dentistry for more than 20 years. Her St. Augustine, northwest St. Johns County dentistry practice is dedicated to restoring and enhancing the natural beauty of one's smile combining conservative and state-of-the-art procedures along with advanced dental medicine.

Palencia Dental is located at 159 Palencia Village Dr. Suites 107-109 in St. Augustine. For more information, call (904) 826-4343 or visit www.palenciadental.com.



Photos courtesy of Bonnie Hayflick

Dr. Kinsey (right) gathers with Dr. Christine Tenaglia at the annual member guest Coquina Classic golf tournament at The Palencia Club.

Ronald McDonald House Charities of Jacksonville to host Light Up the House 5K & Family Day Event

The Light Up the House 5K to benefit critically ill children staying at the Ronald McDonald House of Jacksonville will take place on Saturday, Dec. 1 at 8 a.m.

The general public is invited to join other run enthusiasts on the 5K race course, which snakes its way through the historic San Marco community and along the St. Johns River.

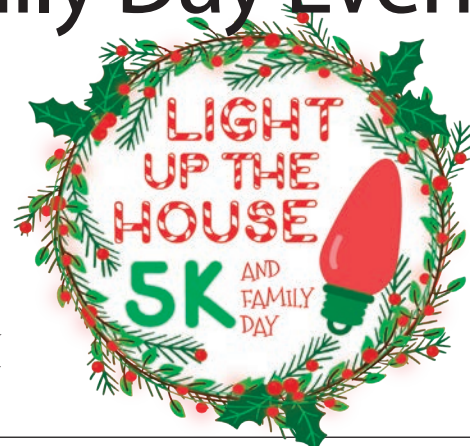
Race participants should register in

advance to take advantage of a reduced registration fee. Participants are also encouraged to form a team and create their own fundraising page to raise additional funds for the mission of Ronald McDonald House of Jacksonville. For every \$5 raised among individuals and teams, Ronald McDonald House will add a holiday light to the outside of the House until it's completely lit.

The event will also feature a free

Family Day festival for both children and adults that will be held from 8:30 to 10:30 a.m. Special guests, such as story book characters, will make an appearance, and event goers can enjoy games, arts and crafts, face painting, balloon art and more.

For additional details, visit www.rmh-cjacksonville.org. The Ronald McDonald house Charities of Jacksonville is located at 824 Children's Way in Jacksonville.





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Photo by Benjamin Naim

The team from Urgent Care Cure in Nocatee celebrates its recent opening by participating in a ribbon-cutting ceremony with representatives from the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce. Owner Alexei Prytkov did the honors by cutting the ribbon. The event also featured food, drinks, a chance for guests to mingle and more. For more information on Urgent Care Cure, visit www.cureurgentcare.com.

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Pink Ribbon

Continued from 18

“On behalf of Mayo, we are sincerely thankful for all the support we receive,” Maxwell said. “That funding, that money, that support, we take care of patients day in and day out and I can tell you first-hand, they’re absolutely appreciative of it and we’re absolutely appreciative of it.”

Pink Ribbon’s fundraising efforts started with the women’s golf tournament on Oct. 4 at Ponte Vedra Inn & Club, continued with a cocktail party at the residence of former Jacksonville Jaguar Rashean Mathis and his wife Ebony in Marsh Landing Country Club on Oct. 11 and concluded with a David Yurman Trunk Show at Underwood Jewelers in Ponte Vedra Beach Nov. 8-10 that contributed a portion of its proceeds to the nonprofit. Pink Ribbon also sold pink flags as another fundraising mechanism and to raise awareness in the community.

“The committee worked so hard this year,” said Morrison. “Every one of them (events) has been very well attended. It’s our banner year.”

Tobacco Free Florida encourages tobacco users to quit on Great American Smokeout

The Florida Department of Health's Tobacco Free Florida program is encouraging tobacco users to quit in observance of the Great American Smokeout on Thursday, Nov. 15.

The American Cancer Society's 43rd Great American Smokeout encourages smokers to make a plan to quit smoking. Tobacco Free Florida aims to educate Floridians on the various free quit resources available in the state and support them through the process — on the Great American Smokeout and year-round.


Tobacco Free Florida provides free and proven-effective resources that can increase your chances of quitting for good. The Quit Your Way program offers free tools, including a two-week starter kit of nicotine

replacement therapy (nicotine patches, gum and lozenges), Text2Quit, email tips and a quit guide. People can choose as many tools as they need, or use them in addition to phone, group and web services. For more information about Quit Your Way, visit www.tobaccofreeflorida.com/quityourway.

Since the Tobacco Free Florida program began in 2007, more than 188,000 Floridians have successfully quit using one of Tobacco Free Florida's free tools and services. There are now approximately 451,000 fewer adult smokers in Florida than there was 10 years ago, and the state has saved \$17.7 billion in healthcare costs. To learn more about Tobacco Free Florida's Quit Your Way services, visit www.tobaccofreeflorida.com.

<p>QUIT YOUR WAY</p>  <p>PHONE QUIT</p> <p>Talk to a Quit Coach® to help you get started.</p>	<p>Tobacco Free Florida .com</p>  <p>GROUP QUIT</p> <p>Get the support you need at one of our group sessions.</p>	  <p>WEB QUIT</p> <p>Get access to online tools to help you quit.</p>
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Graphic courtesy of Florida Department of Health



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Healthcare over health insurance: The case for Direct Primary Care



By Dr. Sharyl Truty
Special to the Recorder

Direct Primary Care (DPC) challenges the very definition of healthcare in America.

More and more research has shown that DPC improves the access to and the quality of care, as well as reduces healthcare cost, mostly by reducing unnecessary healthcare utilization. Unnecessary healthcare utilization is a scourge: It is responsible for upwards of 10 percent of our nation's healthcare bill. Certainly, the tests and procedures we perform in medicine saves lives, but unnecessary tests and procedures expose patients to unjustified risks.

In February 2016, I founded Balanced Physician Care to bring this emerging model of Direct Care to Northeast Florida. Since then, my love for my profession has returned. Having enough time to spend with each patient has invigorated my passion for medicine.

I'm finally practicing medicine the way I always envisioned I could and should. I mention this because the joy I now feel in the practice of medicine is in fact what makes the Direct Primary Care model not just viable but essential.

Critics have argued that widespread adoption of the DPC model will only exacerbate the primary care physician shortage because by necessity it will significantly reduce the number of patients each physician sees. In the short run, this might indeed prove true. But unless a workable solution is found to reverse primary care physician dissatisfaction, a critical shortage is already inevitable. According to a survey conducted by the Urban Institute in 2012, 30 percent of primary care physicians between the ages of 35 to 49 and 53 percent of primary care physicians over the age of 50 want to quit medicine altogether.

Primary care physician patient panel sizes haven't risen to their current levels of 2,500 to 4,000 patients because primary care physicians believe that these sizes are optimal for patient care. They've risen to these levels because insurance reimbursement for primary care hasn't

kept pace with the expense of running a practice, and primary care physicians have been forced to increase the number of patients they see to survive financially. This has resulted not only in poorer access to care, poorer quality of care and increased healthcare costs, but also in dramatically increased primary care physician dissatisfaction. What's required is a new model that attracts physicians into primary care.

Personalized, quality healthcare is not possible when physicians are handing patient panels of over 4,000 or more in size. No matter how many wellness screenings are being performed. Direct Primary Care has been proven to bring quality, personalized medicine back. According to an article in the British Medical Journal in October 2013, patients of DPC practices enjoy 65 percent less ER visits, 35 percent less hospitalizations and 82 percent less urgent care visits.

Primary care — and with it, all of healthcare — is in crisis. Access to personalized care is limited, the quality of care is poor (despite spending more per capita on healthcare than any other country in the world), the life expectancy

of U.S. citizens ranks only 26th out of the 36 member countries of the Organization for Economic Cooperation and Development and costs are spiraling out of control.

Though many view the new model of Direct Primary Care with skepticism, derision and even fear, new models that ultimately prove successful are often initially greeted that way. But if we can challenge our fear, personally changing to a direct primary care model might just prove in the big picture to be the single most effective solution for the most significant problems facing American healthcare today and even more importantly, ensuring the health of the ones you love.

Dr. Sharyl Truty is the physician-owner of a Direct Primary Care practice called Balanced Physician Care in Ponte Vedra Beach. She has been in practice as both a board-certified family medicine and a board-certified sports medicine physician for over 15 years. She has completed a fellowship in integrative medicine from the University of Arizona with Dr. Andrew Weil. She has practiced acupuncture for over 12 years after having trained in China and completed the UCLA physician acupuncture certification.

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THEME: HOLIDAY SONGS

ACROSS

- Rare bills
- Clairvoyant's gift
- Snoopy
- Time distortion
- Show worry
- Wyoming's official sport
- *John Lennon's "Happy Xmas (War is _____)"
- And elsewhere
- Opposite of bonjour
- *"Have _____ a Merry Little Christmas"
- MTV's "_____d"
- Incessantly
- A cool _____, as in money
- *"Should auld acquaintance be _____"
- *"Run _____ Run" sung by Chuck Berry
- *Co-writer of #15

Across

- Used tabulator key
- Your majesty
- 1965 Watts events
- *"Rockin' Around the Christmas Tree," sung by Brenda _____
- Mozart and Einstein, e.g.
- Golly!
- Dry ravine, in Asia
- Not don'ts
- Diplomatic alliance
- Like empty hotel room
- "Fat chance!"
- Shenzi of "The Lion King"

DOWN

- *_____ Turtle Doves
- Not straight
- Post-meal sandwich
- Spring action, past tense
- Like yesterday's meal
- Coffee burn, e.g.
- Bread or cabbage
- Having small nodules
- Scandinavian war god
- Radio button
- *"All I want for Christmas is _____"
- Bygone Spanish money
- R in R.E.M.
- Alex Haley saga
- _____ pie in a sand box
- Blacksmith's hearth

DOWN

- *_____ Mann of "The Simpsons"
- Decades
- Lt.'s inferior, in the Navy
- *"Last Christmas" duo
- Gibson garnish
- Fowl perch
- Film roll
- Ronstadt, e.g.
- Infectious protein particle
- Bank job
- *Like Elvis' Christmas?
- 10 decibels
- *Deck'em
- Ivory Coast neighbor
- Utmost degree
- Not sympathetic
- Maryland Academy
- Young and inexperienced
- Second-largest Great Lake
- Talks and talks and talks
- It houses web content
- "On Golden Pond" bird
- Open-mouthed astonishment
- Shakespearean "does"
- Tiny bit
- Port vessel
- Mrs. Goldberg, e.g.

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Business Weekly

Things to consider before starting DIY projects

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Photo courtesy of Theresa Makrush

Local officials and Jax Beach Golf Club leaders participate in a special ribbon-cutting ceremony on Friday, Nov. 9 to officially reopen the club after a \$2 million renovation

Jax Beach Golf Club reopens following \$2M renovation project

By Benjamin Naim

Jax Beach Golf Club hosted a special ribbon cutting ceremony on Friday, Nov. 9 to officially reopen the course after undergoing a 10-month, \$2 million renovation project.

Located at 605 Penman Road, S. within the Wingate Park Sports Complex, the original course opened in 1960 under architect Sam Snead. Following the renovation — which started in January — the course now features an upgraded

turf, an expanded driving range, modern drainage and irrigation systems, new golf carts equipped with GPS, enhancements to the clubhouse locker rooms, a new restaurant and more. Additionally, each of the 18 green sites have been completely reworked to give each hole its own identity.

Course Superintendent Trevor Hughes said he has received positive feedback from golfers on all the changes.

RENOVATION continues on Page 28

Ponte Vedra-based North Avenue Capital exceeds projected milestones for 2018

North Avenue Capital (NAC), a specialized commercial lender headquartered in Ponte Vedra and in its third full year of operations, closed out 2018 having exceeded its projected milestones for rural investment and job growth.

With a focus on meeting its commitment to building businesses, growing economies and creating jobs in rural America, NAC is approaching year-end having funded over \$100 million in USDA Business & Industry (B&I) loans to rural businesses.

After only three years in the market,

NAC has closed loans in 11 different states and is working on projects in 14 other states and U.S. territories. The firm has impacted rural communities around the nation by investing in manufacturing facilities, commercial real estate acquisitions, entertainment venues, food distribution, hotel development and more. Along the way, NAC's borrowers have created or saved more than 1,200 jobs.

NAC's team of 15 is dedicated solely to supporting rural America. Since its founding, NAC has emerged as a leader

in the USDA B&I space, finishing in the top five of the nation's largest B&I Lenders for two out of the last three years.

North Avenue Capital exclusively originates, underwrites, funds and services USDA Rural Development loans nationwide.

"Businesses operating outside of major metropolitan cities are still struggling to access the capital they need to grow," CEO Ben Chatraw said. "While

MILESTONES continues on Page 29

Are your retirement plans and finances adding up?

By Ric Schilling



Ric Schilling
Columnist

It can be very challenging to figure out exactly how much one will need to have saved to live a comfortable life during retirement years. In certain areas, your expenses will likely decrease in retirement (no longer needing work

clothes, dry cleaning or paying for commuting costs). In other areas, such as inflation, healthcare, travel and hobbies, you'll likely be spending more.

While no one can plan with complete, 100 percent accuracy how much one will need during retirement, many planning on retiring underestimate how much their retirement lifestyle will cost. It's easy to understand how costs can spiral out of control once one stops working. Retirement is basically a decade's long weekend. When you're in the early years of retirement, it's easy to forget that you have a limited amount of funds that must last you the rest of your life.

Here are a few things to consider:

A) A retirement budget. This is very much the same as a typical household budget, which you hopefully already have in place. The difference is the retirement budget is intended to determine how much you'll be spending once you retire. Many of your current expenses will be the same or similar as they are now (utilities, insurance, mortgage, if you still have one, etc.), but you will more than likely have new expenses once you stop working, such as rising inflation, increased travel, new hobbies, going out to dinner more, etc. Be honest on the front end about how much you plan to spend. Without the restraints of a workweek holding you back, you may be much more likely to visit family more often throughout the year and go to places you've always wanted to visit.

B) Savings. Figure out roughly how much you'll have saved by the time you're ready to retire based on your current savings level. Look into the average rate of return you're earning on your investments and how much you contribute each year. I would recommend an average rate of return of 5.5 percent.

SCHILLING continues on Page 29

Hunker Down Before the Holidays!

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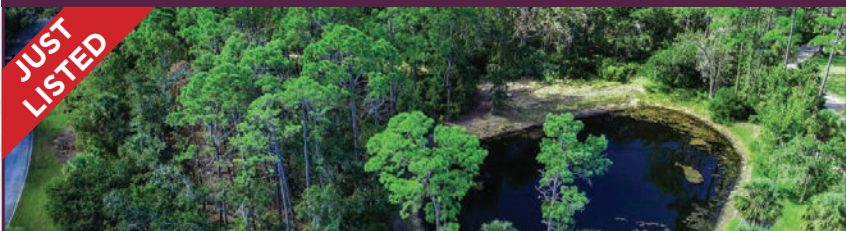
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210 DEER COLONY LN.



JUST LISTED
Located in Marsh Landing, this amazing private vacant lot features 2.61 acres surrounded by majestic live oaks, magnolias, palms & a pond. Boat slips are available for purchase within this beautiful gated golf community. **MLS# 965383 / \$690,000**

414 ROYAL TERN RD. S



Custom-built North Island masterpiece in Marsh Landing offers 5 bedrooms, 6 baths & over 6,000 sq. ft. You'll love the gorgeous views of the marsh, water and resort-style pool. **MLS# 905244 / \$1,650,000**

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This 2BD, 2BA, 1,484 sq. ft. cottage-style home has been partially updated and is located in Sawgrass CC. You'll love the lake views! Just a few minutes from the beach! **MLS# 964692 / \$449,000**

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This lovely 2BD, 2BA condo in The Villas at Marsh Landing features updated bathrooms, kitchen, brand new carpet and new interior paint. You'll love spending evenings on your large screened balcony! **MLS# 959949 / \$169,950**



Alaine Brown, Kathy Wie-degreen and Dick Brown enjoy a special ribbon-cutting ceremony to officially reopen Jax Beach Golf Club on Nov. 9 after a \$2 million renovation.

Photo by Benjamin Naim

Renovation

Continued from 27

“All the feedback has been great,” he said. “Everybody has been excited and ready to have their golf course back with conditions that they had never seen out here before, so it’s definitely exciting.”

Jacksonville Beach Interim City Manager Karen Nelson said her role has been to guide the project and make sure it sticks to its allotted budget.

“I could not be more proud of the course,” she said. “It’s outstanding, it’s beautiful, the clubhouse is beautiful.”

Nelson went on to say she was also proud of the work the staff have put in over the last 10 months leading up to the ribbon-cutting ceremony.

Bruce Mohler, the facility manager, said the new branding was his favorite aspect of the upgrades.

“You’ve got a local community here that’s thirsty for this place to come to life,” he noted. “They’ve been coming here when it wasn’t so good, and they are just so excited to be a part of that excitement, to be a part of that restoration. No matter what happens, five years or 10 years, we’ve all been a part of this and that’s something I’ll never forget.”

Annual memberships for the Jax Beach Golf Club cost \$125 for Beaches Energy customers and \$175 for non-Beaches Energy customers. Course hours are 7 a.m. to 5:30 p.m. daily during the winter and 7 a.m. to 7 p.m. during daylight savings time.

Visit www.jaxbchgolf.com for more information.



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Chamber hosts Veterans Luncheon

The Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce hosted its annual Veterans Luncheon Wednesday, Nov. 7 at Sawgrass Beach Club.

Michele McManamon, the co-founder and executive director of Operation New Uniform (ONU), served as the event's guest speaker. ONU is a Jacksonville-based nonprofit organization that provides veterans with tools to succeed in the business world.

Attendees of the event also heard from representatives of K9s For Warriors and Wounded Warrior Project.



Tim Crosby of K9s For Warriors addresses attendees of the event.



ABOVE: Attendees of the Veterans Luncheon hosted by the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce gather at Sawgrass Beach Club on Nov. 7.

LEFT: Michele McManamon, the co-founder and executive director of Operation New Uniform (ONU), addresses event attendees of the Veterans Luncheon.

Photos by Susan Griffin

Tips for finding the right home services provider

Homeowners who are good with their hands can tackle many minor home improvements on their own. More complicated projects, however, often require the services of professional contractors to ensure the renovations are done right, completed on time and within budget.

Choosing a home services provider requires careful consideration on the part of homeowners. The wrong contractor can cost homeowners time and money, so homeowners must exercise due diligence when vetting contractors before going forward with a home improvement project.

Types of contractors

The Federal Trade Commission (FTC) notes that the scope of a project may necessitate hiring various types of contractors. The more complex a project is, the more likely it is that homeowners will need to hire contractors who specialize in certain areas. Understanding the differences between contractors can help homeowners make informed decisions.

■ **General contractor:** General contractors manage home improvement projects. This includes hiring subcontractors and supervising their work. General contractors also secure building permits and schedule inspections.

■ **Specialty contractors:** Specialty contractors focus on specific areas of a project. For example, homeowners who are remodeling their kitchens may need new cabinets installed by a contractor who specializes in cabinets and cabinet installation. That contractor is a specialty contractor.

■ **Designer or design/build contractor:** The FTC notes that these contractors both design and build projects.

TIPS continues on Page 31

Milestones

Continued from 27

the economy is experiencing a meaningful recovery, rural communities are still not receiving all of the benefits.”

According to Chatraw, start-up companies are especially hampered by constraints among traditional lending sources. NAC believes the USDA B&I Loan Program is one of the best examples of how public-private partnerships can positively impact the economy.

NAC's strong performance has also led the team to grow by 50 percent in 2018, operating five offices across the country.

“When you combine a significant need for capital with an incredible team of focused professionals, our growth is not surprising,” Chatraw said.

In addition to the team's direct sourcing efforts, NAC works with a network of partners throughout the U.S. to identify rural companies seeking financing.

The company is on track to fund an additional \$100 million of job-generating loans next year.

“The team is excited and working hard to expand our impact on rural businesses in 2019,” Chatraw said. With nearly \$250 million in the pipeline, North Avenue Capital is pressing forward to ensure the momentum of the economic recovery brings growth and development to rural communities.”

Schilling

Continued from 27

C) Social Security. According to the Social Security Administration, the average Social Security beneficiary receives only around \$1,300 per month. If you are like most average Social Security beneficiaries, will that be enough to meet your needs during retirement? There's a handful of Social Security “secrets” that can help boost your retirement income. For example, one strategy could pay you as much as \$16,728 more each year. You just need to know the strategies.

D) Investments: Stocks, Bonds, Mutual Funds, Annuities, Life Insurance, etc. Investments aren't a one-size-fits-all type thing. Investments should be suited to each individual's tolerance for risk combined with how much you've saved. Many have enough saved to be able to take more risk. Others would prefer to have little to no risk at all, and lastly, most would like to have some risk money and some safe money. As people age, they generally prefer to have less at risk.

E) Distribution. According to USA Today, a suggested amount to withdraw each year should range between 3 percent to 5 percent. This would depend upon your life expectancy, inflation and how much your savings will earn.

F) Taxes. The single most important threat to your retirement every year for the rest of your life will be taxation. Losing 25 percent in the stock market every 10 years is one thing, but losing 25 percent every year will devastate your

financial life. This is where Roth IRAs and cash value life insurance will become vital to a successful retirement.

G) Catastrophic Illness Planning: The cost of care in the late term of our lives. According to payingforseniorcare.com, it is common TODAY for this to cost approximately \$110,000 a year for one person. As you can probably imagine, this cost will only increase in time and with more and more people living longer today. This is where proper planning is vital.

It's not about how much money you have but how long it will last. This is where an independent financial fiduciary that specializes in retirement planning is vital to planning for retirement.

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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Questions to ask before embracing DIY

Home improvement projects are as popular as ever.

In addition to spending money to improve their homes, many homeowners are spending their time on projects as well. While DIY projects can provide a sense of fulfillment and personal attachment to one's home, prospective do-it-yourselfers should ask themselves some questions before picking up their hammers and getting to work.

Do I have any physical limitations?

No matter how much home improvement television shows may simplify projects, prospective DIYers should know that such undertakings are typically very difficult and oftentimes physically demanding. Homeowners with existing health conditions or other physical limitations may not be capable of performing certain tasks or may need to take frequent breaks, which can delay projects.

Do I have the time?

Many home improvement projects require a significant amount of time to complete. Homeowners whose time is already stretched thin with commitments to work and/or family may not be able to complete projects within a reasonable amount of time. That's fine if working on a part of the home that won't affect daily life, but it can prove stressful or problematic if the project is in a room, such as a kitchen or bathroom, that residents of the home use each day. Novice DIYers should be especially honest with themselves about the time they have available to work on the project, as such homeowners are bound to experience a few time-consuming missteps along the way.

Can I afford it?

While DIY might seem more affordable than hiring a contractor, that's not necessarily true. Novice DIYers may need to buy or rent tools, costs that can add up. Contractors already have the tools necessary to begin and complete projects,



Photo courtesy of metrocreativeconnection.com

so the cost savings of DIY might not be as significant as homeowners think. Before going the DIY route, homeowners should solicit estimates from contractors, comparing the estimates to how much a project will cost if homeowners do it themselves.

Can I do it alone?

Many home improvement projects require more than one set of hands, and it's risky and even foolish for first-time DIYers to assume they can begin a project and see it through to completion entirely on their own. Homeowners whose spouses, partners, friends or relatives are willing to chip in may think that's enough. The DIY skills of those who volunteer, however, may be a mystery until the project begins. Novice DIYers should enlist the help of a friend or family member with home improvement experience. If no such person is available, it may be wise to hire a contractor instead.



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Tips

Continued from 29

■ **Architects:** Architects design homes as well as any additions or major renovations to homes. Architects are often necessary when projects involve structural changes to existing homes.

Hiring a home services provider

Once homeowners determine which

type of contractor they need, they can they begin researching local professionals.

■ **Speak with neighbors, family and friends.** Neighbors, family members and friends who have worked with contractors in the past are great resources. Seek recommendations from people you trust, even asking to see completed projects if possible.

■ **Utilize the internet.** Websites such as HomeAdvisor and Angie's List are free of charge and can be great resources when

homeowners are looking for contractors. Each site includes reviews of contractors from past customers and contact information for local contractors.

■ **Confirm qualifications.** The FTC advises homeowners to confirm contractors' licensing and qualifications before hiring anyone. Some areas may not require licensing, but many do. Homeowners can contact their local building department or consumer protection agency to determine the licensing requirements for their area.

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Cutter & Cutter to open new Salvador Dali exhibition at gallery in Ponte Vedra Beach

By Jon Blauvelt

Cutter & Cutter is opening a new exhibition at its gallery in Ponte Vedra Beach's Sawgrass Village this weekend that features around 90 unique pieces by Salvador Dali hailing from the collection of his former agent and publisher, Pierre Argillet.

The exhibition includes original drawings, over 80 original copper plate etchings, rare, handwoven tapestries that were created in France, an original sculpture by Dali and a book collection of 50 etchings.

"It's a huge collection of work," Mark Cutter said. "I don't know the last time this kind of collection was assembled."

Cutter & Cutter, Mark explained, has direct access to the work through Pierre Argillet's son, Jean Christophe Argillet, providing the local gallery with direct lineage back to Dali. Mark noted that although Dali is known as a surrealist, this body of work is much "tamer," which he said will allow art enthusiasts an opportunity to see a different and more elegant style of the artist.

The pieces range in price from small etchings for \$3,200 to up to half a million dollars for some of the original pieces. Until recently, Mark said many of the pieces were not available to the market because they've been in archives with the Argillet family.

"It truly is museum quality work," Mark said. "The difference between us and a museum is it's available to acquire and maybe pass down to a museum in the future."

Matt Cutter said they just finished hanging the pieces in the Ponte Vedra gallery last week and that he is especially impressed by the tapestries.

"I didn't think it was going to be as highly finished as it was," he said. "When you see all the hand-woven nature of the fabric, that's pretty impressive."

Mark noted that the sculpture in the exhibition is also impressive because it's believed by scholars to be one of the only ones that Dali hand-sculpted himself, explaining that many other sculptures were done by ghost sculptors under Dali's direction.



Photo courtesy of Cutter & Cutter

Cutter & Cutter is opening a new exhibition at its gallery in Ponte Vedra Beach's Sawgrass Village this weekend featuring rare works by Salvador Dali from the Pierre Argillet Collection.

CUTTER & CUTTER continues on Page 34

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Edwin McCain to perform at Ponte Vedra Concert Hall April 17

Singer-songwriter Edwin McCain is performing at the Ponte Vedra Concert Hall on April 17, 2019. Tickets for the show go on sale this Friday, Nov. 16.

Called the “great American romantic” by the New York Times, Edwin McCain has built an enviable career over the past 20 years by balancing his pop success with the year-round touring schedule of a tireless troubadour. His hit songs, authentic spirit and surprisingly affable sense of humor keep fans coming back time and time again for nights that feel more like parties with old friends than rock concerts. After recording two of the biggest love songs in the history of pop music and experiencing the success that comes with a television show on Animal Planet (“Flipping Ships”), McCain now performs upwards of 100 shows annually throughout the U.S. as a solo artist, with his full band or his acoustic trio. Recently, he’s added orchestras to his repertoire, performing with symphonies in select markets.

“The 15-year-old me would have crawled through a river of fire to be the 48-year-old singer-songwriter that I am today, and I remember that,” McCain said. “I am incredibly grateful to be able to do this.”

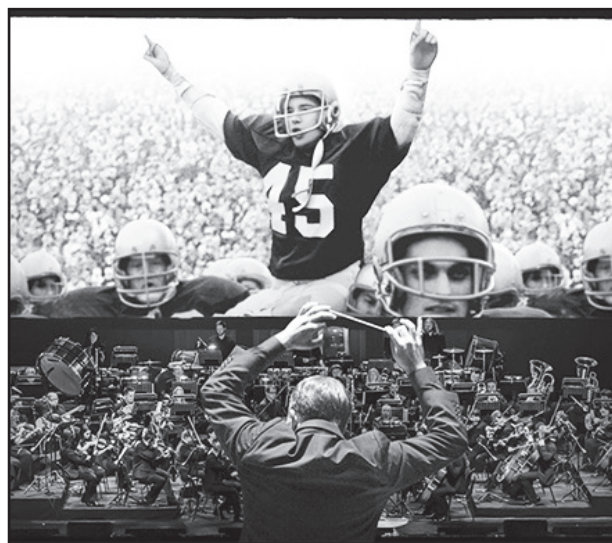
This year, 2018, marked the 20th year of the success of “I’ll Be,” which topped the Billboard charts in 1998 and has proven to be a timeless classic over the past two decades.

Tickets for the show range from \$38.50 to \$42.50 and will be available for purchase at the Ponte Vedra Concert Hall and St. Augustine Amphitheatre Box Offices, ticketmaster.com and by phone at (800) 745-3000.

Doors for the show open at 7 p.m., with the show starting at 8 p.m.



Photo courtesy of Ponte Vedra Concert Hall



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Daily's Place

JACKSONVILLE SYMPHONY

Photo courtesy of Jacksonville Symphony

Jacksonville Symphony to perform world premiere of 'Rudy in Concert' at Daily's Place Nov. 17

The 25th anniversary celebration and world premiere of “Rudy in Concert” will take place Saturday, Nov. 17 at 7:30 p.m. at Daily’s Place amphitheater in Jacksonville.

Conducted by Justin Freer, the Jacksonville Symphony will perform Oscar- and Emmy-winning composer Jerry Goldsmith’s complete score live while the entire film is projected on a 40-foot HD screen.

All his life, people have told Rudy he’s not good enough, not smart enough, not big enough. But nothing can stop his impossible dream of playing football for Notre Dame. Even as a young boy, Rudy (Sean Astin) is determined to join the Fighting Irish. Because some dreams won’t die, Rudy goes through heroic lengths to win admission to Notre Dame, and once there, he becomes a walk-on player, serving as little more than a human tackling dummy against the starting players. Bloody and unbeaten, Rudy wins the respect of legendary coach Ara Parseghian and other Irish players, who give him one shot at gridiron glory.

A true story from director David Anspaugh (“Hoosiers”), “Rudy” is a testament to the power of dreams and triumph of the human spirit. In addition to starring Sean Astin, the

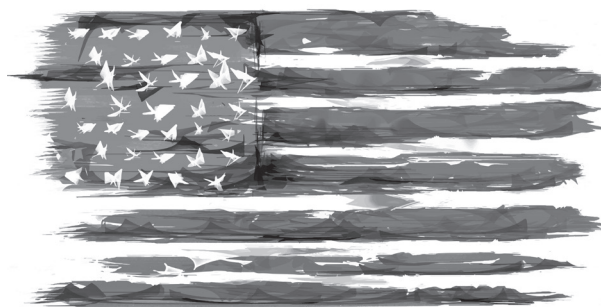
film features an all-star supporting cast including Ned Beatty, Charles S. Dutton, Robert Prosky, Jon Favreau and Lili Taylor. Written by Angelo Pizzo, produced by Robert N. Fried and Cary Woods and directed by David Anspaugh, the film also showcases an iconic score by legendary composer Jerry Goldsmith (“Star Trek: The Motion Picture,” “The Omen,” “Chinatown,” “Patton,” “Planet of the Apes,” “Papillon,” “Rambo”) and is considered to be one of the best sports films of all time.

“Rudy in Concert” was created by CineConcerts, in partnership with Sony Pictures. This event will be the third concert in the Daily’s Place Symphony Series.

“Rudy in Concert” is part of the Massage Envy Concert Series, a season-long slate of entertainment programming designed to celebrate each Jaguars home game weekend in 2018. The team will host the Pittsburgh Steelers the following afternoon at TIAA Bank Field.

Tickets for “Rudy in Concert” are now on sale at www.dailysplace.com and www.jaxsymphony.org. A two-ticket Date Night Package can be purchased for \$25 and a Family Night Package of four tickets can be purchased for \$50. These are limited time offers.

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St. Johns Cultural Council to host reception for State of the Arts Grants recipients

The St. Johns Cultural Council will host a reception for the State of the Arts (SOTA) Grants recipients and the community to celebrate art organizations and artists on Monday, Nov. 16 at 5:30 p.m. at the Crisp-Ellert Art Museum of Flagler College in St. Augustine.

The gathering, which will be free and open to the public, will feature compelling stories from artists while guests enjoy light snacks and beverages.

The St. Johns Cultural Council (SJCC) provides small grants of up to \$500 for arts and cultural activities within St. Johns County. Funding is made possible through revenue from the sale of SOTA license plates. Twice a year, the SJCC SOTA Committee selects worthy programs to fund that enhance and enrich the arts and cultural activities within St. Johns County. Priority is given to proposals for activities that reach underserved audiences, arts education and art in public places.

The fall 2018 grantees represent a diverse range of cultural activities serving diverse populations. Past funding has included projects such as sewing lessons at the Main Library, where at-risk students were given the chance to learn to create art as an incentive to complete homework.

Additionally, community members of all ages had an opportunity to join a drum circle for an educational experience that promotes the arts and to feel a

sense of community.

“These small grants have a big impact,” SJCC Executive Director Andrew Witt said. “The St. Johns Cultural Council is proud to support so many worthy programs that help youth, elders, schools and artists engage in valuable community development.”

The Florida Arts License Plate Program was created in 1994. Each license plate generates \$20 for this designated fund. The SJCC Board opens the application process for these micro-grants twice a year and awards are made based on the number of art tags sold. This year, the St. Johns Cultural Council received more applications for grants than ever before — making it a highly competitive process. Award winners were selected according to compliance with the grant guidelines.

The following were offered grants by the St. Johns Cultural Council:

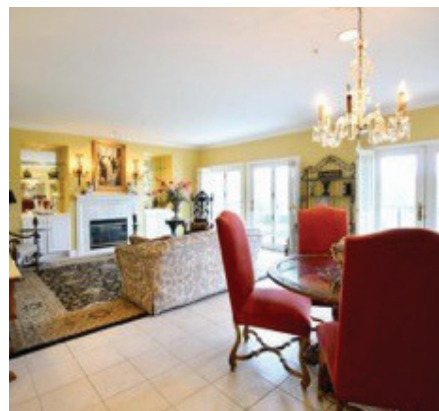
- Cyprian Center for Expressive Arts- Granted \$500
- ACE Arts- Granted \$500
- Pecha Kucha St. Augustine- Granted \$500
- Houndstooth Films- Granted \$500
- Big Brothers Big Sisters- Granted \$250
- West African Drum Circles Of Saint Augustine- Granted \$500

Visit www.stjohnsculture.com/grants-awards/state-of-the-arts-grant for more information.

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Cutter & Cutter

Continued from 32

The exhibition will open on Friday, Nov. 16 with a closed, invite-only VIP event. A second opening night will be held for the public on Saturday, Nov. 17 from 4 to 9 p.m. Cutter & Cutter is asking those interested in attending to RSVP, if possible. Following this weekend, the Dali collection will be on display at the Ponte Vedra gallery through November and December.

“You don’t have to go to the big city markets to find this kind of artwork,” Mark said. “You can go right in your backyard.”

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Ponte Vedra's season ends with playoff loss to Godby

The football season ended for Ponte Vedra High School last Friday, Nov. 9, after the Sharks fell to the Godby Cougars, 34-23, in the first round of the playoffs in Tallahassee.

Sharks quarterback Jack Murrah finished 14 of 24 for 133 yards, one touchdown and an interception, while QB Jacobi Myers finished 11 of 18 for 107 yards, one touchdown and an interception. Myers also chipped in 39 yards rushing.

Campbell Parker led the team in rushing with 81 yards on 17 carries. Nick Pirris finished with seven catches for 102 yards and a touchdown, while Kyle Barker had seven receptions for 85 yards and a touchdown.

On defense, Cole McCormick led the team with 12 tackles. Pete Merlini had 11 tackles, five for a loss, and one sack.

For Godby, quarterback Trey Fisher finished 14 of 19 for 249 yards and three



Ponte Vedra running back Parker Campbell rushes the ball for the Sharks in their 34-23 loss to Godby in the playoffs.

touchdowns. Receiver Trevor Solomon-Wilson had a big night with seven catch-

es for 173 yards and two touchdowns. The Sharks finished the season, 8-3.

Photo by Mark Calvin



Photo by Justin Wojtczak at 375 Photography

Former University of Florida quarterback Danny Wuerffel (center) gathers with former Gators coach Steve Spurrier (left) and former Bulldogs coach Vince Dooley at the Desire Cup at TPC Sawgrass in Ponte Vedra Beach on Oct. 26.

Danny Wuerffel unites Gator, Bulldog greats for Desire Cup at TPC Sawgrass

Famed University of Florida quarterback Danny Wuerffel recently brought together a group of former Gator and University of Georgia Bulldog players to compete in the eighth annual Desire Cup golf tournament at TPC Sawgrass in Ponte Vedra Beach.

Presented by Pilgrim's and held Oct. 25-26, the Desire Cup was established around the rivalry between the Florida and Georgia football programs that takes place every year in Jacksonville. Proceeds from the golf tournament benefited Desire Street Ministries, a nonprofit organization in which Wuerffel serves as executive director and that works to revitalize impoverished neighborhoods through spiritual and community development.

This year's group of tournament celebrities/participants included Wuerffel, Steve Spurrier, Lito Sheppard, Shane Matthews, Ahmad Black, Musa Smith, Lindsay Scott and Champ Bailey, among others.

The evening before the tournament, participants and guests also enjoyed a dinner at the TPC Clubhouse. Visit desirestreet.org/ for more information on Desire Street Ministries.

JAGA Scholarship Golf Classic raises record \$20,000

The Jacksonville Area Golf Association (JAGA) raised a record \$20,000 at its 16th annual Scholarship Golf Classic, hosted Oct. 29 by the Ponte Vedra Inn & Club. Sponsored by Nader's Pest Raiders, the event boasted 104 golfers participating in a four-man scramble on the club's Ocean Course.

Funds raised by the tournament will support JAGA's Scholarship Trust program, which currently provides financial aid to 25 students who represent 16 JAGA-member clubs and 15 different colleges in and outside the state of Florida. Since the Trust was formed in 1974, JAGA has awarded approximately \$1.75 million to more than 300 deserving area students who aspire to earn college degrees.

Former JAGA President Adair Roberts (2014-15) of Ponte Vedra Inn & Club chaired the event, with Randy Nader of Sawgrass Country Club serving as co-chair. The annual event was first launched by another former JAGA president, the late Bill Black (1993-94), and carries on in his honor today.

The gross and net prize-winning teams were:

Gross

1st: Matt Lucas, Jeff Dennis, Scott McCaleb, Joe Bynum, 56 (-16)

2nd: Thomas Bozzuto, Rick Dunham, Keith Mathews, Ryan Newton, 58 (-14)

Net

1st: Fred Seely, Tom Tomlin, Joe Stepnes, Jeff Adams, 53 (-19)

2nd: Paul Worley, Pete Geiger, Dale Dignum, Chris Wimssett, 55 (-17)

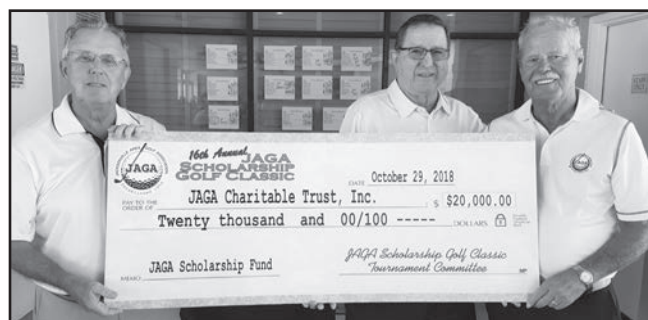


Photo courtesy of the Jacksonville Area Golf Association

The Jacksonville Area Golf Association raised a record \$20,000 at its 16th annual Scholarship Golf Classic, held Oct. 29 at the Ponte Vedra Inn & Club. Pictured: JAGA Scholarship Trust officers Bob Streightiff (left) and Ken Hicks (right), with Tournament Chair Adair Roberts.

3rd: Duke Butler III, Duke Butler IV, Lenny Schonfeld II, Lenny Schonfeld III, 56 (-16)

4th: John Caden, Pat O'Connell, Bruce Glassick, Dan Olsen, 56 (-56)

JAGA's final tournament of 2018 will be the JAGA Club Team Championship at Timuquana Country Club on Monday, Nov. 27. The tournament, organized by JAGA and the Northern Chapter of North Florida PGA, features one pro and three club members and is limited to JAGA-member clubs. JAGA president and Timuquana member Fred Seely and head pro Clint Avret are co-chairs.

For more, eligible clubs may go to www.jaxareagolf.org or see the club's head professional or a JAGA director.

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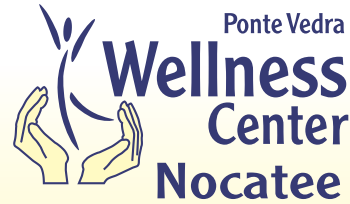
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