

Ponte Vedra Recorder



December 6, 2018
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75 cents

Not your average newspaper, not your average reader

PonteVedraRecorder.com



Nocatee-A-Glow

Photo by Amber Lake

Children admire the Christmas tree at Nocatee's Splash Waterpark during Nocatee-A-Glow last Friday, Nov. 30. **Read page 8 for more.**

Senior Living

Pages 17-40



Santa Paws

Pages 41-44

Business Weekly

Pages 46-48



CAR OF THE WEEK

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Send us your news

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

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

WHAT'S THIS?



Do you know what this is?

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

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

Thirteen readers correctly identified last week's photo as the UPS Store sign. The winner of the random drawing was **Ted Veber**. Congratulations, Ted — you may pick up your prize at the Recorder office during normal business hours.



ADOPT A PET

CAT OF THE WEEK

Thackery is a 1-year-old male cat who was brought to the Pet Center by his owners. He is looking for a new loving family to take him home. Come visit him at the Pet Center today! #45590



DOG OF THE WEEK

Petey is a 4-year-old male dog who was brought to the Pet Center as a stray. He is heartworm positive so his adoption fee, plus \$250 of his heartworm treatment, are sponsored by the Friends of the



Pet Center. Come visit him today! #45731

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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Solutions correspond to last week's puzzles.

ZOO LIGHTS

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Charming Coastal
Avalon/Ponte Vedra Beach
Lovely beach coastal home ideally located in St. Johns County and featuring an open floorplan, chef's dream kitchen with gas stove, pool, and no HOA. **4 bedrooms, 3.5 baths \$865,000**



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



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



Extraordinary Views
Epping Forrest/ Riverfront
The only home that sits atop the bluff next to the exquisite DuPont Mansion, this home shares the same breathtaking views of the formal gardens, the marina, & the St. Johns river. Wonderful & livable floorplan takes advantage of the home's premier location. **4 bedrooms & 4.5 bathrooms \$1,295,000**

St. Johns County beach driving passes now on sale

The St. Johns County Parks & Recreation Department recently announced that St. Johns County beach driving passes — which cost \$50 for residents, \$100 for non-residents and \$40 for handicap passes — are now on sale.

Passes will be available during normal business hours at the following locations through March 1, 2019:

- Tax Collector's Main Office – 4030 Lewis Speedway in St. Augustine
- Tax Collector's DuPont Center – 6658 U.S. 1 South in St. Augustine

- Tax Collector's Julington Creek Office – 725 Flora Branch Blvd. in St. Johns
- Tax Collector's Ponte Vedra Office – 5430 Palm Valley Road in Ponte Vedra Beach
- St. Johns County Beach Services Office – 901 Pope Road in St. Augustine
- St. Johns County Ocean and Fishing Pier Gift Shop – 350 A1A Blvd. in St. Augustine

PASSES continues on Page 4

ELIZABETH HUDGINS

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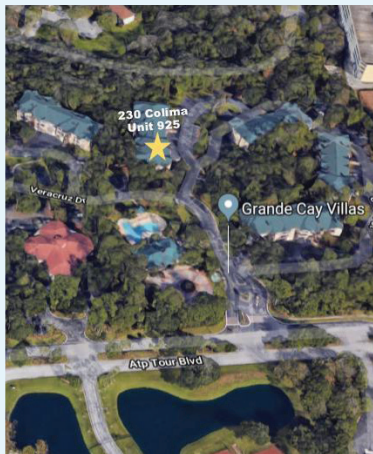
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Dina Boscio | 904.891.8309
DinaBoscio@WatsonRealtyCorp.com



EDGEWATER AT SUNBEAM | \$229,700
Highly desirable ranch-style condo located near amenities & guest parking in one-of-a-kind gated community! This 1-owner end unit offers 2-car attached garage, kitchen with tile, sun tunnel, & Corian countertops, baths with marble & tile, gas fireplace, vaulted ceilings, & more. MLS 952402
Patti Mohr | 904.813.4430
PattiMohr@WatsonRealtyCorp.com



COASTAL OAKS AT NOCATEE | \$419,900
Lovely, move-in ready home with front porch in Coastal Oaks! Modified Davenport floor plan offers private office in addition to 3 bedrooms. Enjoy the marvelous outdoor living space with fenced backyard, paver gathering area with fire pit, & screened lanai. MLS 956271
Kay Kennedy | 904.631.4184
KayKennedy@WatsonRealtyCorp.com
George Lewis | 904.910.1766
GeorgeLewis@WatsonRealtyCorp.com



OLD PONTE VEDRA
\$560,000
Sit back & relax on your wrap-around patio enjoying the sunrise from your ocean view or sunset from your marsh view. This condo is light, bright, & very spacious, with a granite kitchen, tile floors, newer carpet in bedrooms, plantation shutters, & marble wood-burning fireplace. Drywall in garage restored a year ago. MLS 960006
Carol Manning | 904.803.7729
CLight@WatsonRealtyCorp.com



NORTH COVE
\$829,000
Overlooking the Valley Course, this 4 bedroom, 3 bath split-plan home with bonus room sits on one of the largest lots in Sawgrass Players Club's North Cove & offers spectacular water to golf views. Kitchen features new appliances & quartz countertops. Roof replaced in 2017 & paver driveway in 2018. MLS 943503
Diana Kelly | 904.859.4368
DianaKelly@WatsonRealtyCorp.com



Interested in the value of your home? Contact Mary Ann:
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County Commissioner Blocker speaks at Ponte Vedra Beaches Coalition meeting

By Amber Lake

Recently sworn-in St. Johns County District 4 Commissioner Jeremiah Blocker addressed the Ponte Vedra Beaches Coalition at its December meeting on Monday, Dec. 3, discussing a few of the key issues he plans on targeting while serving in office.

Specifically, Blocker said he would like to focus on only allowing development that is positive for the county and solving the infrastructure issues that he believes will benefit the community in both the present and future.

This includes his support of a Municipal Service Taxing Unit (MSTU) to support beach renourishment, and allocating tourism money back into Ponte Vedra.

“We are one of the few counties, one of two counties in the state, that does not have an active beach renourishment program,” he said at the meeting held at the Palm Valley Community Center. “That puts the entire county in danger and it affects all of us. I want my kids — that’s why I’m doing this — I want my kids to have a beach they’re going to enjoy and experience.”

The MSTU is a special taxing unit for addressing funding issues such as beach erosion along the county’s northern coast. Blocker said he wants the MSTU to help in providing a coastal engineer as part of a beach management staff.

Another important issue Blocker wants to focus on is allocating tourism money back into the community.

“One thing that is not on the agenda is that we need to look at how our tourism dollars are being used,” Blocker said. “Right now, a tremendous amount of dollars are going to St. Augustine. That’s great. I love the Alligator Farm and I love St. Augustine. But many of the dollars that we pay here in Ponte Vedra end up going to some beach renourishment projects in St. Augustine and other parts of the county.

“So, I want to look at bringing those dollars back here,” Blocker continued. “Many counties do this — Volusia and Flagler County does this — the dollars that are spent in those areas come back to that area. If we were able to do that, that



Photo by Amber Lake

St. Johns County District 4 Commissioner Jeremiah Blocker (right) and Chairman of the St. Augustine Airport Authority Suzanne W. Green stand together at the Ponte Vedra Beaches Coalition meeting on Dec. 3 at the Palm Valley Community Center.

would bring several million dollars back that we could use for beautification projects.”

Blocker said that although he recognizes the need for green space and beautification projects, he is “well aware” of the challenge of growing developments and traffic issues. He said infrastructure growth is an issue he wants to make sure is addressed, namely, by reevaluating the comprehensive land use plan.

“If we are amending (the land use plan) every couple of months, that’s not exactly the best option going forward,” he said. “That’s our future land use map. Because what I think has happened is that we’ve grown at such a tremendous rate that our infrastructure has not kept up with that.”

Blocker maintains that his main focus is on preserving the area for future generations by taking into consideration both environmental concerns, such as rising sea levels, and population expansion issues.

“We need to look at how we are growing, where we are growing and how we are going to manage that,” he said.

LETTER TO THE EDITOR

This letter is to provide correction and clarity to the community regarding some posting of inaccurate claims, pictures and descriptions of 347 N. Roscoe, a property that I own on the North Roscoe extension.

The pictures that have been published on social media and in this publication are NOT pictures of 347 N. Roscoe, nor does the lot or the extension on North Roscoe fit any description of what has been written. The property is 150 feet x 400 feet, and the intention is to divide the lot into two standard 75-foot x 400-foot, 0.7-acre lots.

I have lived on the North Roscoe extension for seven years and am interested in building on one-half of the current 1.38-acre parcel. In order to sell half of the lot for the purpose of building a home, it must be rezoned, and the required procedures have been followed meticulously to apply for such.

I assure you, as a long time Palm Valley resident and advocate, I do not have any malicious intent and have been assured by the Planning and Zoning Agency (PZA) of St. Johns County that this small scale amendment to be presented for hearing will not establish any leverage or “precedent” for any past or future rezoning requests. And I have worked arduously with the PZA for over a year in this process.

I was present at the last Palm Valley Community Association meeting in September and was very pleased at the reception as I was introduced and allowed a few minutes to describe the lot and my intention. I thank my community and neighbors in their consideration and support of this request. As a constituent of District 4, I will continue to advocate for the preservation of our neighborhoods and green areas here in Palm Valley.

Neil H. Barnett, Ponte Vedra

**Editor’s note: This matter will go before the Planning and Zoning Agency on Thursday, Dec. 6.*

LANDRUM MIDDLE HOLDS ANNUAL REMEMBRANCE WALK



Photos courtesy of Landrum PTO Communications

Landrum Middle School hosted its 10th annual Remembrance Walk on Monday, Nov. 19, presented by the school’s I.M.P.A.C.T Team. Students walked in memory of many loved ones, with names, written in memory, on signs that lined the school’s back fields. The event was organized by Dean Anthony, and participants of the event included The Donna Foundation, Joshua Frase Foundation, Wounded Warrior Project, Child Cancer Fund and Community Hospice & Palliative Care.

Passes

Continued from 3

According to the Parks & Recreation Department, residents must present a valid ID with a St. Johns County address or present proof of property tax payments in St. Johns County to purchase a resident pass. When requesting a handicap pass, a handicap hangtag or proof of qualification must be presented. Disabled military are eligible for a free annual pass by presenting military ID or a letter from Veterans Affairs verifying disabled status. Vehicles accessing the beach do not need a beach pass until March 1, 2019. After that date, beach passes will be available for purchase (at the same rate) at tollbooth locations only.

For more information on annual beach driving passes, call the St. Johns County Beach Services Office at (904) 209-0341. Visit the Reach the Beach Mobile App or www.sjcf.us/beaches for current beach access updates and beach driving conditions.



ABOVE: Youngsters pose with Santa at "Oh What Fun!" at Sawgrass Village on Dec. 1.

RIGHT: Attendees enjoy a carriage ride around Sawgrass Village.

Photos by Benjamin Naim



Children enjoy holiday crafts at the "Oh What Fun!" event.

Sawgrass Village hosts third annual 'Oh What Fun!' event

By Benjamin Naim

The third annual "Oh What Fun!" event, which took place last Saturday, Dec. 1 in partnership with the Ponte Vedra Woman's Club, celebrated the holidays with Christmas activities and entertainment at Sawgrass Village in Ponte Vedra Beach.

The event featured a myriad of holiday-themed attractions, such as horse-drawn carriage rides; a chance for kids to share their holiday wishes with Santa and pose for a photo; a Spirit of Giving raffle supporting the Ponte Vedra Woman's Club and its benefiting charities; a coffee, cocoa and cookies bar; a cupcake walk; holiday crafts; custom ornament making and more. Through the raffle, visitors were offered a chance to win dozens of prizes.

A popular aspect of the "Oh What Fun!" event was the live music and entertainment offered for attendees. The event also featured a "stocking stuffer" promotion in which guests could visit participating retailers and restaurants to view specially selected "stocking stuffer" items on display. Guests then marked their favorite items from eight shops on a specially printed "stocking" card for a chance to win all the items listed.

Sawgrass Country Club members, guests celebrate U.S. Marine Corps birthday, honor other veterans

By Jon Blauvelt

Over 170 people recently came together at Sawgrass Country Club to celebrate the 243rd birthday of the United States Marine Corps and to honor other service branches of the military following Veterans Day.

Held Nov. 14 at the Sawgrass Clubhouse following the Nov. 10 birthday, the event was organized by Ponte Vedra Beach resident Quang Pham, who spent 13 years in the Marine Corps, seven of which were on active duty as a CH-46 pilot in the Gulf and Somalia, and six of which were in the Reserve. Pham was also a refugee from Vietnam who left the country shortly after Saigon fell in 1975.

Pham explained that he established the event after attending similar functions in California and Pennsylvania and deciding something should be held locally.

"I said one year we're going to do it here," he said. "Last year was the first time we had the Marine Corps birthday. This is the second year. This is special for Sawgrass and all of us."

The event kicked off with a toast and tribute to fallen comrades, with Pham stating, "They've been gone, but they're still here with us." Pham then toasted to the Army, Navy, Air Force and Coast Guard, before proposing a final toast to the Marine Corps.



Photo by Jon Blauvelt

Private First Class Dominic Lockwood, the youngest Marine in attendance; Col. Gerry Berry, retired Marine and guest of honor; Col. Andrew Bergen, commanding officer of Blount Island Command in Jacksonville; and event host Quang Pham, a former major and helicopter pilot in the Marines, gather on Nov. 14 at an event celebrating the Marine Corps birthday at Sawgrass Country Club.

Pham then played several different service songs to recognize the veterans in attendance. As each song began, veterans from that respective branch stood and sang along.

Subsequently, Pham cut a celebratory cake and offered the first piece to the

event's guest of honor, Col. Gerry Berry. Pham then presented the second piece to the oldest Marine in the room and the third piece to the youngest Marine, Private First Class Dominic Lockwood, a recent graduate of Marine Corps boot camp at Parris Island and a Jacksonville

native whose mother, Donna Parente, works at Sawgrass Country Club.

Following the cutting of the cake, Pham introduced Berry, who was his executive officer at basic school in Quantico, Virginia. Berry served 25 years in the Marine Corps, with two tours in Vietnam, and worked a civilian career in aviation.

Berry was a CH-46 helicopter pilot in the Marine Corps during the fall of Saigon in April 1975. He was tasked with evacuating U.S. Ambassador Graham Martin from the U.S. embassy, an order that proved to be more complicated than he expected. He flew more than 18 straight hours during Operation Frequent Wind.

Berry shared a few other war stories and then concluded the evening by reflecting on war and its impact on the U.S. He referenced the song, "War (What is it good for)" by Edwin Starr, and asserted that the basis of the song is not true.

"War forged this great nation, the greatest nation ever," he said, noting the positive outcomes of the Civil War ending slavery and World War I and II making the world safer, among other examples. "We should think about our history. We should think about our glory. We should think about 250 years of heroism by these young Army, Navy, Air Force, Marines. We should salute them. We should embrace them."

Becky Yanni is the executive director of the St. Johns County Council on Aging (COA).

Becky Yanni

Can you please briefly tell us about your background?

I grew up here in North Florida. Most of my working life was spent in the hospitality business as co-owner and operator of a 120-room motel and restaurant in St Augustine. When we sold the motel in 2004, I had a real estate business for a few years. It was in this role that I met the Council on Aging volunteer manager and first became aware of COA.

What then inspired you to work in the field?

I started volunteering at Council on Aging in 2005 and was so impressed with the mission and generous scope of the work of this agency. It really opened my eyes to both the needs and the possibilities in aging services. I meet so many older people who have great stories, great character and great attitudes. I am constantly inspired by the people we serve and the people we work with.

What are you most excited about right now with COA?

I am excited about helping families who are dealing with the challenges of Alzheimer's disease and dementia to lead their best possible lives. We offer so many programs to help, including caregiver support, our unique and innovative Integrative Memory Enhancement Program (IMEP), Community Caregiving, Sunshine Center Adult Day Care and more. All of these programs emphasize respect and compassion for the individuals who are participating.

What's one thing people may not know about COA and its offerings?

COA serves all older adults in our community. The newly retired or newly transplanted folks looking for opportunities to grow, learn, try new things and engage with others will find our Lifelong Learning program has a great variety of offerings — art, dance, writing and language classes to name a few. And we have a large volunteer corps — over 700 volunteers — who help us carry out our mission, doing everything from delivering meals to homebound elders, to making minor home repairs or lawn maintenance, teaching Zumba and offering their talents in administrative tasks, photography and more.

What's your vision for the future of the organization?

COA has been helping older adults live with independence, dignity, respect and inclusion for 45 years. I want to see us continue that mission with expanded programs and opportunities throughout the county to accommodate the changing needs of the rapidly growing population.

I would also like to see COA lead the fight against ageism. I want to see us change the conversation about what aging means, and what it doesn't. We need to embrace the idea that aging is not a disease to be cured or a problem to be solved. Aging is living.



Photo by Jon Blauvelt

What do you enjoy most about living in this area?

The beautiful natural environment and the friendly relaxed attitude of the people who live here.

What do you like to do in your free time?

I have always loved to read from the time I was a young girl, and I always have a book going — sometimes one on

my phone, too.

I also love to get out and enjoy the outdoors, and St Johns County is a wonderful place to do that. Whether I am running, biking, kayaking or just taking a walk with my dog, Bonnie, it's good to be out in nature.

Edited by Jon Blauvelt

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

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8236 ROCKHILL LANE
\$530,000 - Deerwood Country Club



86 DIEGO LANE
\$289,990 - Lot



155 CALLE EL JARDIN #104
\$154,900 - St. Augustine



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133 BRISTOL PLACE
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312 OSPREY NEST COURT
\$1,195,000



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\$1,195,000 - Furnished



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\$995,000



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2827 S. PONTE VEDRA BLVD.
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Nocatee-A-Glow lights up the holidays

By Amber Lake

Nocatee's Splash Waterpark was transformed into a winter wonderland on Friday, Nov. 30 and Saturday, Dec. 1 for Nocatee-A-Glow.

A favorite tradition of residents and non-residents alike, Nocatee-A-Glow offers a festival of Christmas-themed activities and events that spans from the waterpark to the parking lot.

Everything from bounce houses and carriage rides to snow and bubble zones came together to help welcome in the season with an abundance of holiday cheer. The event on Friday was open to Nocatee residents only, while guests of residents were admitted entry on Saturday.

The Roberts family, who lives in Nocatee, has attended the event every season.

"I personally like the choreographed music and light show," Michael Roberts said.

Wife, Doni Roberts, said she loves how the event creates, "a sense of community with everyone coming together." She also said, however, her daughter, Mimi, was probably, "here for the swag."

Most residents attended the tree lighting ceremony, which included a countdown to the light show.

NOCATEE-A-GLOW continues on **Page 12**



TOP LEFT: A child tells Santa what she wants for Christmas during Nocatee-A-Glow, which was held Nov. 30 and Dec. 1.

TOP RIGHT: Children play in the bubble zone.



LEFT: Children enjoy arts and crafts.

Photos by Amber Lake



Photo by Jon Blauvelt

Psych Ed Connections Owner Dr. Abigail Levrini presents a \$3,000 check to St. Johns CARES President Mary Ann Kriniske, whose nonprofit organization was the recipient of the proceeds from the third annual Psych Ed Connections Turkey Trot & Parade held on Thanksgiving.

Nocatee 'Turkey Trot' raises \$3,000 for St. Johns CARES

By Jon Blauvelt

The third annual Psych Ed Connections Turkey Trot & Parade held on Thanksgiving has raised \$3,000 for St. Johns CARES.

Dr. Abigail Levrini, the owner of Nocatee-based Psych Ed Connections, made the donation official last week when she presented a check to St. Johns CARES President Mary Ann Kriniske. The nonprofit organization is committed to helping other local nonprofit organizations in St Johns County through donations and time.

Proceeds from the Turkey Trot & Parade will be used to support the annual Giving Tree Initiative and college scholarships for graduating senior students in the ASSIST (Aid and Support for Students in Sudden Transition) program.

The Giving Tree Initiative is wrapping up for this year. Each year, wishes are collected from 40 charities in the county serving seniors, veterans, homeless, abused, medical, children and animals. These wishes are placed on paper ornaments and displayed in 67 businesses, libraries and community groups that serve as host donor sites in November. In early December, the donations from the community are collected, sorted and distributed to the charities to help continue their good work.

For more information on the Psych Ed Connections Turkey Trot & Parade, which features a 10K, 5K, fun run and golf cart parade, visit www.psychconnections.com. For more information on St. Johns CARES, visit www.stjohnscares.org.

CareSpot Urgent Care opening in Nocatee Town Center in early 2020

CareSpot Urgent Care recently announced its plans to open in Nocatee in early 2020.

According to CareSpot, this will be the 15th CareSpot location affiliated with Baptist Health and will be open extended hours, seven days a week — including evenings and holidays.

To be located in the heart of the Nocatee Town Center — directly north of Dunkin Donuts and on Crosswater Parkway — CareSpot in Nocatee will offer six exam rooms, a procedure room, and on-site X-rays and lab services for one-stop convenience.

According to CareSpot, this new location will offer a variety of urgent care services, including care for flu, infections, seasonal illnesses, sprains, minor cuts requiring sutures, burns and more. School, camp and sports physicals will also be available. Nocatee residents will be able to walk in, call ahead or schedule online at CareSpot.com. No appointments will be required.

The CareSpot vision is "Improving How People Experience Healthcare." If a patient

chooses to schedule online, pre-registration will be available to save time in the lobby.

Additionally, digital check-in tablets will eliminate paperwork. These tablets will be integrated with the electronic health records system shared among all CareSpot Urgent Care locations, enabling patients to save time on future visits. If a CareSpot patient has a primary care physician (PCP) affiliated with Baptist Health, urgent care visit notes will be shared electronically to ensure the PCP is kept informed.

CareSpot Urgent Care is also committed to providing a full continuum of care. After a visit to CareSpot in Nocatee, patients needing more specialized or follow-up care will have the option to access the broader physician resources in the Baptist Health network.

According to CareSpot, most insurance will be accepted, and affordable self-pay rates will be available for those not using insurance. For additional convenience, many common prescriptions can be filled on premises following a visit to CareSpot.



A rendering shows the lobby area of the new CareSpot Urgent Care facility slated to open in Nocatee in early 2020. The facility will be located in the Nocatee Town Center on Crosswater Parkway.

Photo courtesy of Nocatee Ponte Vedra www.nocatee.com

Palm Valley Boat Parade tradition continues despite challenging weather

A stormy day on Saturday didn't stop the Palm Valley Boat Parade from being held once again this year.

The annual holiday tradition, held on Dec. 1, featured 17 boats this year festively decorated for the season. An additional nine boats registered, but the weather did unfortunately prevent them participating. The parade began just south of the Palm Valley Bridge and traveled north through the Palm Valley cut to the end of Marsh Landing.

The winner of the parade will be announced at the awards dinner Jan. 12 at 4 p.m. at the America Legion in Palm Valley. For more information on the Palm Valley Boat Parade, visit palmvalleyboatparade.com.



LEFT: Freedom Boat Club's boat sails down the Intracoastal Waterway during the Palm Valley Boat Parade on Dec. 1.

Photos by Andy Nation



ABOVE: Steve Francis' boat

LEFT: Charlie Caulk's boat

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Santa Claus greets attendees of the St. Augustine Christmas Parade on Dec. 1.

Annual St. Augustine Christmas Parade celebrates community, holiday season

By Jon Blauvelt

First Coast residents braved the elements last Saturday to enjoy the annual St. Augustine Christmas Parade and jump into the holiday spirit.

Despite the rain, the Dec. 1 parade featured an array of festively decorated and themed attractions and performances, including floats, marching bands, antique cars, horses and dogs and more. Per the usual, Santa Claus served as the last attraction of the event, waving to children from the top of a firetruck.

Starting at the Mission Nombre de Dios, the parade proceeded through downtown and disbanded on Orange Street. Local schools, businesses and civic and nonprofit organizations participated to make the parade a success once again.



Photos by Jon Blauvelt

The St. Augustine Alligator Farm float cruises down the street during the parade.

RIGHT: Parade performers entertain the crowd.

FAR RIGHT: A pirate waves at passing parade attendees.

Photos by Jon Blauvelt



Native Sun and Montessori Tides School to feed local USO families

Native Sun Natural Foods Market in Jacksonville Beach will host Montessori Tides School's elementary students on Wednesday, Dec. 12, for its 17th annual shopping event benefitting the United Services Organizations (USO).

Twenty-one third- through sixth-grade students will plan and shop the aisles for meals to feed more than 140 families through the local USO Mayport Center.

The students will arrive at the Native Sun Jacksonville Beach location early Wednesday morning with shopping lists in hand. Through donations from Montessori Tides families and Native Sun, the students and their teachers will plan balanced meals while keeping a close eye on each dollar spent.

"Community service is one of our most enjoyable activities, and it contributes to the education of the whole child," said Jessica Spurlock, who leads the Upper Elementary class. "We are so grateful to our school community and Native Sun for giving us this huge opportunity to give back to our military families."

Each year, the Greater Jacksonville Area USO provides support for more than 250,000 local active-duty military, including Army and Air National Guardsmen and Reserves, and their immediate families. The USO provides services, information and recreation for families who need it.

The annual event began in 2001 when then 8-year-old Dawson Pickett, a Montessori Tides School student, saw a sign for a food drive at the USO Mayport Center. Now 17 years later, the event has evolved into a partnership with Native Sun.

"It is so heart-warming to watch the students select each ingredient with care for the families who will receive them," Native Sun Customer Programs Manager Meghan Fiveash said. "We are pleased to help provide healthy food options to the USO families in our community."



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 who 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.sjcfl.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@sjcfl.us.

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:



DROP-OFF AT SANTA MAILBOX LOCATIONS:

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Ponte Vedra Recorder Office
(inside)
1102 A1A N., Unit 108
Ponte Vedra Beach, FL 32082

Palm trees glisten at Nocatee-A-Glow, which was held Nov. 30 and Dec. 1.

Photos by Amber Lake



Nocatee-A-Glow

Continued from 8

At the center of the park, a grand light pillar towered over the hundreds of families and residents that had gathered around it. At 7 p.m., the lights became ablaze, synchronizing with some of the season's favorite holiday songs every half hour.

Over at Crosswater Hall, a line was wrapped around the building for an opportunity to meet Santa and Mrs. Claus. Children from across the community took pictures with Mr. and Mrs. Claus and got a chance to tell the couple directly about their wishes for Christmas morning.

"Mostly this year, it's Legos," Santa said. "Everyone wants Legos — both girls and boys."

According to St. Nick, however, a few kids wanted something a bit different. One child asked for a "purple unicorn" and another for a "dog that doesn't shed hair."

"Oh, yes," Mrs. Claus said. "That was a good one. I expect that someone's parents don't want to clean up after a dog in the house."

The Christmas tree shows will continue through Jan. 1. Shows are open to the public and run 6 to 10 p.m. at the Splash Waterpark, with new shows beginning every half hour. The shows include a traditional Christmas music show, a contemporary Christmas music show and a "Variety Spectacular" show. Visit www.nocatee.com for more information.



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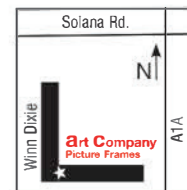
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One Ocean Resort & Spa unveils annual gingerbread house, offers High Tea through holiday season

By Amber Lake

One Ocean Resort & Spa in Atlantic Beach hosted its annual gingerbread unveiling last Thursday, Nov. 29.

The life-sized gingerbread structure features a 2D design of a Christmas village, complete with lights and trees. One Ocean Resort & Spa's Pastry Chef, James Victorino, headed the design with Ezra Cardona and Erika Sanchez. Previous gingerbread designs included a castle, Santa's sleigh and a replica of Atlantic Beach.

Homemade ginger cookies, candy canes and sparkling apple juice were served in flutes to the children at the unveiling.

"To celebrate the 10-year anniversary of One Ocean Resort & Spa, we wanted this year's display to offer a unique twist on the traditional, three-dimensional gingerbread village," Victorino said. "Constructing a display of three different two-dimensional panels was the perfect way to achieve this vision, resulting in an interesting three-dimensional effect when observed from the front."

High Tea

In other news, One Ocean Resort & Spa is offering patrons an opportunity to immerse themselves in 19th century English culture with its daily High Tea event that is being held through December.

Patrons of High Tea can sip specialty teas and enjoy bite-sized sandwiches in the Azurea Lounge. The event is styled to recapture 19th century English afternoon tea culture. Both classic and modern teas are served, including White Ambrosia tea and the time-honored Earl Gray. Sandwiches include avocado brioche with pumpkin seed pesto and pastrami on pumpernickel with braised purple cabbage.

While this is his first High Tea at One Ocean Resort & Spa, Executive Chef Aaron Chavarria previously lived and worked in Europe and is familiar designing afternoon tea luncheons and finger sandwiches.

"The difference between constructing



Jessica Lettiero and Brooklyn Ressi dress as elves for the unveiling of the gingerbread house at One Ocean.



a regular sandwich and a small sandwich is that the finger sandwiches focus on flavor," he said. "It must be an explosion of flavor at the first bite."

High Tea will be open to the community from 2 to 4 p.m. daily for \$35 per person until Dec. 30. Reservations are required, with 24-hour notice recommended. Call (904) 249-7402 to make a reservation.



ABOVE: One Ocean Resort & Spa's annual gingerbread house was unveiled last Thursday, Nov. 29.



LEFT A child reaches for the gingerbread house.

Photos by Amber Lake



ABOVE: One Ocean Resort & Spa is offering a High Tea event daily from 2 to 4 p.m. for \$35 per person until Dec. 30.

LEFT: Dessert assortment at High Tea

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OBITUARIES

Joann Virginia Bonkoski

Joann Virginia Bonkoski, 75, of Jacksonville, died on Nov. 25. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Robert G. Davies

Robert G. Davies, 89, died on Nov. 26. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravally.com

Nancy P. Goode

Nancy P. Goode, 81, of Ponte Vedra Beach, died on Nov. 22. Arrangements by

Quinn-Shalz, A Family Funeral Home & Cremation Centre.

George H. Krycinski

George H. Krycinski, 97, of Ponte Vedra Beach died on Nov. 26. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

John Anthony Lind

John Anthony Lind, 47, of Jacksonville Beach, died on Nov. 25. Arrangements by Quinn-Shalz, A Family Funeral Home

& Cremation Centre.

Paul L. Sutherland

Paul L. Sutherland, 80, died on Nov. 27. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravally.com

Ruby Wynosky

Ruby Wynosky, 93, of Ponte Vedra, died on Nov. 28. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre.

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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 lksmith59@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,



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: _____

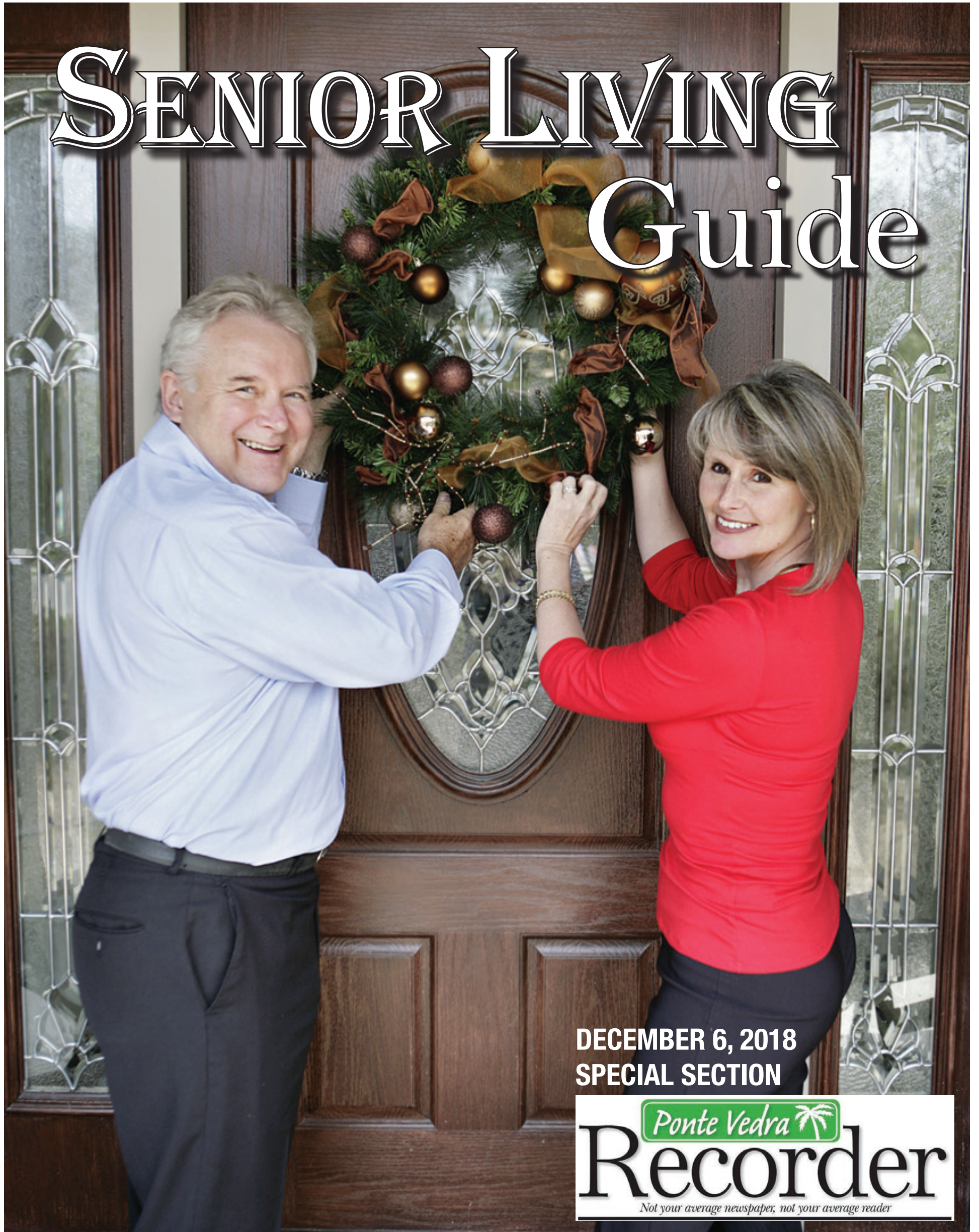
Address: _____

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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SENIOR LIVING Guide



DECEMBER 6, 2018
SPECIAL SECTION

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

Baptist Medical Center Beaches opens new AgeWell Center

By Benjamin Naim

Baptist Medical Center Beaches celebrated the opening of its new AgeWell Center for Senior Health with a ribbon-cutting event on Monday, Dec. 3 at its campus in Jacksonville Beach.

The new AgeWell location, which provides a special kind of primary care for adults 65 and older, is the second for Baptist Health. The first center opened in 2012 on the campus of Baptist Medical Center Jacksonville and has served more than 1,000 patients to date. The facility, located in Medical Office Building A, brings together geriatricians, pharmacists, psychologists and more to one location to offer a complete way for seniors to manage their health and get ahead of the common issues of aging.

The culmination of the evening included photos and the ribbon-cutting ceremony with Jacksonville Beach Mayor Charlie Latham; Dr. Courtney Ross of Baptist Health; AgeWell Executive Director Earl Evens; Baptist Medical Center Beaches President Joe Mitrick; AgeWell Center Director Mimi Holman; Dr. Richard Glock of Baptist Health; Baptist Health President and CEO Hugh Greene; and Baptist Health President and COO John Wilbanks.

According to Holman, the new location will benefit patients who were having a difficult time reaching the downtown office on Prudential Drive in Jacksonville.

“They’re very used to being down here and getting services down here and it was just really an inconvenience to them,” she said. “We didn’t feel we were truly serving the aging population here in the Beaches area.”

Holman went on to tout the multi-disciplinary model used by AgeWell to offer patients a variety of services, from speech and language pathology to physical therapy.



Photo courtesy of Beth Stambaugh

Jacksonville Beach Mayor Charlie Latham; Dr. Courtney Ross of Baptist Health; AgeWell Executive Director Earl Evens; Baptist Medical Center Beaches President Joe Mitrick; AgeWell Center Director Mimi Holman; Dr. Richard Glock of Baptist Health; Baptist Health President and CEO Hugh Greene; and Baptist Health President and COO John Wilbanks pose for a photo on Dec. 3 before cutting the ribbon to celebrate the opening of the new AgeWell Center at Baptist Medical Center Beaches.

According to Dr. Ross, the social services offered at the AgeWell Center make it a unique facility for Beaches area seniors. In the past, the geriatrician said she dealt with patients who couldn’t focus on their medical issues because they needed specialized social services first.

“I, for my training, knew generally what they might need but didn’t have the social services team or specialists to help me to get them access to those resources,” she said.

With AgeWell, patients can receive both social services and medical care in one place.

Furthermore, both Ross and Holman said they were touched by the testimony of a patient named Sheila Weinstein — who conveyed during her speech that the elderly community sometimes feels invisible or forgotten. Part of Baptist Health’s mission, through AgeWell, is to remedy

that perception by offering patients more face-to-face time with medical professionals who care about them and their issues.

“The practice that I came from before this — regardless of the patient’s age, complexity, social situation — I had 15-minute visits for my established patients and for a new patient visit was 20 to 30 if I stretched it,” Ross explained. “To be able to have a minimum of 30 minutes face-to-face time for an established visit is great, not just for me because it gives me time to get caught up with what’s been going on and be accurate and complete in my documentation, but also from the patient standpoint.”

AgeWell accepts Medicare, and a physician referral is not required for a doctor’s appointment. For more information on the facility, call (904) 202-4243 or visit www.BaptistAgeWell.com.



Baptist Medical Center Beaches President Joe Mitrick delivers remarks at the ribbon-cutting event in Jacksonville Beach.



Dr. Courtney Ross, a primary care physician who is fellowship-trained and board-certified in geriatrics, shares her thoughts on the new AgeWell location.



Baptist Health President and CEO Hugh Greene speaks at the ribbon-cutting event in Jacksonville Beach.

Photos by Benjamin Naim

Grand Living at Tamaya coming to Jacksonville in April 2019

Grand Living will open its newest senior living community, Grand Living at Tamaya in Jacksonville, in April 2019.

Located just off Beach Boulevard and Kernan Boulevard South, Grand Living offers resort-style living with a mix of independent, assisted living and memory care apartments, ranging in size from studio up to two-bedroom with a den. Residents will enjoy multiple dining venues, including the Bistro, Café Tamaya, La Vida Dining and Privato.

“At most senior communities, you have one dining room where you eat two or three meals a day, seven days a week,” Grand Living President and CEO Dan Peterka said. “At Grand Living, we have multiple dining venues. Every day and for every meal, residents may select where they would like to dine, choosing from casual to more formal dining venues.”

It’s only possible to give residents this much choice because “everything is made from scratch,” Peterka said. Every meal is cooked to order, just like in a restaurant.

“Much of it is open cooking in front of you, where the residents enjoy seeing the chefs prepare their food,” Peterka said.

The culinary team will create a variety of old favorites as well as new and innovative menu items, and can assist with special requests, including dining restrictions.

Special amenities at Grand Living at Tamaya will include The Forum Performance Theater, providing theatrical, musical, recital and lifelong learning programs on a regular basis; a fitness center with a full-time fitness coordinator and an outdoor, heated pool and hot tub; a full-service spa and salon; and an array of common areas including a library, Grand Lounge, Legends Club, a pet spa and a fire pit.

The staff at Grand Living works hard to create a complete culture of well-being. The community’s approach is based on the dimensions of well-being, embracing all the facets of life. Their trademarked Facets™ program addresses five main areas: social, health and wellness, lifelong learning, legacy and spirituality.

At Grand Living, residents and guests also experience The Sterling Touch®, a unique approach to customer service created in concert with former executives of the Ritz-Carlton Hotel Company. It in-



Photos courtesy of Grand Living at Tamaya

A rendering shows the plans for Grand Living at Tamaya, which is set to open in Jacksonville in April 2019.



The new senior living community will feature a fitness center with a full-time fitness coordinator and an outdoor, heated pool and hot tub.



ABOVE: Grand Living at Tamaya will feature the Bistro, as well as Café Tamaya, La Vida Dining and Privato.



LEFT: Many common areas will be available for residents of Grand Living at Tamaya.

corporates the company’s vision, foundations and principles, and guides residents’ everyday experience in the community.

“We are driven by our passion to provide remarkable personalized experiences for the residents and their families and by our unparalleled commitment to exceptional service,” Peterka said. “We are proud to be a part of the Jacksonville community and look forward to showcasing our extraordinary environment and remarkable programs and services.”

Grand Living at Tamaya features 171 studio, one-bedroom and two-bedroom residences. A variety of floor plans are available, some featuring a den, others with a terrace or patio and some with a fireplace. Each apartment features an open floor plan, a spacious bathroom, stainless steel appliances, a center island, granite countertops, walk-in closets and a washer and dryer. Apartments are rented on a month-to-month basis. Monthly rent includes dining; all utilities, including telephone, expanded cable, and WiFi;

weekly housekeeping; transportation; maintenance; and an array of activities.

Grand Living is now accepting reservations, and information sessions are taking place monthly at the Grand Living Information Center, located in Hodges Station

at 13529 Beach Blvd., Suite 307A. Model apartments are available to tour beginning Dec. 10.

To learn more and for the information session schedule, call (904) 410-8500, or visit www.GrandLiving.com.

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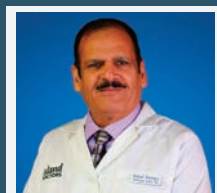


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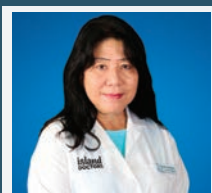
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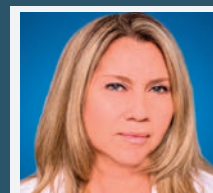
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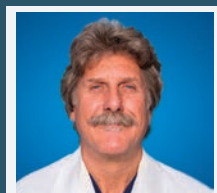
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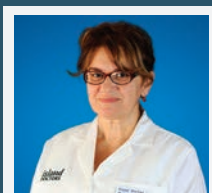
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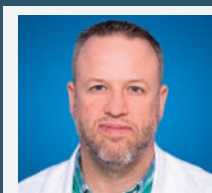
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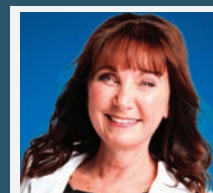
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Jane Weden (left) poses for a photo with her mother, Marilyn McGuckin, and their dog Quirky at the Palms at Ponte Vedra.

Residents at The Palms at Ponte Vedra enjoy assisted living with their pets

By Benjamin Naim

Some residents of The Palms at Ponte Vedra didn't move to the facility alone, they came with furry friends.

Arden Dismuke, who moved into the assisted living facility one year ago, said her dog Flopsy — named after her one floppy ear — has helped her make a smooth transition from North Carolina into the Ponte Vedra community.

"I couldn't be here without her," she said. "Every day I'm just grateful that I have her. She really truly is my friend, and I really have appreciated having a dog here."

Dismuke thinks her dog might have been abused by a man before she got her, but the Palms at Ponte Vedra resident said Flopsy is happy and healthy today.

"She's getting plump because the Palms is a very wonderful place to eat," she added. "She's very healthy."

Stephanie Lane, another resident, said she wouldn't have moved to the Palms without her 12-year-old dog, Lucy.

"I bought (Lucy) so they wouldn't put her down," she said. "I took her home, and I took her straight to the vet and it cost almost \$1,300 to have the kennel cough fixed ... she sleeps with me at night, and she barks when I'm not in the room with her."

Lane, a former teacher, said she took her dog to school and raised her there for the first four months of her life. The Palms resident was required to submit Lucy's medical records, ensure her shots were up to date and that she



Margaret Gallardo, a volunteer pet therapy handler from Alliance of Therapy Dogs (ATD), poses for a photo with Coco.

was on the proper medicine in order to move into The Palms with her pet.

According to the Palms' pet policy, all pets must be on a leash when in the interior and exterior common areas of the community. Only one pet is allowed, including a small dog no bigger than 20 pounds, a cat or a bird. Additionally, pet owners must prevent their pets from causing any disturbance — which constitutes a breach of the quiet enjoyment of others — and the pet must not pose a risk or danger to anyone in the community, among other requirements.

Margaret Gallardo, a volunteer pet therapy handler from Alliance of



Photos by Benjamin Naim

Stephanie Lane's dog Lucy poses for a photo.

Navigating aging with senior pets

As pets age, their needs change, and pet owners must adjust how they care for their pets.

Spunky pups and curious kittens draw the attention of people eager to welcome new pets into their families. As pets begin to age, owners of senior animals may find that they struggle with their pets' emergent needs in this stage of life.

Senior pets may experience dementia, mood changes, inactivity, pain and incontinence. But thanks to improved veterinary care and dietary habits, pets can live longer than ever — and remain comfortable well into their senior years.

Cats and dogs are generally considered geriatric at the age of seven, according to the American Veterinary Medical Foundation. Even so, many pets go on to live 12 to 15 years, which can be the equivalent of age 75 to 85 in humans. Geriatric pets are susceptible to the same conditions seen in older people, including cancer, diabetes, weakness, senility, joint or bone diseases and heart disease. It is essential to keep an open dialogue with a veterinarian to discuss any potential health issues aging pets may encounter.

According to veterinary behaviorist Nicholas Dodman, coauthor of "Good Old Dog: Expert Advice for Keeping Your Aging Dog Healthy, Happy and Comfortable," pet owners must realize that older pets are less able to thermoregulate, so they're more sensitive to extreme temperature changes. Pets may need blankets or sweaters. They also may need to spend more time indoors when the weather is harsh.

Dietary changes may need to be made. Older pets may eat less, but they should be fed high-quality, nutritious foods that help keep their weight in check. Excess weight can put added stress on sensitive joints and may contribute to problems with diabetes.

Veterinary Pet Insurance, a division of Nationwide Insurance Company, said there are new, alternative treatments available for aging pets, often used to treat pain, pet arthritis and cancer. Cold laser treatment directs light to stimulate cells and increase blood circulation to ease aches and pains. Medical acupuncture can help reduce pain and inflammation. Radiosurgery can target cancerous tissue with a very high dose of targeted radiation while avoiding doses to surrounding tissue. In addition, monoclonal antibodies can be attached to cancer cells to boost natural immunity to cancer and germs.

Older pets require different care and more patience. Owners of aging pets should speak with their veterinarians about caring for pets as they grow older.



Photo by Benjamin Naim

Palms at Ponte Vedra resident Arden Dismuke smiles for the camera with her dog, Flopsy.

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Palms

Continued from 22

Therapy Dogs (ATD), said she called and asked about bringing a therapy dog to The Palms to make residents happy. After receiving an invite, Gallardo brought the dog, named Coco, to the facility but unexpectedly ended up at the Morningside memory care unit.

“I wasn’t sure if I was emotionally equipped for that, but it turned out to be an amazing experience,” she said.

Gallardo noted that bringing Coco to The Palms has made a significant impact on those who interact with her.

“When I bring her over, they’re all smiles, especially if they still have cognitive abilities,” she said. “They constantly refer to their previous animal, whether it was 20 to 30 years ago. They love to talk about the dogs they had or have at home ... it helps to stir the memory.”

Gallardo said Coco often does tricks for the residents, and they love it.

“Coco loves to do tricks, and she can do them a hundred times,” she said. “They sit around, and she’ll do it over and over again, and they just think it’s wonderful.”

Jane Weden, the daughter of The Palms resident Marilyn McGuckin, said she lives around the corner and visits the Palms almost every day with her dog, Quirky. McGuckin recently moved to the memory care unit and, according to Weden, the residents there love the pup.

“He brings a lot of love,” Weden said. “He’s just so sweet and as soon as (McGuckin) sees him, her eyes light up. I usually hold him because I don’t want him to run around, but all the ladies and even the guys that are there are like, ‘Can we pet him? Is it OK? Can we pet him?’ Some of them even grab him and give him a little kiss on the forehead. You can tell they’re dog lovers.”

Visit www.palmsatpontevedra.com or call (904) 686-3700 for more information on The Palms at Ponte Vedra.

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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.

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| Thursday, Dec. 6 | Friday, Dec. 7 | Saturday, Dec. 8 | Sunday, Dec. 9 |
|--|---|--|---|
| <p>Boardwalk Talk: Richard Shieldhouse The Beaches Museum presents Richard Shieldhouse at the historic Beaches Museum Chapel Dec. 6 at 6 p.m. Shieldhouse's book, William Morgan: Evolution of an Architect was recently published by the University Press of Florida. The book tracks the evolution of Morgan's architectural career to draw inspiration from indigenous North American designs including earth architecture. Copies of the book will be available for purchase at the event and in the museum store. The event is free to Beaches Museum members with a suggested \$5 donation for non-members. Visit the Beaches Museum website www.beachmuseum.org or call (904) 241-5657 for further information.</p> <p>TedxFSCJWomen: Showing Up Melissa Ross, host of WJCT's First Coast Connect, will moderate a local panel of experts who will address the Speak Out! theme Dec. 6 at 3:30 p.m. at FSCJ's Downtown Campus. The panel will explore issues of fear, sexual violence and survival. Panelists will include Vicky Basra, Robin Graber, Kirstin Keen, Paige Mahogany Parks and Emily Rokosch. Visit www.tedxfsj.com for more information.</p> <p>Free Speaker Series: 500 Years of Maritime Florida The St. Augustine Lighthouse and Maritime Museum will host this free speaker series with Brendan Burke Dec. 6 at the St. Augustine Lighthouse and Maritime Museum at 7 p.m. The talk is titled Shrimping in St. Augustine. The St. Augustine Lighthouse and Maritime Museum is located at 81 Lighthouse Ave. For more information go to www.staugustinelighthouse.org or call (904) 829-0745.</p> <p>NocaTour The NocaTour, taking place Dec. 6 at 10 a.m., will allow visitors to participate in a personal golf cart tour on Nocatee's Greenway Trailway System, Nocatee Community Park and brushing by Coastal oaks and Del Webb. The tour will return to the Welcome Center for a walking tour of the Splash Water Park and Fitness Club. Email WelcomeCenter@Nocatee.com for more information.</p> | <p>Santa and Mrs. Claus in the City Gate Plaza Visit Santa and Mrs. Claus every Friday and Saturday until Christmas from 6 to 8 p.m. in the plaza near the City Gate, located at 246 Saint George St. in St. Augustine. On Saturdays, there will be carolers. The event continues from 8 to 9 p.m. in the courtyard. Admission is free. Email binningers@bellsouth.net for more information.</p> <p>Brightway hosts The Christmas Classic Movie Night in the Park series A three-part movie night series will be held in San Marco this December every Friday night before Christmas. Movies will be hosted Dec. 7 for "Home Alone", Dec. 14 for "The Santa Claus" and Dec. 21 for "Elf". Attendees should bring their own seating and blankets. The event is free to the public and attendees can look forward to food trucks and complimentary hot chocolate and popcorn. The event will take place at the Southside United Methodist Church at 3120 Hendricks Ave from 6 to 9 p.m. For additional details, visit the Facebook event page.</p> <p>Butterfield Garage September Artist of the Month: painter Sam Kates This event, set for Dec. 7 at 6 p.m., is an opportunity to meet an artist and hear behind-the-scenes views of his inspiration and processes. Sam Kates is a painter of coastal scenes reminiscent of old Florida. His work is composed on site and reflects actual scenes and boats. The event will be hosted at the Butterfield Garage Gallery at 137 King St. St. Augustine.</p> <p>Chanukah Shabbat Dinner Join fellow Beaches Jewish residents for a delicious Chanukah-inspired Shabbat dinner. Chabad at the Beaches is hosting Chanukah Shabbat Dec. 7 from 6:30 to 9:30 p.m. The event will feature a warm, welcoming atmosphere, delicious food, kitzing, singing and fun. Services start at 6:30 p.m. followed by Chanukah dinner. No synagogue affiliation necessary. RSVP required. To make a reservation, visit www.chabadbeaches.com/ShabbatChanukah. This event will take place at 521 A1A N. in Ponte Vedra Beach.</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.lovemetruescue.com. The rescue is also looking for volunteers (18+). Interested suitors can contact Peggy Hatfield at peggyhatfield63@comcast.net.</p> <p>Weaver first Saturday free for all The first Saturday of each month at the Cummer Museum is a free for all. Thanks to the support of J. Wayne and Delores Barr Weaver, guests can enjoy free admission from 10 a.m. to 4 p.m. Events include art-making activities for all ages in the Cummer Gardens, live music and a docent-led tour at 2 p.m. No registration is required. For further information, call (904) 899-6038.</p> <p>Discovery Marsh Walk for Kids! Parents are invited to bring their children for a special Discovery Marsh Walk program geared for the little adventurer in the family at Anastasia State Park on Dec. 8 from 2:30 to 3:30 p.m. Explore the Anastasia Marsh Trail with a park ranger and learn about the importance of estuarine systems that surround the inshore sides of barrier islands. Suggested items to bring are binoculars, comfortable walking shoes, a camera, drinking water, bug spray, and sunscreen. Although this program is for children, parents/guardians are still required to be present. Meet by the Anastasia Watersports Parking Lot. This event is weather permitting and subject to cancellation. Free with regular park admission fee. Located at 300 Anastasia Park Road in St. Augustine. For more information about events at please call (904) 823-2232.</p> <p>S.A.F.E. Pet Rescue holiday adoption event S.A.F.E. Pet Rescue will be bringing their mobile adoption van up to the Ponte Vedra Pet Supermarket parking lot for a holiday adoption event Dec. 8 from 11 a.m. to 3 p.m. Guests can take photos of their pet with Santa, hear some festive guitar music, partake of the holiday bake sale or adopt and give one of the rescues the best Christmas ever. Pet Supermarket is located at 880 A1A N. in Ponte Vedra Beach.</p> | <p>Dashing though the Snow The All Beaches Experimental Theatre will present a laugh-'til- your-sides ache comedy written by three of America's most popular playwrights. The show runs Saturday and Sunday until Dec. 16. Showtimes are 8 p.m. Saturday and 2 p.m. Sunday. Tickets are \$24 for adults in advance and \$25 at the door. The ABET is located at 544 Atlantic Blvd., Neptune Beach.</p> <p>Holiday in the Gardens Holiday in the Gardens at Washington Oaks Gardens State Park features live entertainment on stage all day, children's arts and crafts, photos with Santa, tea with Mrs. Claus, plant sales and holiday arts and crafts vendors on Dec. 9 from 10 a.m. to 4 p.m. The park will be decorated for the perfect family holiday photo. Event entry is free with canned goods or Toys for Tots donation. The event will take place at 6400 N. Oceanshore Blvd. in Palm Coast. Visit www.washingtonoaks.org for more information.</p> <p>Makers Fest A festive celebration of "makers" offers a wide variety of fun, hands-on activities for participants of all ages. Makers Fest takes place from 11 a.m. to 5 p.m. at the St. Augustine Amphitheatre. The works of more than 40 regional artists and artisans will be for sale, artists and artisans will offer in-depth educational workshops, foodies will relish the exciting culinary offerings, including authentic artisan foods, beverages, food trucks and craft beers. Two stages will feature live music and dance performances, rounding out a full day of family fun sure to engage all the senses. Admission is \$5. The St. Augustine Amphitheatre is located at 1340 A1A S. in St. Augustine. Call (904) 342-5350 or go to staugustinemakersfest.org for more information.</p> <p>Candlelight music concert The First Coast Newcomers Club of Northeast Florida will host a candlelight music concert Dec. 9 featuring a full orchestra and choir in St. Johns. This free event will take place at 6 p.m. Call (904) 829-0643 for more information.</p> |

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|---|---|---|--|
| <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. 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>Event to honor Universal Declaration of Human Rights 70th Anniversary A human rights event in St. Johns County will honor the 70th Anniversary of the Universal Declaration of Human Rights. Residents from St. Johns, Flagler and Putnam Counties will join the international experience at The United Church Dec. 10 at 7 p.m. Readings of individual Human Rights by participants will be posted online by the United Nations. St. Augustine's contributions to human rights will be highlighted to an international audience. Participants will identify current violations of human rights in St. Johns, Flagler and Putnam Counties for future action. The event located at The United Church at 5880 U.S. 1 south in St. Augustine.</p> <p>Pecha Kucha: Volume 12 Join Pecha Kucha Volume 12 on Dec. 10 from 6 to 7 p.m. when community speakers and guests alike will gather to explore the things that make the world delicious. This free event is hosted at the St. Augustine Amphitheater, located at 1340 A1A S. in St. Augustine. From the Latin root <i>deliciae</i>, meaning delight or pleasure, delicious is a word that describes so much more than a plate of food. It's a moment in time and a charming discovery. An epic adventure or an idea worth savoring.</p> | <p>Tapas Tuesday The Cummer Museum of Art & Gardens presents Tapas Tuesday at the Cummer Cafe every Tuesday from 5 to 7:30 p.m. View the sunset on the Cummer Cafe patio while listening to local musicians and enjoying beer, wine or artfully-inspired tapas for sale at the Cafe. Reserve your table by calling (904) 899-6022. For more information, visit www.cummuseum.org. The museum is located at 829 Riverside Ave.</p> <p>The Future of Work: FSCJ Business Speaker Series Join Mary O'Hara-Devereaux, Ph.D., founder and CEO of Global Foresight to learn about the powerful shifts that will reshape individual and organizational life over the next five to 10 years. Gain insight into the skills you'll need to prosper in the workplace of the future. This free event is located at FSCJ South Campus in the Nathan H. Wilson Center for the Arts on Dec. 11 at 8:30 to 10:30 a.m. RSVP online at fscj.edu/business-speakers.</p> <p>LOL Comedy with Spike Yoder Join us for the Laugh Out Loud Comedy Night with headliner, Spike Yoder. The show is on Dec. 11 at 7:30 p.m. at The Comedy Zone of Jacksonville, located at 3130 Hartley Road in Jacksonville. Tickets are \$10. Go to comedy-zone.com for more information.</p> <p>A Peter White Christmas with Rick Braun and Euge Groove Make your list and check it twice! This holiday concert is more than just nice! A Peter White Christmas featuring Rick Braun & Euge Groove is coming to town on Dec. 11. Contemporary jazz lovers eagerly await this annual fun-filled concert which has packed fans into halls and arenas coast-to-coast year after year. Gates open at 7 p.m. Tickets range from \$59.50 to \$100 at the Ponte Vedra Concert Hall located at 1050 A1A N, Ponte Vedra Beach.</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>Newcomers of the Beaches luncheon The Newcomers of the Beaches invites new members to attend their luncheon the second Wednesday of each month. The next luncheon will be held Dec. 12 at the Sawgrass Golf Country Club. This social club consists of a fun and diverse group of women, who have recently moved to the beaches and/or have gone through a major life event. Those who are looking for new friends and interesting activities can visit www.newcomersofthebeaches.com for more information and make a reservation.</p> <p>Chabad @ the Beaches offers a Women's Book Club Luncheon Chabad @ the Beaches presents the seventh annual women's Jewish book club. Every month the club meets and discusses a new book. This month, club will meet and discuss <i>The Other Einstein</i> by Marie Benedict. All who choose can pre-order lunch from Gili's Kitchen by Wednesday at 3 p.m. for delivery to Chabad. This is a great opportunity to meet new people, share thoughts and opinions, hear other people's insights and enjoy a great meal. This club is free of charge. Reservations are required. The first local meeting will take place Dec. 12 at noon at Chabad @ the Beaches, located at 521 A1A North in Ponte Vedra.</p> | <p>'Mortal Engines' at IMAX Theater at World Golf Hall of Fame Thousands of years after civilization was destroyed by a cataclysmic event, humankind has adapted and a new way of living has evolved. Gigantic moving cities now roam the Earth, ruthlessly preying upon smaller traction towns. "Mortal Engines" premieres on Dec. 13 and is showing at the IMAX Theater at World Golf Hall of Fame at One World Golf Place in St. Augustine. Visit www.worldgolfimax.com for ticket times and pricing.</p> <p>Student Portfolio Exhibition The Crisp-Ellert Art Museum at Flagler College will hold a fall exhibition of work by the college's graduating Bachelor of Fine Arts and Bachelor of Arts candidates from the Department of Art and Design. The exhibition will open with a reception Dec. 13 from 5 to 8 p.m. The museum's hours are Monday through Friday 10 a.m. to 4 p.m. and Saturday noon to 4 p.m. This free event will repeat daily from Dec. 13 until Dec. 15.</p> <p>Trans-Siberian Orchestra Over the past 20-plus years, Trans-Siberian Orchestra has become a critically-acclaimed, multi-platinum, musical powerhouse, and its annual winter tours a beloved, multi-generational holiday tradition. The Trans-Siberian Orchestra as they return to Jacksonville for one spectacular show Dec. 13 at 7:30 p.m. Tickets are \$28-\$76. The Jacksonville Veterans Memorial Arena is located at 300 A Philip Randolph Blvd. in Jacksonville. For more information, go to www.jaxarena.com.</p> <p>A Canine Christmas at Congaree and Penn Join Congaree and Penn Dec. 13 from 4 to 9 p.m. to celebrate a Congaree Christmas with local shopping, food, drinks, Frosty Paws, Milkbones, dog friendly "sleigh" rides and holiday cheer. Dogs are welcome.</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 Amber@opcfla.com or call (904) 686-3939.</p> |

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Photo courtesy of mterocreativeconnection.com

Finding great gifts for seniors may take a little more effort, but with these ideas at the ready, it's likely gift-givers can make this holiday merry.

Great gifts for seniors

Gifts for seniors do not have to be a challenge to find, as many services and items will be ideal.

By the time they reach senior status, many adults have amassed a ton of stuff along with their irreplaceable knowledge. Come their golden years, grandparents and other aging loved ones probably don't need much in the way of material possessions, which can make it challenging to find them holiday gifts.

Finding great gifts for seniors may take a little more effort, but with these ideas at the ready, it's likely gift-givers can make this holiday merry for everyone on their shopping lists.

Family photo memories

Many seniors love to talk about their life histories. What better way to be the catalyst for conversation than to create a photo album that chronicles their lives? Photos can be included alongside historical documents, such as old school projects, military discharge papers, awards and even genealogical information. Photo puzzles, photo calendars and any home decor with a photo printed on it are variations of this theme.

Assistance gifts

Seniors want to remain as independent as possible. By giving items that help them do just that, you can bring smiles to their faces.

One idea is motion-sensing light switches and fixtures. If, and when, nature calls in the middle of the night, hallways or bathrooms can be illuminated effortlessly.

Shower and bathroom grab bars are another idea. These provide extra security and stability

when getting in and out of the shower or when using the toilet.

For seniors who just need a little extra reach, a grab tool can easily snag packages from a top shelf or pick up items that may have dropped to the floor, eliminating bending or straining.

Practical technology

Seniors may not be as immersed in technology as young people, but they purchase their share of gadgets and increasingly rely on tech to get through the day. To free up more time for rest and relaxation, invest in an iRobot Roomba Robot Vacuum. This simple device will clean floors easily, moving from room to room without the need for a bulky canister or upright vacuum.

Consider an easy-to-use tablet, pre-loaded with handy applications. Grandparents can use video chatting to keep in touch with grandchildren living across the country. Easily refill prescription medication with a pharmacy app just a click away. Stream favorite movies or channels through video streaming sites, such as Netflix or Amazon Prime. Tablets tend to be lightweight, portable and user-friendly.

Personal care

Even independent seniors may benefit from a little extra companionship and assistance when family members are not able to make frequent visits. Hiring a visiting care worker, who can do everything from organizing pills to making dinner to tackling some laundry, can provide the help seniors need with their daily errands.

Everyday ways to help your elderly neighbors

Thoughtful men, women and children can give back to their communities in various ways. One such way to do so is to help your elderly neighbors who may not be as independent as they once were.

Such men and women may have physical limitations that compromise their ability to perform everyday tasks. People in the prime of their life take their ability to perform such tasks for granted. And while these gestures might seem simple, helping your elderly neighbors with their everyday tasks can have a profound impact on their lives.

■ **Ask if a neighbor needs anything from the grocery store.** Everyone forgets to buy something at the grocery store from time to time. That's a minor inconvenience to most people, but it can have a much bigger impact on elderly people who have mobility issues. Before taking trips to the grocery store, make it a habit to call an elderly neighbor and ask if he or she needs anything.

■ **Invite seniors over for dinner or other gatherings.** Many seniors deal with social isolation, which occurs



Photo courtesy of mterocreativeconnection.com

when they lack opportunities to interact with other people. Recent data from the Administration on Aging indicates that 35 percent of women over the age of 65 were widows, and almost half of

women 75 and older live alone. Inviting elderly neighbors who live alone over for dinners, movie nights or game watches once per week is a great way to help them avoid social isolation and give them

something to look forward to.

■ Help with some weekly chores.

Seniors living on fixed incomes may find it difficult to maintain their homes. Relatively simple tasks like mowing the lawn, taking out the garbage and even vacuuming can be difficult for seniors with physical limitations. Pitching in to help with such chores once or twice a week won't require much time on your part and can have a significant impact on the lives of your aging neighbors.

■ Drive seniors to religious services.

Attending religious services is important to many seniors, but those who can no longer drive themselves to weekly services may not be attending them as much as they would like. Whether you attend such services or not, offer to drive an elderly neighbor on Sunday mornings (or whenever weekly services are held). Religious services can help seniors stay connected to their faith and their communities, and driving an elderly neighbor to and from houses of worship once per week won't require a significant commitment of your time.

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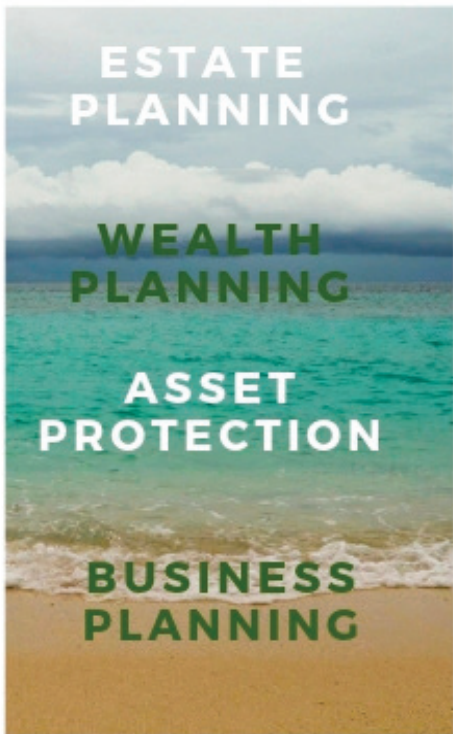
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MAKING SENSE OF INVESTING

Sawgrass Singers find goodwill and harmony in the Christmas season

By Amber Lake

Understandably, Christmas is a busy time of year for the Ponte Vedra choir staple, the Sawgrass Singers.

It wasn't always that way, however. Twenty years ago, the Singers were a self-described "ragtag" group of harmonizing vocalists, just looking for a tune to sing along to.

"(Originally,) we were about eight members," founding conductor Constance Quinlan said. "There was a group of us that would sing around the piano at the (Sawgrass) golf club. There was something going on there every week and there was a piano player. We would gather round and sing — that was the core that started. As we sang, we got better and better and more people decided to join us."

Soon enough, the group had grown to over 60 members. They started booking shows at the Sawgrass Country Club, Vicar's Landing and THE PLAYERS Community Senior Center. It seemed that more and more people were interested in joining the group everywhere they went.



Constance Quinlan directs the Sawgrass Singers at THE PLAYERS Community Senior Center on Dec. 4.



Photos by Amber Lake

The Sawgrass Singers entertain seniors at THE PLAYERS Community Center.

"These were (locals) that had worked in business and raised families and were busy but now that they are retired," Quinlan said. "Maybe they had sung in a college choir or something in the past, but now they have the time."

The Sawgrass Singers is mostly, if not all, comprised of seniors and retirees. Quinlan says they have had high school students participate in the instrumental section in the past, but they currently host older members, the oldest Singers being in their 80s.

The Singers aren't disadvantaged by their ages, however.

Longtime member Ted Burfeind, 86, holds the rhythm

on the drums. He plays regularly for the Sawgrass Singers as well as the Jacksonville Symphony and Civic Orchestra of Jacksonville.

"I've been playing about 75 years," Burfeind said. "I started in middle school and continued on to play in combos as I got older."

One thing Quinlan notes is that members' voices tend to change with age. When this happens, she doesn't worry about it, she just, "moves them around."

"A lot of my tenors are just now singing baritone," she shrugged.

SINGERS continues on Page 34



STARLING AT NOCATEE HOSTS HOLIDAY PARTY

The Starling at Nocatee hosted a holiday open house and resident craft and art sale on Dec. 1. Attendees enjoyed live entertainment, appetizers, drinks and holiday cheer. Visit starlingliving.com/communities/starling-at-nocatee for more information on Starling at Nocatee.

Photos courtesy of Starling at Nocatee



Vicar's Landing residents Nella Gatewood, Shirley Patterson, Dottie Hood, Mary Lou Ducey, Beth Bockmeyer, Jennie Veal, Larry Leek, Mary Ann Stone and Andree Fuller gather while decorating the community for the holiday season. The women call themselves the "Christmas Elves."



Photos courtesy of Tess Crosby

The "Christmas Elves" decorate one of the trees at Vicar's Landing.

'Christmas Elves' help decorate Vicar's Landing for the holidays

The "Christmas Elves" of Vicar's Landing recently helped to decorate the retirement community for the holiday season.

Comprised of residents Nella Gatewood, Shirley Patterson, Dottie Hood, Mary Lou Ducey, Beth Bockmeyer, Jennie Veal, Larry Leek, Mary Ann Stone and Andree Fuller, the "Christmas Elves" decorated eight trees and placed poinsettias and wreaths around the community.

Visit vicarlanding.com for more information on Vicar's Landing.

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For every new Subaru vehicle purchased or leased at participating Subaru retailers until Jan. 2, Subaru will donate \$250 to a customer's choice of selected charities, including the COA's Meals on Wheels America program.

Photo courtesy of the COA



Council on Aging teams up with Subaru Share the Love event

The St. Johns County Council on Aging (COA) has once again partnered with the 2018 Subaru Share the Love event.

For every new Subaru vehicle purchased or leased at participating Subaru retailers until Jan. 2, Subaru will donate \$250 to a customer's choice of selected charities, including the COA's Meals on Wheels America program.

Meals on Wheels works to deliver nutritious meals to individuals who are

housebound by either disabilities or are unable to drive. Many of the recipients are elderly or impoverished and unable to purchase or prepare meals on their own.

By choosing Meals on Wheels America, the program will allow more St. Johns County seniors to receive the meals they need.

For more information, see your local Subaru retailer for details or visit subaru.com/share.

UPCOMING COUNCIL ON AGING RIVER HOUSE EVENTS

The following St. Johns County Council on Aging (COA) events are soon taking place at the River House in St. Augustine, which is located at 179 Marine St, and elsewhere. Hours of operation at the River House are from 8:30 a.m. to 4:30 p.m. on Monday through Thursday and 8:30 a.m. to noon on Friday.

Dinner and a Movie

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

Senior Singles Group

Join local seniors for food and fun conversation the first Tuesday of each month at various restaurants.

Jan. 8 at The Reef, 11:30 a.m.: Located at 4100 Coastal Highway in St. Augustine. Call (904) 209-3655 for reservations.

River House Book Club

Join the COA at River House from 3 to 4 p.m. on the second Tuesday of every month. Joining a book club is a great way to be consistent in your reading, delve deeper into books and make some great friends. This group is complimentary and made possible by the St. Johns County public library bookmobile.

Dec. 11: "A Confederacy of Dunces" by John Kennedy Toole

New! Tech Tuesdays for iPhone and iPad

Join the COA for Tech Tuesdays that focus exclusively on iPhones and iPads with instructor Kai Long. Classes will be held at River House from 1 to 2 p.m. every Tuesday. You will need to bring your iPhone/iPad with you. The cost is \$8 for members and \$10 non-members per session. For reservations, call (904) 209-3655.

Dec. 11: Using Contact Folder

Dec. 18: Using Safari (Search Internet/Bookmarks/Reader View)

Jan. 8: Using Siri and Ways to Save Battery Life

Winter Wonderland Dance Show

Join the COA at 10 a.m. on Thursday, Dec. 13 at River House for the annual holiday dance show featuring the River House Dancers. The COA's dancers and instructors are proud to showcase their skills in this complimentary program. The River House Café will have a \$10 lunch buffet available after the show. See the café for advanced tickets and menu information.

Genealogy

Join the COA at River House for a six-week course to begin the journey into researching your family's history. You will learn the tips and tricks to enable you to navigate the many branches of your family tree. Call (904) 209-3655 for your reservation. The cost is \$30 for River House members and \$35 for non-members. Classes are held on Tuesdays beginning Jan. 8 to Feb. 12 from 2:30 to 3:30 p.m.



MINDFULNESS MEDITATION COURSE TO BE OFFERED AT THE PLAYERS COMMUNITY SENIOR CENTER

Mindfulness Meditation classes will be hosted at THE PLAYERS Community Senior Center Jan. 24 through March 14. This eight-week course is hosted by Dr. Christine Blice-Baum on Thursdays from 12:30 to 2:30 p.m. The course works to help participants deal with stress, pain and illness through mindfulness meditation techniques. Displayed in the photo are previous attendees of the course.

Photo by Amber Lake

Volunteers needed at St. Johns County Council on Aging

Volunteers are currently needed at the St. Johns County Council on Aging (COA) for various activities.

First, volunteers are needed to help wrap packages for the Be a Santa to a Senior program. In addition, the COA is looking for help with activi-

ties and craft projects at the Sunshine Center adult daycare Monday and Wednesday afternoons, as well as assistance with Medicare and Medicaid clients. Experience is helpful but not necessary.

If interested, call (904) 209-3686 or email Amy Leach at aleach@stjohnscoa.com.



Photos courtesy of the St. Johns County Council on Aging

Volunteer opportunities are available at the St. Johns County Council on Aging.

River Garden Foundation Gala hosts nearly 600 people, raises more than \$220,000

Nearly 600 guests enjoyed the 2018 River Garden Foundation Gala on Nov. 17 at Sawgrass Marriott Golf Resort & Spa in Ponte Vedra Beach.

Called "A Night Under The Big Top," the event raised more than \$220,000 for the residents of River Garden. The evening featured cocktails, a silent auction, dinner, dancing and entertainment from the All In One Band and Bittersweet Studios, which featured women on silks and lyra, swings in the air, a stilt walker, magicians, jugglers and a contortionist.

SunTrust served as the premier gala sponsor, while Rachel and Colman Brodsky served as chairs of the event. Next year's gala will take place Nov. 16, 2019 at Sawgrass Marriott.

For more information on River Garden Senior Services, visit www.rivergarden.org.



ABOVE: River Garden CEO Martin Goetz and Jacksonville Mayor Lenny Curry with their wives Susie and Molly

RIGHT: Cristina Azor (River Garden staff member), Moises Parrales and Bobbie Jo (River Garden staff member) and Bob Mentz



Photos by Larry Tallis



ABOVE: Ashton Brodsky, Alex Moore, Colman and Rachel Brodsky (gala chairs), Harriet and Ernie Brodsky and Ansley Brodsky gather at the 2018 River Garden Foundation Gala on Nov. 17 at Sawgrass Marriott Golf Resort & Spa in Ponte Vedra Beach.



ABOVE: Tom Beams represents Premier Gala Sponsor SunTrust.



RIGHT: Melissa Storch and River Garden Foundation Board member Dr. Douglas Storch



River Garden Foundation President and four-time Gala Chair Jeanine Rogozinski and Dr. Chaim Rogozinski

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Singers

Continued from 30

Currently, the group is about 45 members strong. Quinlan said that is mostly due to people moving away and illness. The sense of community within the group is as strong as ever, however. Just recently, the Sawgrass Singers preformed at beloved former-member Natalie Martinelli's funeral at Our Lady Star of the Sea Catholic Church.

"She sang with us 15 years," Quinlan said. "It was one of her dying wishes that the Sawgrass Singers preform. We sung Amazing Grace in her honor."

After 20 years working with the Sawgrass Singers, Quinlan said she has learned the best way to improve health and make friends is to "harmonize with them."

The Sawgrass Singers will preform Dec. 11-12 at 7 p.m. at the Sawgrass Golf Club.



Photo by Amber Lake

Ted Burfeind plays the drums for the Sawgrass Singers.

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Consider pros and cons of early retirement

A lifetime of working compels many people to look forward to their retirement. Some people even work to retire early. But what are the advantages of early retirement beyond starting a life of leisure? And are there any detriments to this plan?

A 2014 survey by the financial services provider TIAA found that 37 percent of Americans plan to retire before age 65. Many of them, however, will not have control over the matter. Those who do may want to consider the pros and cons of early retirement.

Advantages

Many people seek early retirement so they can live a life free of the constraints of schedules. In retirement, time becomes, more or less, a retiree's own.

Leaving a job can be a boon to a person's health as well. Relieving oneself of the pressures and stresses of professional life can free up the mind and body. Stress can affect mental and physical health, taxing the heart and contributing to conditions such as depression or anxiety. According to the Mayo Clinic, stress can



Photo courtesy of mterocreativeconnection.com

cause headache, muscle and chest pain, and contribute to trouble sleeping.

The earlier the retirement, the more

opportunity to travel before health issues begin to limit mobility. Early retirement also can be a way to volunteer more or

even start a new job opportunity — one where workers have greater control over their schedules and careers.

Disadvantages

One of the disadvantages of early retirement is a loss of income. Contributions to retirement accounts also cease at retirement. This can lead to financial setbacks if adequate savings were not allocated for retirement. According to the resource WealthHow, some people who retire early fear outliving their savings.

While retiring early may be good for health, it also can have negative consequences. An analysis from the National Bureau of Economic Research found that retirement can lead to declines in mental health and mobility as well as feelings of isolation. Retiring early may jump-start these health implications.

Another consideration is that health insurance provided by an employer typically ends at retirement. That means having to pay out of pocket until a person ages into government-subsidized health-care, such as Medicare in the United States, at age 65.

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| 62 | | | | | | 63 | | | | 64 | | |

THEME: POPULAR PASTIMES

ACROSS

- Smoothing tool
- Fireplace mess
- *Make a scarf, then a sweater
- Nasal input
- Crunched info
- Like a snicker
- Cautionary offering
- *Caddie's offering
- Ringworm
- *Current game
- Bookkeeping entry
- Express November sentiments
- Big bang maker
- Beach Boys: "Be True to Your ____"
- Deductible
- COI, OSS, SSU, CIG, ____
- *Interlocking challenge
- ____ of the game
- Legal excuse
- Acorn maker
- Poet Nash
- Spanish surrealist Joan
- Tolkien's "The Two ____"
- Denotes financial loss
- Kickbacks
- Ducks with valved down
- Ornamental carp
- Harvest helper
- Chalupa alterna-

- Virginia Slim, e.g.
- *What football and baseball have in common, pl.
- "Put a lid ____!"
- *Hang out on the ocean or online
- Lock horns
- Eyeball
- Hissy fit
- Michael Myers' move
- "To Kill a Mockingbird" author
- Thanksgiving tubers

DOWN

- Campus drillers
- Month before Nisan
- Stag
- Faster than allegro
- Hammerin' Hank
- Delivery bird?
- 3rd H in 4-H, sing.
- *Needlecraft
- *Half a round
- Footnote word
- *Afternoon's high
- Hindu Festival of Lights
- The Police lead singer
- Japanese room divider
- Parker's angst
- Little rascal
- Locomotive hair
- Like Bigfoot
- *You fly fish in it

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

- Core of personnel
- Independent African ruler
- Gives a helping hand
- Messy substances
- Horror movie franchise
- *Bibliophiles' get-together
- Willow twig
- *____ Chi
- Make a connection
- Opposite of tea bag
- Black-tie
- *Watch a season in a week, e.g.
- Catlike
- Queen of Hearts' pastry
- Aquatic plant
- Fairly cold
- Blackfin or Yellowfin
- Barbershop request
- Newts in terrestrial stage
- Art degrees

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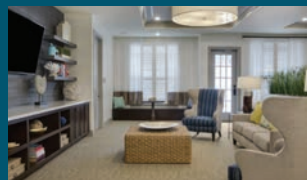
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Camellia at Deerwood appoints Renea McGrath as new executive director

Camellia at Deerwood recently named Renea McGrath executive director of its senior living community in Jacksonville.

"I am excited about joining the Grace Management family and Camellia at Deerwood team," McGrath said. "It is refreshing to be part of a well-established company and community. The reputation of Camellia is outstanding in the Jacksonville area."

McGrath's experience in senior living includes being an executive director for previous Florida-based independent living, assisted living and memory care programs. McGrath's expertise has provided training for others on how to best care for senior living residents. She also has extensive retail, restaurant and entrepreneurial experience.



Renea McGrath

The public is invited to come by the community to meet and chat with McGrath during Camellia's Happy Hour event, scheduled for each Thursday at 3 p.m.

"We are excited to have Renea join the Grace Management family," said Dana Sargent, regional director of operations at Grace Management, Inc. "Her leadership plays a vital role in creating and

maintaining the high-quality standard of living, support and care we provide at Camellia at Deerwood."

Located at 10061 Sweetwater Parkway in Jacksonville, Camellia at Deerwood is owned and operated by CPF Living Communities and managed by Grace Management, Inc., both of which are subsidiaries of Chicago Pacific Founders. Visit www.camelliaatdeerwood.com for more information.

www.mciverclinic.com



McIver Clinic would like to welcome Clint Collins, M.D. to our community. Dr Collins grew up in Phenix City, AL but has family all over Georgia and Nassau County. Dr. Collin's mother is from Hilliard and he has spent much of his life visiting the family farm there, where a lot of the family still lives. Dr. Collins is married to Jane, who is from Northeast Mississippi. Dr. Collins and his wife are avid and tortured Mississippi State Bulldog fans!

Dr. Collins completed medical school in Jackson, MS. He then moved to Richmond, VA for residency and eventually made it back to Jackson, MS, where he has been attending at Mississippi Medical Center and Medical School for the past seven years. During that time, he has completed a fellowship in New Orleans, Louisiana in Female Pelvic Medicine and Reconstructive Surgery. Dr. Collins has developed a practice where he has cared for complex female pelvic floor conditions, such as incontinence, prolapse, overactive bladder and voiding dysfunction in men and women.

In addition to this, Dr. Collins maintained a busy general urology practice caring for conditions such as complex stone disease, enlarged prostate, urologic malignancies such as prostate, bladder, and kidney cancer, and performed office based procedures such as cystoscopy and vasectomy. He is Board Certified by the American Board of Urology with sub-specialty certification in Female Pelvic Medicine and Reconstructive Surgery.

Dr. Collins and his wife, Jane, are very eager to begin this new chapter in their lives and are looking forward to exploring the new area with their nearly four-year-old son, Malone. They're eager to make new friends and we are very pleased and excited to have them join our McIver Clinic family. Dr. Collins will primarily be treating patients at our beautiful office on University Blvd and is booking appointments for January.

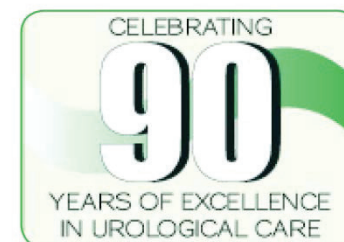
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Cypress Village resident turns 101

A resident at Cypress Village recently celebrated his 101st birthday.

Larry Lawson grew up in Celeryville, Ohio, and joined the Marines after the attack on Pearl Harbor in 1941. During his time in the Marines, Lawson fought in World War II in the jungles of the Solomon Islands (Guadalcanal), northeast of Australia. While there, Lawson took a leave to Australia, where he met Elwyn Singleton, who was a member of the Australian Air Force, and who became Lawson's wife of 68 years. During his many assignments, he was promoted to corporal and then to sergeant. After the war, Lawson returned to the U.S., where he worked with his mother in her greenhouse and flower shop in Ohio, and he became a floriculturist as he and Elwyn grew the business.

Lawson also became a civic leader. He was exalted ruler of the Elks, the president of the Lions Club and a member of the American Legion, the Veterans of Foreign Wars and the Masonic Order.

He has a son in Cleveland, and a daughter in Jacksonville.

Lawson and Elwyn eventually settled in Ponte Vedra Beach, and moved to Cypress Village eight years ago, before Elwyn passed away two years later. Last year, for Lawson's 100th birthday, a large group of his local friends and his wife's family from Australia came for his celebration.

Lawson is an avid reader and can often be seen in the exercise room working out. He bowls frequently and plays billiards with his friends. Lawson enjoys good health, has never had any replacements or transplants and survived cancer 20 years ago. He knows that God has taken good care of him during his



Larry Lawson, a resident at Cypress Village in Ponte Vedra, recently celebrated his 101st birthday.

Photos courtesy of Cypress Village

whole life. He is thankful and proud of his accomplishments, heritage and family. He lost many buddies and does not think or talk about his combat experiences. He is very happy to see fewer jungles and more flower gardens.

Submitted by Bob Gryb, Edited by the Recorder



Larry Lawson with his late wife, Elwyn, who he was married to for 68 years



Lawson and Elwyn met in Australia while Lawson was serving in the Marines during WWII.



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Memory care a component of assisted living

Aging leads to many changes, including some that may compromise seniors' ability to remain independent. In such instances, many families consider assisted living facilities for their aging relatives.

More than 835,000 Americans currently reside in assisted living communities, according to the National Center for Assisted Living. While communities and homes provide various services, one service in particular may be needed for seniors with Alzheimer's disease, other dementia or memory problems. Memory care units are separate facilities that cater to people with dementia or other memory issues.

According to the senior residence referral and resource guide, A Place for Mom, memory care is a distinct form of long-term skilled nursing. Also called special care units, memory care facilities provide 24-hour supervised care for individuals. This care is often carried out in a separate wing or floor of a residential facility or community.

Memory care facilities aim to provide a safe and secure environment for residents. This means limiting entry or egress to other areas of the facility for those who may have trouble navigating and remembering where they started

out. The Alzheimer's Association notes that six in 10 people with dementia will wander and become disoriented. This is dangerous for the individual and others. Memory care units often have alarms and "wander guard" precautions in place to make sure residents cannot roam unsupervised and risk injury.

Another goal of memory care is to provide a stress-free, structured lifestyle that has set schedules and routines, stated Brookdale Senior Living. This can help keep distress minimal and make for more comfortable and happy residents.

In addition, memory care units offer programs that help slow the progression of dementia and cultivate cognitive skills. Fitness exercises, games, specialty food programs, activities and much more may be offered to make residents more comfortable. Memory care facilities include common spaces for socialization, meals and activities.

"Alzheimer's patients must maintain their activity, walking, interacting with music and art," said Lory Bright-Long, MD, CMD, of the American Medical Directors Association. "We have to awaken the senses so that the memory can have a hook. This is accomplished in the memory care setting."



Photo courtesy of mterocreativeconnection.com

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S.A.F.E. aims to get animals 'forever' homes for holidays



Nonprofit to hold holiday pet adoption event Dec. 8 in Ponte Vedra Beach

By Paris Moulden

Looking for the perfect Christmas gift for the family? How about something cute, cuddly and full of unconditional love?

S.A.F.E. Pet Rescue is holding a holiday pet adoption event on Saturday, Dec. 8, from 11 a.m. to 3 p.m. in the parking lot of Pet Supermarket, located at 880 A1A North in Ponte Vedra Beach. S.A.F.E.'s mobile van will be there with a load of adoptable pets looking for a forever home. The event will feature live music, a holiday bake sale and Santa will be on hand to take photos with pets from noon to 2 p.m. There will also be 11 puppies available for adoption at the event.

"These adoption events help to give the dogs and cats exposure outside of the shelter settings," said S.A.F.E. volunteer Jean Gleason, who focuses on events in the Ponte Vedra area. "People who might otherwise not visit our S.A.F.E. shelters come to visit the mobile van to see the dogs in their own communities. These events help to get dogs adopted, and also give S.A.F.E.

exposure and let people know who we are and what we do. S.A.F.E. awareness is so important as many here in Ponte Vedra are not familiar with the amazing tireless work that S.A.F.E. does in finding homes for the homeless dogs and cats."

Gleason said S.A.F.E. volunteers partnered with the Ponte Vedra Pet Supermarket about four years ago to bring dogs to the store on weekends, and the partnership has been a big success, resulting in several hundred dogs finding permanent homes.

"The reception by the residents was heartwarming as so many opened their homes and hearts to the idea of a rescue dog," she said. "It has been so gratifying to see these wonderful dogs who have gone through so much and need so much love find forever homes right here in Ponte Vedra Beach."

S.A.F.E. Pet Rescue, based in St. Augustine, was founded 10 years ago, and has rescued more than 14,000 dogs and cats. S.A.F.E., which stands for Saving Animals from Euthanasia, is a no-kill shelter with four locations in the greater St. Augustine and Palatka areas. S.A.F.E. also maintains a thrift store at its headquarters shelter at 1250 County Road A1A in St. Augustine to help fund the organization.

S.A.F.E. continues on Page 44

ABOVE: S.A.F.E. Pet Rescue's mobile van will be in the parking lot at the Pet Supermarket in Ponte Vedra on Dec. 8, with plenty of adoptable animals ready to find a permanent home.

Photo courtesy of Jean Gleason

RIGHT: There will be 11 puppies available at the holiday adoption event, including these two.

Photo courtesy of Robin Kantner-Norton



Birch Island Veterinary Center opens on Philips Highway

Birch Island Veterinary Center recently opened at 14485 Philips Highway in Jacksonville.

According to the practice's website, the new practice is a dream for lead doctor Deanna Greer, who has been a Jacksonville native for over 15 years and a veterinarian for over 20 years. The practice is named after a small island in the middle of Paradox Lake in the Adirondack Mountains of Upstate New York, where Greer used to vacation with her family as a child.

Birch Island Veterinary Center offers full medical, surgical and dental care, as well as boarding, day care, grooming and more. The practice has a veterinarian and personnel on duty six days a week who are trained and equipped to handle urgent care. The practice will see dogs, cats, rabbits and pocket pets, such as gerbils, hamsters, guinea pigs, etc.

The Resort and Spa at Birch Island features two outdoor play spaces. One is a splash pad for water fun, and the other is an agility range and open running space where dogs can climb, bounce and play. The practice also offers an indoor play area totaling approximately 2,000 square



Photos courtesy of Kristin Reed

The Birch Island Veterinary Center team and friends gather at the recent grand-opening event for the practice on Philips Highway in Jacksonville.

feet that includes a salt-water pool, toys, games and open space to run. No guests spend their day in their rooms; they are free to explore, play, rest, eat and drink as they wish. All playgroups are monitored by staff.

Birch Island offers grooming for both

dogs and cats Monday to Friday from 8 a.m. to 4 p.m. Various levels of grooming and services are available, with rates varying by breed, temperament, coat condition and size.

For more information on Birch Island, visit birchislandvet.com.



Lead doctor Deanna Greer



The practice offers an indoor play area totaling approximately 2,000 square feet that includes a salt-water pool, toys, games and open space to run.



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St. Augustine Humane Society receives record amount in Columbia Restaurant's annual Community Harvest program

A top number of donors participated in this year's St. Augustine Humane Society and Columbia Restaurant Community Harvest giving campaign during September.

The Humane Society received a record number of gift certificates totaling more than \$10,000 as restaurant customers let their appetite do the giving. During the month, when the local Humane Society was selected as a recipient, the restaurant donated 5 percent of all guests' lunch and dinner checks to the charitable organization in the form of gift certificates. The promotion was offered at all Columbia locations in Florida.

According to Carolyn Smith, St. Augustine Humane Society's Executive Director, the gift certificate program continues to help the nonprofit recognize a variety of

supporters, including the top fundraisers who participate in the recent Pin Up Paws 2019 Calendar Photo Contest. The Columbia Restaurant serves as a major sponsor of the calendar effort.

"We are very grateful to receive the gift certificates and proud to be included in the restaurant's charitable giving," Smith said. "The Columbia and its patrons showed their generosity by helping to prevent the needless relinquishment of pets to shelters through our charity services and low-cost spay neuter programs."

For more information on the St. Augustine Human Society, contact Smith at (904) 829-2737. Also visit www.staugustinehumane.org or www.pinup-paws.com for information on the Pin Up Paws 2019 Calendar Photo Contest.

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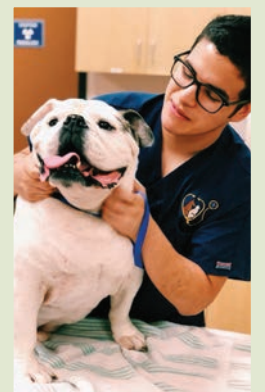
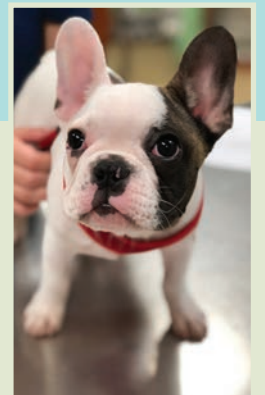
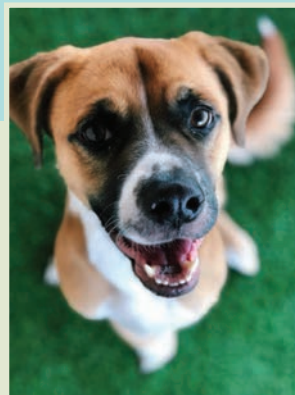
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Florida Urgent Rescue celebrates 3-year anniversary

Local nonprofit seeks support during holiday season

By Jon Blauvelt

Florida Urgent Rescue (F.U.R.), a Jacksonville-based nonprofit organization dedicated to saving animals from kill shelters and other urgent situations, recently celebrated its three-year anniversary in November.

In the local organization's first three years of operation, F.U.R. has rescued 1,092 dogs and cats, and according to Founder and President Mike Merrill, the nonprofit just eclipsed 1,100 last week.

"We never really expected this kind of volume," Merrill said. "I figured it would be a lot slower pace. But we have a hard time saying no."

F.U.R.'s efforts include pulling animals from shelters and providing veterinary and foster services and an adoption program. F.U.R. also provides care to animals in urgent situations who have, for example, gunshot wounds or injuries from a car collision. In addition, the organization markets and promotes dogs in shelters so that other rescuers and adopters have the necessary information to help them decide whether they can pull or adopt the animals.

"We've done over 100 introductions for

over 100 dogs in shelters and thankfully, knock on wood, 100 percent of them have gotten out alive," Merrill said. "I think just getting the information out helps answer people's questions and helps them make a better decision."

F.U.R. also offers a program called Save Our Strays, which has resulted in the rescues or assistance in rescues and trappings of more than 95 stray dogs. In addition, the nonprofit provides a program called Florida Urgent Transport, which moves animals in need from overcrowded shelters in the Southern United States to shelters and rescue groups with greater capacity.

Help needed during the holiday season

Merrill used to love the holiday season before he started working in animal rescue. Now, he doesn't feel the same way because he said, surprisingly and unfortunately, many people in the area surrender their dogs and cats during this time of year.

"I don't understand it," Merrill said. "You'll see photos of people lined up to surrender their dogs so they can go on vacation."

When the animals are abandoned, Merrill said it's challenging to find foster



ABOVE: Florida Urgent Rescue (F.U.R.) Founder and President Mike Merrill plays with a dog who was rescued from Hurricane Michael as part of the nonprofit's Florida Urgent Transport program.



LEFT: Another dog rescued from Hurricane Michael is taken in by the F.U.R. team.

Photos courtesy of Florida Urgent Rescue

parents during the holidays because people are traveling or going on vacation themselves. He noted that his organization is losing a few foster parents because they are traveling too. In addition, Merrill said a handful of the kennels F.U.R. uses to board animals are busiest during this time of year, so they can't take them either.

"It's a really, really tough time of year during the holidays," he said. "There are so many animals in need. We're going to see a ton of animals dumped and surrendered. It's just tough to help them because there aren't enough foster homes year-round."


Merrill also noted that every local shelter F.U.R. works with is full. So, he said, as more animals come into shelters during the holidays, they will most likely euthanize the dogs and cats that are there already, unless somebody gets them out.


As a result, Merrill said F.U.R. and every other rescue group is always looking for foster homes. If people cannot foster but would still like to help, Merrill said volunteers and donations are always appreciated.

"We spend three times as much on vet care as we bring in through adoption donations," Merrill said. "The only way we can save animals is to have fundraisers or donations to make up that difference."

F.U.R. is partnering with Forever Vets Animal Hospital on one such upcoming fundraiser on Saturday, Dec. 8 from 9 to 11 a.m. at its Tinseltown location. The animal hospital is holding a Photos with Santa event that will benefit F.U.R. For \$10, customers can take home a photo of their pet with Santa and support the local nonprofit at the same time. Visit forevervets.com for more information.

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SAFE

Continued from 41

Gleason said the addition of the mobile van has expanded S.A.F.E.'s reach and saved more lives.

"Several years ago, a kind and generous individual donated the funds that allowed S.A.F.E. to purchase a self-contained, fully outfitted mobile adoption van," she said. "We can now transport over a dozen dogs to adoption events all over the greater Jacksonville area."

Gleason said S.A.F.E. also plans to have the mobile adoption van visit the Pet Supermarket parking lot in Ponte

Vedra once a month and is seeking volunteers.

In addition, she noted that SAFE never turns an animal away, which makes donations particularly vital to the nonprofit's mission.

"Since SAFE is run entirely by donations, monetary donations are welcome to cover costs directly related to saving animals," Gleason said. "Vet bills are always a huge expense as so many of these animals need to be rehabilitated before they can be adopted."

For more information on SAFE or to donate, visit www.safe-pet-rescue-fl.com. If interested in volunteering for pet adoption events, call (904) 273-0757.



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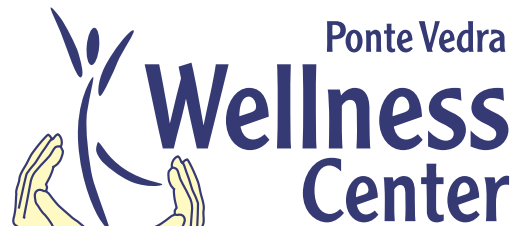
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Business Weekly

PAGE 46 THURSDAY, DECEMBER 6, 2018

Pivot CPAs employees
lend hand in wake of
Hurricane Michael

Page 47

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Dr. Shreena Patel (second from left) gathers with patients Alexis Galani, Ava Galani and Rylee West at the open house for Beaches Orthodontics' new office in Ponte Vedra Beach on Nov. 29.

Beaches Orthodontics celebrates opening of its new office in Ponte Vedra Beach

By Jon Blauvelt

Hundreds of people converged upon Beaches Orthodontics last Thursday when the practice hosted an open house for its new location at 150 Professional Drive (Suite 100) in Ponte Vedra Beach.

The Nov. 29 celebration featured four food trucks, a game truck and bounce house and drinks from St. Augustine Distillery and Veterans United Craft Brewery. The event also allowed the practice's patients, friends and family and fellow dental field colleagues the opportunity to walk through the new office, which opened Nov. 1.

"I'm so excited," Dr. Shreena Patel said. "It's nice to have such great support. I don't think I would have expected hundreds of people to come out and support us. It feels amazing."



Photos by Jon Blauvelt

Patel stands with one of her former University of Florida professors, Dr. Page Jacobson, in a room in her office dedicated to the Gators.

ORTHODONTICS continues on Page 48

How should you respond to wild swings in financial markets?



By Karsten Jacobson, CFP®

Karsten Jacobson
Columnist

What's going on with the financial markets? Specifically, what's behind the price swings of the past several weeks? And, more important, how should you, as an individual investor, respond?

To begin, the recent volatility was not really all that extraordinary. The daily drops pushed U.S. stocks down about 10 percent from their recent record highs, although they have regained some of that ground. A 10 percent drop represents a "correction" — not a crash — and historically, corrections have occurred about once a year.

So, what seems to have caused these market jitters? Here are the key culprits:

■ **Anticipated slowdown in economic growth and corporate earnings.** The stock market is forward-looking — investors make decisions based on what they think will happen. And right now, many investors are anticipating a slowdown in economic growth (partially due to higher tariffs and trade disputes) and corporate earnings (as the jolt from the corporate tax cuts begins to fade). We may still see reasonably strong economic growth and corporate profits, but possibly not at the same level as we had for much of 2018.

■ **Rising interest rate.** The Federal Reserve raised interest rates in 2018. While higher rates are not bad for all market sectors, they can slow the expansion plans for many businesses, resulting in reduced growth prospects. The Fed may continue its gradual rate increases, but investors are closely watching for any signs

JACOBSON continues on Page 47

Pivot CPAs sends team to Panama City following Hurricane Michael

By Jon Blauvelt

A team of employees from Pivot CPAs in Ponte Vedra Beach recently traveled to Panama City to help with the cleanup efforts following Hurricane Michael.

Kyle Vincent, an assurance senior at the firm, organized the efforts after he and his wife, Amy, traveled to the area a few days after the Oct. 10 storm to help Amy's parents recover from serious damage they sustained.

"It was just really, really eye-opening when we went there," Vincent said. "It was insane. Trees everywhere. People pulling up to their houses for the first time seeing their house was basically demolished. It was a nightmare."

Before making that first trip, Vincent sent an email to his Pivot colleagues asking for donations of support, including water, supplies and money for gas. When he returned, he spoke to the firm's partners, who ultimately decided to support a Pivot service trip. Within a week and a half, the firm assembled a team, including Vincent and his wife and colleagues, Jessica Martinez, Kunal Kishan and Chris Kennedy. They also created a GoFundMe page, asking clients, family and friends to make donations in support of their mission.

The Pivot team left for Panama City Nov. 8 and returned changed people on Nov. 10.

"It was real humbling," Kishan said. "I had seen a lot of stuff on the news but nothing as crazy as I thought I would be driving in."

The Pivot team partnered with a Panama City church, Deerpoint Lake Assembly of God, to find those in need of their help. They first went to the home of Patti Miller, a member of the church who uses a wheelchair. According to Vincent, a tree had fallen on her home, and debris was blocking her driveway, so the team spent six hours helping her.

As they were finishing up, a family approached them and said a couple down the road could also use some help. The next morning, the Pivot team went to the home of Shawn Waters, whose driveway had not been cleared yet either. In addition, Waters shockingly told the team his wife died two days earlier on Nov. 7 from cancer. To make matters worse, the man told the Ponte Vedra team his landlord wasn't providing him with any assistance in the recovery. Consequently, the Pivot team spent the day helping him.



Pivot CPAs recently sent a team of its staff to Panama City to help with the recovery efforts following Hurricane Michael. Shown from left to right is: Jessica Martinez, Kunal Kishan, Chris Kennedy, Amy Vincent and Kyle Vincent.



Photos courtesy of Mark Berman

Chris Kennedy and Kunal Kishan take on a fallen tree.

"I think it was really eye-opening as to how good you can have it sometimes," Vincent said. "Right now, over here, we don't even think about this anymore. You saw it on the news when it was happening, you saw a little bit of the aftermath and then we just go on about our daily lives. All these people in Panama City are still suffering and you don't realize it."

In a blog written by Vincent on the Pivot website, he noted the team subsequently met with a pastor from the

church to discuss their experiences. The pastor told them they were planning to rent a Bobcat for \$3,000 a month to help with the recovery efforts. Vincent, in turn, said he handed the pastor a check and said, "Well, here is your first month's rent."

According to the team's GoFundMe page, they have raised \$4,700 for the recovery efforts, which means a lot to Kishan.

"It's nice to know that I'm working for someone that actually understands the community comes first sometimes," Kishan said. "They were willing to do what they had to do in order to help out."

Since the team's trip, Vincent and his wife have returned again to help, and he said the area is still completely devastated.

"Every morning you wake up to chainsaws," Vincent said. "No matter what. Every single morning there are chainsaws at 6 a.m."

As a result, Vincent and Kishan are encouraging others to do whatever they can to help.

"Obviously we weren't able to conquer everything," Kishan said, "but I think if you were able to just give back whatever you can, whether it's time, a donation, supplies or anything, I think it's important for us to all come together and really unite as one, not just during a tragedy like a hurricane, but in general as a country. We need to come together when times call for desperate needs."

Jacobson

Continued from 46

that might lead the Fed either to pause or increase rates more rapidly.

■ **Slowing global economy.** The global economy is growing more slowly than expected, resulting in lower returns for international stocks and a particularly sharp decline in emerging markets.

While it's useful to understand the factors causing the recent stock market gyrations, you'll want to focus primarily on what you can control. Consider these suggestions:

■ **Keep realistic expectations.** Try to maintain realistic expectations about how your investments are likely to perform over time. After five years in which the S&P 500's returns have averaged almost 14 percent per year, we may well be in for a period of more typical returns, possibly in the 5 percent to 6 percent range. As always, though, there are no guarantees when it comes to anticipating the performance of the financial markets.

■ **Review your mix of investments.** From time to time, and sometimes in response to changing market conditions, you may need to change the mix of investments in your portfolio. So, for example,

if higher market volatility makes you uncomfortable, you may want to consider adding bonds or other fixed-income vehicles, as these types of investments tend to stabilize stock-heavy portfolios during turbulent times.

■ **Don't get scared away from investing.** You may not like seeing multi-hundred-point plunges in the Dow Jones Industrial Average, but don't get scared off from investing. After all, recent stock market history has taught the value of patience: If you had given up on investing in March 2009, at the market's low point in the Great Recession, you would have missed out on the 300 percent gains

achieved before the current round of volatility. Of course, the market's past performance can't guarantee what will happen next.

The financial markets will always fluctuate — sometimes violently. But as an investor, you should strive for calmness, patience and discipline — because these attributes can help you look past today's headlines toward the future you envision.

This article was written by Edward Jones for use by your local Edward Jones financial advisor. Karsten L. Jacobson, CFP®, is a financial advisor for Edward Jones at 2208 Sawgrass Village Drive in Ponte Vedra Beach.

The new Beaches Orthodontics office in Ponte Vedra Beach is double the size of the practice's previous office in Jacksonville Beach.

Photos courtesy of Dr. Shreena Patel



Orthodontics

Continued from 46

Previously located in south Jacksonville Beach, Beaches Orthodontics now features an office that is almost double the size of its former location. As a result, Patel said the practice has more chairs and can therefore see more patients.

In addition, Patel noted the new office has scanners, so the practice doesn't have

to take impressions, and features new technology, including new X-rays.

Patel made an offer on the office space in January 2018, closed on that offer in March and began build-out in July. The space, which was completed gutted for the new office, was previously a cosmetic surgery office and bank. Adams Contractors completed the renovations, with Lindsay Moore Interiors completing the interior design.

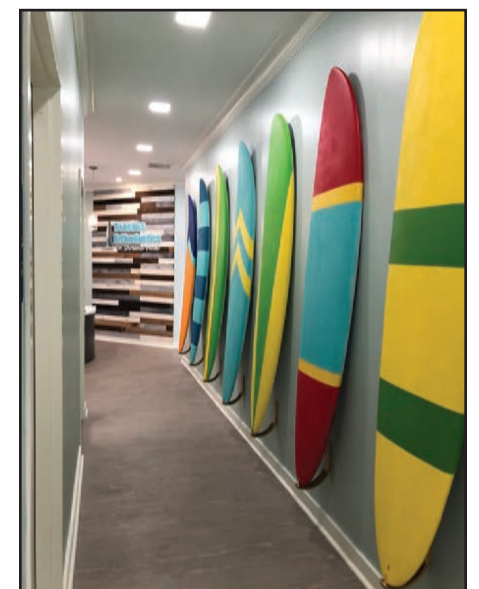
The new Beaches Orthodontics office features a bright beaches theme, with surfboards and photos of waves lining some of the walls. Perhaps most cool, for Gator fans at least, is a room in the office that is dedicated to the University of Florida, where Patel completed her bachelor's degree, master's degree, doctorate of dental medicine and orthodontics residency. The room is home to some of Patel's diplomas, as well as Gators memorabilia and Gainesville Sun articles detailing the success of the school's football and basketball programs in the early 2000s.

The office also pays homage to the practice's previous owner, Dr. David Carden, whose 30-year practice in Jacksonville Beach featured shark taxidermy on the walls. Those same pieces of taxidermy are now hanging on the walls of Patel's new office.

Beaches Orthodontics offers a wide array of services, including traditional braces, Invisalign clear aligners, Damon Smile self-ligating braces, AcceleDent Aura and more. The practice is also a local chapter of the Smiles for a Lifetime Foundation, a national nonprofit organization that provides orthodontics to individuals, ages 11-18, who may not have the opportunity to acquire assistance any other way. As a chapter of the organization, Beaches Orthodontics provides six to 12 children each year with complimentary orthodontics care, according to the practice's website.

Patel, who is a Jacksonville native and graduate of The Bolles School, said she is happy to be permanently planting herself within her home community.

"I'm just happy how it turned out," she said about the new office, "and I'm excited about helping new families."



The practice's new office features a bright beaches theme, with surfboards and photos of waves lining some of the walls.



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Jacksonville Symphony's Holiday Pops tradition returns to Jacoby Symphony Hall

Jacksonville Symphony's annual Holiday Pops concerts will take place Dec. 6 at 7:30 p.m.; Dec. 7 at 11 a.m. (Coffee Concert with abbreviated program) and 8 p.m.; Dec. 8 at 3 p.m. and 8 p.m.; and Dec. 9 at 3 p.m. and 7 p.m., at the Times-Union Center for the Performing Arts in Jacoby Symphony Hall.

This year's concerts will feature the Jacksonville Symphony Chorus and dancers from Douglas Anderson School of the Arts Dance and Theater program. Additionally, the finale will include Jacksonville's one and only "guaranteed snowfall."

Highlights of this year's performance include:

- An arrangement of Alan Silvestri's "Chanukah Festival Overture"
- Favorites such as "White Christmas" and "Rudolph the Red-Nosed Reindeer."
- Suites from holiday film favorites "The Polar Express" and "Home Alone"
- The horse whinny and slapstick of Leroy Anderson's "Sleigh Ride"
- The traditional audience sing-along

Holiday Pops will be conducted by Jacksonville Symphony Associate Conductor Nathan Aspinall. Recent performances of Aspinall's include Handel's "Messiah," Prokofiev's "Cinderella" and a Masterworks Series production "Pictures at an Exhibition" with organist Cameron Carpenter. Formerly, he held the position of young conductor with the Queensland



Photo by Laura Evans

Jacksonville Symphony's Holiday Pops concerts will take place Dec. 6-9 at the Times-Union Center for the Performing Arts in Jacoby Symphony Hall.

Symphony Orchestra where he assisted Chief Conductor Johannes Fritsch and visiting guest conductors. He also conducted concerts for the education series. Aspinall studied French horn and conducting at the University of Queensland and upon graduation was awarded the Hugh Brandon Prize.

Joining Aspinall on stage will be vocalist Ben Gulley, an operatic tenor and cultural entrepreneur who has won awards and competitions throughout the nation for his singular blend of talents. He has also been featured with symphonies, theaters and opera companies around the globe.

This 2018-19 season will see Gul-

ley's return to Opera San Luis Obispo as Tamino in "Die Zauberflöte" and Sarasota Opera as Ismaele in Verdi's "Nabucco," his debut as Doctor Marianus in Mahler's Eighth Symphony with South Dakota Symphony.

SYMPHONY continues on Page 51

Country music trio Midland to play at St. Augustine Amphitheatre April 12



Photo courtesy of St. Augustine Amphitheatre

Midland will perform at the St. Augustine Amphitheatre on Friday, April 12, 2019.

The St. Augustine Amphitheatre will host the return of traditional country music trio Midland and its "Electric Rodeo Tour" on Friday, April 12, 2019 at 7:30 p.m. (doors open at 6 p.m.).

Hailing from Dripping Springs, Texas, lead vocalist Mark Wystrach fronts Midland's sound that is rounded out with lead guitarist Jess Carson and bass player Cameron Duddy. Rooted in tradition in both sound and style, the trio initially garnered attention playing clubs in the region. Their critically-acclaimed freshman album, "On The Rocks" (Big Machine Records), features 13 tracks with songwriting credits from each member alongside hit-makers Shane McAnally and Josh Osborne. Launching to rave reviews from notable outlets such as the Los Angeles Times and Rolling Stone

Country, "On The Rocks" was declared "the year's best Country album" by the Washington Post.

The Dann-Huff produced album earned the No. 1 position on Billboard's Top Country Album Sales chart upon release. The band's debut No. 1 single "Drinkin' Problem," which offers an intentional nod to country music reminiscent of the 1970s and 80s, earned the band its first Grammy Awards nominations for Best Country Song and Best Country Duo/Group Performance. Midland was also named New Vocal Group of the Year at the 2018 ACM Awards and was nominated for three CMA Awards including Vocal Group of the Year, Single of the Year for "Drinkin' Problem" and New Artist of the Year.

MIDLAND continues on Page 50

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Saint Augustine Concert Band to hold holiday concert Dec. 14

The Saint Augustine Concert Band will perform its holiday concert on Friday, Dec. 14 from 7:30 to 9 p.m. at Pacetti Bay Middle School.

The group will play many beloved Christmas songs and carols, including "Angels from the Realms of Glory,"

Christmas on Broadway," "Greensleeves" and more. Tickets are \$15 for adults, \$5 for students and free for children under 12.

The Saint Augustine Concert Band is led by Musical Director and Conductor Geoffrey Magnani. For more information, visit www.staugband.org/.

Midland

Continued from 49

The band's current single, "Burn Out," is Top 20 at Country Radio, and the band released a video for the song that was inspired by the vintage style of Urban Cowboy and filmed at the legendary Billy Bob's Honky Tonk in Fort Worth, Texas. This year, Country Radio Broadcasters

voted the trio as one of the esteemed 2018 CRS New Faces. Midland is currently on the road headlining dates for its "Electric Rodeo Tour."

Ranging in price from \$29.50 to \$39, tickets are on sale now for the St. Augustine show at the St. Augustine Amphitheatre and Ponte Vedra Concert Hall Box Offices. Tickets also are available at ticketmaster.com or by phone at (800) 745-3000.

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New pop-up store by Plum Gallery to debut Dec. 7 in St. Augustine

A new pop-up store by Plum Gallery is opening at the First Friday Art Walk in St. Augustine on Dec. 7.

Located at 212SEE Charlotte St. next to Gaufres & Goods, the pop-up is the new Plum Gallery annex, highlighting various artists more individually than the regular gallery on Aviles Street. At the opening, two St. Augustine artists, Claire Kendrick and Worley Faver, will be featured. Kendrick specializes in still life, landscape and figure paintings, while Faver specializes in hand-built pottery using the pre-wheel techniques of old.

Both artists will be in attendance and available for discussion. The opening event will be held from 5 to 9 p.m. For additional information, call the gallery at (904) 825-0069 or visit www.plumartgallery.com.

Symphony

Continued from 49

Recent performances for Gulley include his Carnegie Hall debut with The American Symphony, Rodolfo in “La bohème” at Opera Orlando, Eisenstein in “Die Fledermaus” with Opera Idaho, Énée in “Les Troyens” with Maestro Kent Nagano at Staatsoper Hamburg

and Pedro in “Tiefland” at Sarasota Opera. Gulley has appeared in concerts with David Foster, Opera Steamboat, Grand Rapids Symphony, Orlando Philharmonic and Florida Symphony Youth Orchestra, among others.

In addition to his career in classical forms, Gulley is equally at home in musical theater and as a singer/songwriter. He has released his debut solo album of original pop music, “IN

BETWEEN,” and helped compose and develop two new musicals with Rocky Mountain Repertory Theater and the Kansas City Repertory Theater. He is a founding board member of Kansas City’s premier opera company, Opera 180, and a sitting member on the University of Missouri-Kansas City’s Alumni Board.

For more information on the Symphony, visit JaxSymphony.org.

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www.PonteVedraRecorder.com

Sharks start strong in new basketball season

By Jim Moyes

Special to the Recorder

The Ponte Vedra varsity basketball team opened the new season last week with narrow victories over Bartram Trail, 47-46, and Oakleaf, 59-55.

The Sharks began their season with a comeback victory at Bartram Trail in a game that found the Sharks trailing 34-14 at the halftime break. Johnny Corlazzoli, Reese Russi, Logan Conway and Jacobi Myers teamed up with Ben Houser to play the entire second half against the host Bears.

The Sharks outscored the Bears 20-6 in the third quarter to trail by a more manageable six points entering the final period in the first game played in two years at the refurbished Bartram Trail gymnasium. With only two seconds left on the clock and the Sharks trailing by two points, Bartram Trail had a chance to ice the game at the free throw line. After the Bear shooter missed both free throws, Russi pulled

down his ninth rebound of the game and immediately called time-out.

Myers launched a perfect pass that hit Ben Houser in stride. Houser took one dribble and launched a shot behind the three-point arch that swished in to give the Sharks an improbable 47-46 victory.

In a complete reversal from their season opener against Bartram Trail, it was the Sharks who jumped out to a commanding lead in their home opener in the Shark Tank. The hot shooting hosts raced out to a commanding 20-6 lead over the visitors from Oakleaf.

It was Oakleaf, however, who would mount a comeback and would begin the second half on a 13-1 run to eventually tie the game at 35-35 with 1:45 to play in the third quarter. The Sharks did not wilt and regained their momentum, outscoring Oakleaf by four points the rest of the way to earn their second straight victory.

Ponte Vedra welcomed back 6-foot-5-inch senior Luke Martin to their lineup in the 59-55 win over Oakleaf. Martin,

returning to Ponte Vedra High where he played for the Sharks in his sophomore season, tallied 13 points and was one of three Sharks in double figures in scoring.

Russi led all scorers with 19 points, with Houser also in double figures with 11 markers. Corlazzoli had a career high nine points, while dishing off four assists.

Enjoying a four-point lead with less than a minute remaining, the Sharks saw Bishop Kenny score six unanswered points last Friday evening to deny the Sharks a perfect week to begin the 2018-19 season.

It appeared as if the Sharks were on their way to their first 3-0 start since 2011 after a pair of free throws by Russi gave the Sharks a four-point lead with 51 seconds left on the clock.

The host Crusaders, however, rallied to score six unanswered points to hand the Sharks their first loss of the young season.

The Sharks had a golden opportunity to win the contest, but with less than 10 seconds remaining, a Shark had the ball

bounce off his foot out of bounds to set up the game-winning shot. After a BK layup attempt was deflected out of play, a couple of seconds were still showing on the clock. On the ensuing inbounds play, a Shark defender stumbled and lost his balance, leaving Jack Peeler wide open to sink the game winning shot from just six feet away from the hoop.

Russi led the Sharks in scoring with 15 points while Houser and Martin chipped in with eight tallies. Corlazzoli played a strong floor game for the Sharks with four assists, five rebounds and five points while committing no turnovers.

The Sharks rebounded from their loss to Bishop Kenny with a 68-54 win on Tuesday night against Matanzas. Houser led the team in scoring with 15, while Russi had 13, Martin had 12 and Conway had nine. Martin also had 11 rebounds, while Corlazzoli had seven assists.

The Sharks will travel just a few minutes down the road on Friday, Dec. 7 to play Nease at 7:30 p.m.



ATHLETE OF THE WEEK

This week's Athlete of the Week is Davis Lee, a Ponte Vedra High School senior who has committed to playing golf at the University of North Florida (UNF). Earlier this year, Lee medaled in the U.S. Amateur qualifier after shooting his second 67 in a row and finishing with a 10-under-par 134. More recently, Lee finished with a score of 154 among boys ages 16 to 18 at the Timacuan Golf & Country Club course.

What is your biggest achievement thus far that you're most proud of?

I'd say qualifying for the U.S. Amateur at Pebble Beach. It's the best amateur golf tournament around the world. It was definitely a challenge because that was the biggest tournament I played in. I didn't know what to expect. I didn't know how good the players were in the tournament. Once I got there, I just stuck to my game plan and hoped I was as good as the guys that were there.



Davis Lee

Golf, Ponte Vedra High School

What do you do to get better?

I practice about every single day of the week. Monday through Friday I'll go on the range and practice aspects like my swing. I'll do putting and chipping. On the weekends I'll play golf, I'll either have a tournament or I'll try to play 18 holes.

To watch the full interview, visit www.PonteVedraRecorder.com.

Greg McLaughlin named World Golf Foundation CEO and president of The First Tee

Newly consolidated role to bring together direction, leadership of World Golf Foundation, The First Tee and World Golf Hall of Fame

The World Golf Foundation Board of Directors recently announced that Greg McLaughlin will assume the combined roles and responsibilities of World Golf Foundation chief executive officer and president of The First Tee.

McLaughlin will strategically direct the World Golf Foundation, The First Tee and World Golf Hall of Fame, expanding the reach, impact and global prominence of each and ensuring financial performance and sustainability. McLaughlin most recently served as president of PGA TOUR Champions since January 2015. Prior to his role at the TOUR, he was CEO of the Tiger Woods Foundation for 14 years.

McLaughlin joined the PGA Tour in 2014, initially as senior vice president of the Tour's Championship Manage-

ment division. He was promoted to PGA Tour Champions president in 2015 and executive vice president of the PGA Tour in 2018. Prior to joining the Tiger Woods Foundation in 2000, McLaughlin was the vice president of tournaments at the (now-named) Genesis Open, Honda Classic and BMW Championship. McLaughlin graduated from The Ohio State University with a degree in economics. He also received his Juris Doctor from Chicago-Kent College of Law.

Ten-year World Golf Foundation CEO Steve Mona will assist McLaughlin with the transition, as executive director of WE ARE GOLF and senior advisor, before retiring later next year. In addition, 25-year golf industry veteran Jack Peter, who oversaw the design, build-out and operation of PGA Tour Entertainment and most recently was president of the World Golf Hall of Fame, will retire from his position at

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McLaughlin

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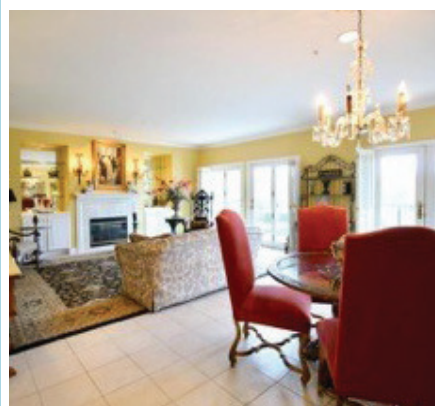
the end of the year.

Brodie Waters, World Golf Hall of Fame vice president of business affairs, will lead the Hall of Fame structure, funding and operations with McLaughlin's oversight, and will also oversee PR/communications activities for the World

Golf Foundation.

Miller Brady, a 19-year veteran of the PGA Tour, will succeed McLaughlin to lead PGA TOUR Champions. Brady steps into the role after most recently working under McLaughlin as senior vice president and chief of operations, where his responsibilities have included direct oversight of tournament business affairs, operations, competitions and player relations, as well as scheduling.

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